

International Physical Activity Questionnaire (IPAQ)

About: This scale is a self-report measure of physical activity.

Items: 12

Reliability:

Test-retest reliability ranged between 0.96 and 0.46, with an average of about 0.8.

Validity:

Correlations between this self-report sleep scale and the MOS Sleep subscales were statistically significant with the exception of the MOS Snoring subscale.

Scoring:

There was fair to moderate agreement between the IPAQ and accelerometer-measured physical activity and sitting time.

References:

Craig, C. L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., Oja, P. (2003). [International Physical Activity Questionnaire: 12-country reliability and validity](#). *Medicine and Science in Sports and Exercise*, 35(8), 1381-1395.

International Physical Activity Questionnaire (IPAQ)

The following questions are about physical activity. Please read carefully and answer to the best of your knowledge.

1. When you are at work, which of the following describes what you do? (If you have more than one job, answer for each job.)

<u>Job 1</u>	<u>Job 2</u>	<u>Job 3</u>
<input type="checkbox"/> Mostly sitting or standing	<input type="checkbox"/> Mostly sitting or standing	<input type="checkbox"/> Mostly sitting or standing
<input type="checkbox"/> Mostly walking	<input type="checkbox"/> Mostly walking	<input type="checkbox"/> Mostly walking
<input type="checkbox"/> Mostly heavy labor or physically demanding work	<input type="checkbox"/> Mostly heavy labor or physically demanding work	<input type="checkbox"/> Mostly heavy labor or physically demanding work
<input type="checkbox"/> Don't know/not sure	<input type="checkbox"/> Don't know/not sure	<input type="checkbox"/> Don't know/not sure

The next 3 questions are about vigorous physical activity. Vigorous physical activity causes your heart to beat faster and makes you breathe hard.

2. Now thinking about **vigorous physical activities** you did in the **last 7 days**, did you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, sports, heavy yard work, or anything else?

₁ Yes

₀ No → **Skip to 15 on the next page** →

3. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

Days per week: 1 2 3 4 5 6 7

4. On the days when you do vigorous activity for at least 10 minutes, how long do you do those activities?

₁ About 10 minutes

₄ About 40 minutes

₂ About 20 minutes

₅ About 50 minutes

₃ About 30 minutes

₆ 1 hour or more

The next 3 questions are about moderate physical activity. Moderate physical activity causes small increases in breathing or heart rate.

5. Now thinking about **moderate physical activities** you did in the **last 7 days**, did you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling at regular pace, vacuuming, gardening, or anything else?

₁ Yes

₀ No → **Skip to 18 on the next page** →

6. How many days per week do you do these moderate activities for at least 10 minutes at a time?

Days per week: 1 2 3 4 5 6 7

7. On the days when you do moderate activity for at least 10 minutes, how long do you do those activities?

₁ About 10 minutes

₄ About 40 minutes

₂ About 20 minutes

₅ About 50 minutes

₃ About 30 minutes

₆ 1 hour or more

The next 3 questions are about time spent walking.

8. Now thinking about the amount of time you spent **walking** in the **last 7 days**, that lasted for at least 10 minutes at a time. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

₁ Yes

₀ No → **Skip to 22 on the next page** →

9. How many days per week do you do spend walking for at least 10 minutes at a time?

Days per week: 1 2 3 4 5 6 7

0. On the days when you do walk for at least 10 minutes, how long do you do those activities?

1

About 10 minutes

4

About 40 minutes

2

About 20 minutes

5

About 50 minutes

3

About 30 minutes

6

1 hour or more

The next 3 questions are about you sitting.

11. Now thinking about the amount of time you spent **sitting** in the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

12. How many hours per day do you spend sitting?

1

About 30 minutes or less

4

About 3 hour

2

About 1 hour

5

About 4 hour

3

About 2 hour

6

About 5 hour or more

The Warwick–Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick–Edinburgh Mental Well-being Scale (WEMWBS)

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Subjective Happiness Scale

The SHS is a 4-item scale of global subjective happiness. Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them.

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	2	3	4	5	6	7
not a very happy person						a very happy person

2. Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy						more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

Scoring: Compute the mean across responses to all four questions; item #4 is reverse coded.