

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (November 2002)

LONG LAST 7 DAYS TELEPHONE FORMAT

For use with Young and Middle-aged Adults (15-69 years)

The International Physical Activity Questionnaires (IPAQ) comprises a set of 4 questionnaires. Long (5 activity domains asked independently) and short (4 generic items) versions for use by either telephone or self-administered methods are available. The purpose of the questionnaires is to provide common instruments that can be used to obtain internationally comparable data on health-related physical activity.

Background on IPAQ

The development of an international measure for physical activity started in Geneva in 1998 and was followed by extensive reliability and validity testing undertaken across 12 countries (14 sites) during 2000. The final results suggest that these measures have acceptable measurement properties for use in many settings and in different languages, and are suitable for national population-based prevalence studies of participation in physical activity.

Using IPAQ

Use of the IPAQ instruments for monitoring and research purposes is encouraged. It is recommended that no changes be made to the order or wording of the questions as this will affect the psychometric properties of the instruments.

Translation from English and Cultural Adaptation

Translation from English is encouraged to facilitate worldwide use of IPAQ. Information on the availability of IPAQ in different languages can be obtained at www.ipaq.ki.se. If a new translation is undertaken we highly recommend using the prescribed back translation methods available on the IPAQ website. If possible please consider making your translated version of IPAQ available to others by contributing it to the IPAQ website. Further details on translation and cultural adaptation can be downloaded from the website.

Data Entry and Coding

Attached to the response categories for each question are suggested variable names and valid ranges to assist in data management and interviewer training. We recommend that the actual response provided by each respondent is recorded. For example, "120 minutes" is recorded in the minutes response space. "Two hours" should be recorded as "2" in the hours column. A response of "one and a half hours" should be recorded as either "1" in hour column and "30" in minutes column.

Further Developments of IPAQ

International collaboration on IPAQ is on-going and an *International Physical Activity Prevalence Study* is in progress. For further information see the IPAQ website.

More Information

More detailed information on the IPAQ process and the research methods used in the development of IPAQ instruments is available at www.ipaq.ki.se and Booth, M.L. (2000). Assessment of Physical Activity: An International Perspective. *Research Quarterly for Exercise and Sport*, 71 (2): s114-20. Other scientific publications and presentations on the use of IPAQ are summarized on the website.

Long Last 7 Days Telephone IPAQ

READ: I am going to ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

PART 1: JOB-RELATED PHYSICAL ACTIVITY

READ: The first questions are about your work. This includes paid jobs, farming, volunteer work, course work and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. I will ask you about these later.

1. Do you currently have a job or do any unpaid work outside your home?
[WORK; Yes=1, No=0; 8, 9]
_____ Yes
_____ No [Skip to PART 2]
8. Don't Know/Not Sure [Skip to PART 2]
9. Refused [Skip to PART 2]

[Interviewer clarification: This also includes credit and non-credit classes or course work. It also includes volunteer work and time spent looking for work. It does not include unpaid house or yard work, nor caring for dependents, this will be asked in a later section.]

READ: The following questions are about all the physical activity you did as part of your paid or unpaid work. This does not include traveling to and from work.

READ: First, think about all the *vigorous* activities which take *hard physical effort* that you did as part of your work. Vigorous activities make you breathe much harder than normal. These may include things like heavy lifting, digging, heavy construction work, or climbing up stairs. Think about only those vigorous physical activities that you did for at least 10 minutes at a time.

2. During the **last 7 days**, on how many days did you do **vigorous** physical activities as **part of your work**? [OVDAY; Range 0-7, 8, 9]
_____ Days per week [If respondent answers 0, skip to Question 4]
8. Don't Know/Not Sure [Skip to Question 4]
9. Refused [Skip to Question 4]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: Work includes paid and unpaid work as well as course work. Include all jobs and volunteer work.]

3. How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

___ ___ Hours per day [OVDHRS; Range 0-16]

___ ___ ___ Minutes per day [OVDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent **over the last 7 days** doing vigorous physical activities as part of your work?"

___ ___ Hours per week [OVWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [OVWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about activities which take moderate physical effort that you did as part of you work. Moderate physical activities make you breathe somewhat harder than normal and may include activities like carrying light loads. Do not include walking. Again, think about only those moderate physical activities that you did for at least 10 minutes at a time.

4. During the **last 7 days**, on how many days did you do **moderate** physical activities **as part of your work**? [OMDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to Question 6*]

8. Don't Know/Not Sure [*Skip to Question 6*]

9. Refused [*Skip to Question 6*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: Work includes paid and unpaid work as well as course work. Include all jobs.]

5. How much time did you usually spend on one of those days doing **moderate** physical activities as part of your work?

___ ___ Hours per day [OMDHRS; Range 0-16]

___ ___ ___ Minutes per day [OMDMIN; Range 0-960, 998, 999]

- 998. Don't Know/Not Sure
- 999. Refused

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent **over the last 7 days** doing moderate physical activities as part of your work?"

- ____ ____ Hours per week [OMWHRS; Range 0-112]
- ____ ____ ____ ____ Minutes per week [OMWMIN; Range 0-6720, 9998, 9999]
- 9998. Don't Know/Not Sure
- 9999. Refused

READ: Now think about the time you spend walking for at least 10 minutes at a time as part of your work. Please do not count any walking you did to travel to or from work.

- 6. During the **last 7 days**, on how many days did you **walk as part of your work**?
[OWDAY; Range 0-7, 8, 9]
____ Days per week [If respondent answers 0, skip to PART 2]
- 8. Don't Know/Not Sure [Skip to PART 2]
- 9. Refused [Skip to PART 2]

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer clarification: Include all jobs.]

- 7. How much time did you usually spend on one of those days **walking** as part of your work?
____ ____ Hours per day [OWDHRS; Range 0-16]
____ ____ ____ Minutes per day [OWDMIN; Range 0-960, 998, 999]
- 998. Don't Know/Not Sure
- 999. Refused

[Interviewer clarification: Think about only the walking you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes

time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent walking **over the last 7 days** as part of your work?"

___ ___ Hours per week [OWWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [OWWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 2: TRANSPORTATION PHYSICAL ACTIVITY

READ: Now, think about how you traveled from place to place, including to places like work, stores, movies and so on.

8. During the **last 7 days**, on how many days did you **travel in a motor vehicle** like a train, bus, car or tram? [TMDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answer 0, skip to Question 10*]

8. Don't Know/Not Sure [*Skip to Question 10*]

9. Refused [*Skip to Question 10*]

9. How much time did you usually spend on one of those days **traveling** in a car, bus, train or other kind of motor vehicle?

___ ___ Hours per day [TMDHRS; Range 0-16]

___ ___ ___ ___ Minutes per day [TMDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** traveling in a motor vehicle?"

___ ___ Hours per week [TMWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [TMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think only about the *bicycling* you did to travel to and from work, to do errands, or to go from place to place. Only include bicycling that you did for at least 10 minutes at a time.

10. During the **last 7 days**, on how many days did you **bicycle** to go from place to place? [TBDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to Question 12*]

8. Don't Know/Not Sure [*Skip to Question 12*]

9. Refused [*Skip to Question 12*]

[Interviewer clarification: Think only about the bicycling that you did for at least 10 minutes at a time.]

11. How much time did you usually spend on one of those days **to bicycle** from place to place?

___ ___ Hours per day [TBDHRS; Range 0-16]

___ ___ ___ Minutes per day [TBDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only the bicycling that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent bicycling **over the last 7 days** to travel from place to place?"

___ ___ Hours per week [TBWHS; Range 0-112]

___ ___ ___ Minutes per week [TBWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think only about the *walking* you did to travel to and from work, to do errands or to go from place to place. Only include walking that you did for at least 10 minutes at a time.

12. During the **last 7 days**, on how many days did you **walk to go from place to place**?

[TWDAY; Range 0-7, 8, 9]

___ Days per week [*If respondent answers 0, skip to PART 3*]

8. Don't Know/Not Sure [*Skip to PART 3*]

9. Refused [*Skip to PART 3*]

[Interviewer clarification: Think only about the walking that you did for at least 10 minutes at a time.]

13. How much time did you usually spend on one of those days **walking from place to place**?

___ ___ Hours per day [TWDHRS; Range 0-16]

___ ___ ___ Minutes per day [TWDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** walking from place to place?"

___ ___ Hours per week [TWWHRS; Range 0-112]

___ ___ ___ Minutes per week [TWWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 3: HOUSEWORK, HOUSE MAINTENANCE AND CARING FOR FAMILY

READ: Now think about the physical activities you have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

READ: First think about *vigorous* activities which take hard physical effort that you did in the garden or yard. Vigorous activities make you breathe much harder than normal and may include heavy lifting, chopping wood, shoveling snow, or digging. Again, think about only those vigorous physical activities that you did for at least 10 minutes at a time.

14. During the **last 7 days**, on how many days did you do **vigorous** physical activities in the garden or yard? [GVDDAY; Range 0-7, 8, 9]

___ Days per week [If respondent answers 0, skip to Question 16]

8. Don't Know/Not Sure [Skip to Question 16]

9. Refused [Skip to Question 16]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

15. How much time did you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?

___ ___ Hours per day [GVDHRS; Range 0-16]

___ ___ ___ Minutes per day [GVDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** doing vigorous physical activities in the garden or yard?"

___ ___ Hours per week [GVWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [GVWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about activities which take *moderate* physical effort that you did in the garden or yard. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, sweeping, washing windows, and raking. Again, include only those moderate physical activities that you did for at least 10 minutes at a time.

16. During the **last 7 days**, on how many days did you do **moderate** activities in the **garden or yard**? [GMDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to Question 18*]

8. Don't Know/Not Sure [*Skip to Question 18*]

9. Refused [*Skip to Question 18*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

17. How much time did you usually spend on one of those days doing **moderate** physical activities in the garden or yard?

___ ___ Hours per day [GMDHRS; Range 0-16]

___ ___ ___ ___ Minutes per day [GMDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** doing moderate physical activities in the garden or yard?"

___ ___ Hours per week [GMWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [GMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about activities which take at least *moderate* physical effort that you did *inside your home*. Examples include carrying light loads, washing windows, scrubbing floors, and sweeping. Include only those moderate physical activities that you did for at least 10 minutes at a time.

[Interviewer clarification: Moderate activities make you breathe somewhat harder than normal.]

18. During the **last 7 days**, on how many days did you do **moderate** activities **inside your home**? [HMDAY; Range 0-7, 8, 9]

_____ Days per week [If respondent answers 0, skip to PART 4]

8. Don't Know/Not Sure [Skip to PART 4]

9. Refused [Skip to PART 4]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: During the last 7 days, on how many days did you do activities that take **at least moderate** effort inside your home?]

19. How much time did you usually spend on one of those days doing **moderate** physical activities inside your home?

___ ___ Hours per day [HMDHRS; Range 0-16]

___ ___ ___ Minutes per day [HMDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** doing moderate physical activities inside your home?"

___ ___ Hours per week [HMWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [HMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 4: RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY

READ: Now, think about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

20. Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time **in your leisure time**?

[LWDAY; Range 0-7, 8, 9]

_____ Days per week [If respondent answers 0, skip to Question 22]

8. Don't Know/Not Sure [Skip to Question 22]

9. Refused [Skip to Question 22]

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

21. How much time did you usually spend on one of those days **walking** in your leisure time?

___ ___ Hours per day [LWDHRS; Range 0-16]

___ ___ ___ Minutes per day [LWDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** walking in your leisure time?"

___ ___ Hours per week [LWWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [LWWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about other physical activities you did in your leisure time for at least 10 minutes at a time.

READ: First, think about *vigorous* activities which take hard physical effort that you did in your leisure time. Examples include aerobics, running, fast bicycling, or fast swimming.

[Interviewer clarification: Vigorous activities make you breathe much harder than normal.]

22. During the **last 7 days**, on how many days did you do **vigorous** physical activities **in your leisure time**? [LVDAY; Range 0-7, 8, 9]

_____ Days per week [If respondent answers 0, skip to Question 24]

8. Don't Know/Not Sure [Skip to Question 24]

9. Refused [*Skip to Question 24*]

[Interviewer clarification: Think about only those vigorous physical activities that you did for at least 10 minutes at a time.]

23. How much time did you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

___ ___ Hours per day [LVDHRS; Range 0-16]

___ ___ ___ Minutes per day [LVDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** doing vigorous physical activities in your leisure time?"

___ ___ Hours per week [LVWHRHS; Range 0-112]

___ ___ ___ ___ Minutes per week [LVWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about activities which take moderate physical effort that you did in your leisure time. Examples include bicycling at a regular pace, swimming at a regular pace, and doubles tennis. Again, include only those moderate activities that you did for at least 10 minutes at a time.

[Interviewer clarification: Moderate physical activities make you breathe somewhat harder than normal.]

24. During the **last 7 days**, on how many days did you do **moderate** physical activities in your leisure time? [LMDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to PART 5*]

8. Don't Know/Not Sure [*Skip to PART 5*]

9. Refused [*Skip to PART 5*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

23. How much time did you usually spend on one of those days doing **moderate** physical activities in your leisure time?

___ ___ Hours per day [LMDHRS; Range 0-16]

___ ___ ___ Minutes per day [LMDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent **over the last 7 days** doing moderate physical activities in your leisure time?"

___ ___ Hours per week [LMWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [LMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 5: TIME SPENT SITTING

READ: The last question is about the time that you spent *sitting* during the last 7 days. Include time 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. Do not include any time spent sitting in a motor vehicle that you have already told me about.

26. During the **last 7 days**, how much time did you usually spend **sitting** on a **weekday**?

___ ___ Hours per day [SDHRS; Range 0-16]

___ ___ ___ Minutes per day [SDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on **Wednesday**?"

___ ___ Hours on Wednesday [SWHRS; Range 0-16]

___ ___ ___ ___ Minutes per Wednesday [SWMIN; Range 0-960, 998, 999]

9998. Don't Know/Not Sure

9999. Refused

27. During the last 7 days, how much time did you usually spend **sitting** on a **weekend day**?

___ ___ Hours per day [SEHRS; Range 0-16]

___ ___ ___ Minutes per day [SEMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on **Saturday?**"

___ ___ Hours on Saturday [SSHRS; Range 0-16]

___ ___ ___ ___ Minutes per Saturday [SSMIN; Range 0-960, 998, 999]

9998. Don't Know/Not Sure

9999. Refused