

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (August 2002)

SHORT 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 supported 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.

Short 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.

READ: Now, think about all the *vigorous* activities which take *hard physical effort* that you did in the last 7 days. Vigorous activities make you breathe much harder than normal and may include heavy lifting, digging, aerobics, or fast bicycling. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities?

_____ Days per week [VDAY; Range 0-7, 8,9]

8. Don't Know/Not Sure

9. Refused

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

[**Interviewer note:** If respondent answers zero, refuses or does not know, skip to Question 3]

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

___ ___ Hours per day [VDHRS; Range: 0-16]

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

998. Don't Know/Not Sure

999. Refused

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

[**Interviewer probe:** An average time for one of the days on which you do vigorous activity is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "How much time in total would you spend **over the last 7 days** doing vigorous physical activities?"

___ ___ Hours per week [VWHRS; Range: 0-112]

___ ___ ___ Minutes per week [VWMIN; 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 last 7 days. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, bicycling at a regular pace, or doubles tennis. Do not include walking. Again, think about only those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities?

_____ Days per week [MDAY; Range: 0-7, 8, 9]

8. Don't Know/Not Sure

9. Refused

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

[Interviewer Note: *If respondent answers zero*, refuses or does not know, skip to Question 5]

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

___ ___ Hours per day [MDHRS; Range: 0-16]

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

998. Don't Know/Not Sure

999. Refused

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

[Interviewer probe: An average time for one of the days on which you do moderate activity 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 in multiple jobs, ask: "What is the total amount of time you spent over the **last 7 days** doing moderate physical activities?"

___ ___ ___ Hours per week [MWHRS; Range: 0-112]

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

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about the time you spent walking in the last 7 days. 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.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

____ Days per week [WDAY; Range: 0-7, 8, 9]

8. Don't Know/Not Sure

9. Refused

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

[Interviewer Note: *If respondent answers zero, refuses or does not know, skip to Question 7]*

6. How much time did you usually spend **walking** on one of those days?

___ ___ Hours per day [WDHRS; Range: 0-16]

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

998. Don't Know/Not Sure

999. Refused

[Interviewer probe: An average time for one of the days on which you walk 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 walking over **the last 7 days?**"

___ ___ ___ Hours per week [WWHRS; Range: 0-112]

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

9998. Don't Know/Not Sure

9999. Refused

READ: Now think about the time you spent sitting on week days during 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.

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

___ ___ Hours per weekday [SDHRS; 0-16]

___ ___ ___ Minutes per weekday [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 spent sitting 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 *sitting* last **Wednesday?**"

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

__ __ __ Minutes on Wednesday [SWMIN; Range: 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused