

# Appendix B

## Questionnaires

**BA-Tables: IPAQ (B-Questions) + Psycho-social and Environmental Determinants (C-Questions) +  
Demographics (D-Questions)**

**BB-Tables: Country-specific Questions (A-Form)**

Note: Country-specific questions (A-Form of the EUPASS-questionnaire) were not asked in France and Spain. Accordingly, BB-Tables only refer to 6 EUPASS-countries.

# EUropean Physical Activity Surveillance System

→ EUPASS ←

## Questionnaire

Final Draft of

- Version for Germany (A-Form)

*(English language version / other A-Forms are in Appendix BB )*

- Telephone Version

May 2000

For adults aged 18-79

*(Note: upper age limit to be determined nationally according to existing practice)*

We are interested in finding out about the physical activity, exercise and sports that people do as part of their everyday lives. This is part of a large study being conducted throughout eight European countries. Your answers are important. Please answer each question even if you do not consider yourself to be an active person.

**A1. Please consider for the following questions about your physical activity only the last three months.**

**How often do you participate in sports?**

- regularly, more than 4 hours per week
- regularly, 2-4 hours per week
- regularly, 1-2 hours per week
- less than 1 hour per week
- no sports activities

**A2. How much time on average do you spend per day (24 hours) on:**

*(Round up time to full or half hours – Like 0,5 Hrs. This concerns only physical activities or efforts. Please try to distribute all 24 hours over the 5 categories)*

	<b>Monday to Friday</b>	<b>Satur- day/ Sunday</b>
<b>sleeping, resting</b>	__ __, __ h	__ __, __ h
<b>Sitting</b> (like at the office, in the car, watching television, eating, reading)	__ __, __ h	__ __, __ h
<b>light activities</b> (like cooking, walking at low pace, shopping, tidying up the room, body care, selling)	__ __, __ h	__ __, __ h
<b>moderate activities</b> (like jogging, renovating, cleaning, construction work)	__ __, __ h	__ __, __ h
<b>strenuous activities</b> (like carrying heavy weights, strenuous gardening, chopping wood, competitive sport, Ball games)	__ __, __ h	__ __, __ h
<b>Total</b>	<b>24,0h</b>	<b>24,0h</b>

**A3. How often are you engaged in sports or other strenuous activities during your leisure time which causes you to get into a sweat or out of breath. (Multiple answers are possible)**

	<b>without a break</b>			
	less than 10 minutes	10 till 20 minutes	20 till 30 minutes	30 minutes or more
daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 till 6 times per week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 till 2 times per week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
seldom, about once per month	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
never	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**A4. Do you normally get out of breath or into a sweat when you climb stairs over three floors?**

yes	<input type="radio"/>
no	<input type="radio"/>
I am not able to climb three floors.	<input type="radio"/>

The next questions are about the time you spent being physically active in the last 7 days. They include questions about activities you do at work, to get from place to place, as part of your house and yard work, and in your spare time for recreation, exercise or sport.

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 about *only* those physical activities that you did for at least 10 minutes at a time.

**B1a** During the last 7 days, on how many days did you do vigorous physical activities?

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

[Interviewer: Include all jobs.]

\_\_\_\_\_ days per week

Refused [Interviewer: Do not read]

Don't know [Interviewer: Do not read]

[Interviewer: If respondent answers zero, refuses or does not know, skip to Question 2a]

**B1b** How much time in total did you usually spend on one of those days doing **vigorous** physical activities?

\_\_\_ hours \_\_\_ minutes

[Interviewer clarification: Think about only those physical activities that you do 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: " How much time in total would you spend in a **usual week** doing vigorous physical activities?"

\_\_\_ hours \_\_\_ minutes per week]

**B2a** 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.

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

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

[Interviewer: Include all jobs.]

\_\_\_\_\_ days per week

Refused [Interviewer: Do not read]

Don't know [Interviewer: Do not read]

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

**B2b** How much time in total did you usually spend on one of those days doing **moderate** physical activities?

\_\_\_ hours \_\_\_ minutes

[Interviewer clarification: Think about only those physical activities that you do 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 in multiple jobs, ask: How much time in total would you spend in a **usual week** doing moderate physical activities *during a usual week*?

\_\_\_ hours \_\_\_ minutes per week]

**B3a** Now think about the time you spent walking *in the last 7 days*. This includes walking 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.

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

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

[Interviewer: Include all jobs.]

\_\_\_\_\_ days per week

Refused [Interviewer: Do not read]

Don't know [Interviewer: Do not read]

[Interviewer: If respondent answers zero, refuses or does not know, skip to *Question 4a*]

**B3b** How much time in total did you usually spend walking on one of those days?

\_\_\_ hours \_\_\_ minutes

[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: How much time in total would you spend walking in a **usual week**?

\_\_\_ hours \_\_\_ minutes per week

**B3c** At what pace did you **usually** walk? Did you walk at:

\_\_\_ a **Vigorous** pace, that makes you breathe much harder than normal;

\_\_\_ a **Moderate** pace that makes you breathe somewhat harder than normal; or

\_\_\_ a **Slower** pace where there is no change in your breathing.

[Interviewer probe: A usual pace is being sought. If the respondent can't answer because the pace varies widely from day to day, or from across job, transportation and leisure categories, ask: How much time would you spend in a **usual week** walking at a **slow** pace?

\_\_\_ hours \_\_\_ minutes per week]

**B4a** The next questions are about the time you spend sitting each day while 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.

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

\_\_\_ hours \_\_\_ minutes

[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 varies widely from day to day, ask: How much time **in total** would you spend *sitting* in a **usual week**?

\_\_\_ hours \_\_\_ minutes per week [skip to end]

**B4b** During the last 7 days, how much time in total did you usually spend *sitting* on a **weekend day**?

\_\_\_ hours \_\_\_ minutes

**B5a. How much physical activity did you do in your place of work in the last 7 days?**

Much Moderate Little or no

**B5b. How much physical activity did you do for the purpose of transportation in the last 7 days?**

Much Moderate Little or no

**B5c. How much physical activity did you do in and around your home including housework, gardening, general maintenance, or caring for your family in the last 7 days?**

Much Moderate Little or no

**B5d. How much physical activity did you do in recreation, sport and other leisure-time activities in the last 7 days?**

Much Moderate Little or no

**C1. The next statements are about being physically active regularly for 30 minutes in different situations. For each item, please indicate how sure you are that you would exercise in that situation. Give one answer for each item.**

	<i>I'm sure I could</i>	<i>I'm rather sure I could</i>	<i>Maybe I could</i>	<i>I'm rather sure I could not</i>	<i>I'm sure I could not</i>
How certain are you that you could do 30 minutes of moderate physical activity (such as brisk walking) most days of the week?	5	4	3	2	1
How certain are you that you could do 30 minutes of moderate physical activity if you were sad or tired?	5	4	3	2	1
How certain are you that you could do 30 minutes of moderate physical activity if you had a lot of work or demands from friends or family?	5	4	3	2	1

**C2. To what extent have you been motivated to do sport and physical activity ...**

	<i>Very much</i>	<i>Much</i>	<i>Not much/not little</i>	<i>A little</i>	<i>Not at all</i>
by your family or friends	5	4	3	2	1
by the media including newspapers, magazines, TV & radio	5	4	3	2	1
by local authorities and/or politicians	5	4	3	2	1
by health care personnel (like doctors or nurses) or an insurance company	5	4	3	2	1
at work or at school	5	4	3	2	1

**C3. To what extent are the following statements concerning sport and physical activity true for your personally?**

	<i>definitely true</i>	<i>true</i>	<i>partly True</i>	<i>not true</i>	<i>not true at all</i>
The area where I live offers many opportunities to be physically active.	5	4	3	2	1
Local sport clubs and other providers in my neighbourhood offer many opportunities to be physical active.	5	4	3	2	1
My municipality/city does enough for its citizens concerning their physical activities.	5	4	3	2	1

**Some final questions:**

**D1. In general, would you say that your health is ...**

very good	<input type="checkbox"/>	5
good	<input type="checkbox"/>	4
satisfactory	<input type="checkbox"/>	3
not so good	<input type="checkbox"/>	2
bad?	<input type="checkbox"/>	1

**D2. What is your gender [interviewer fill in]?**    Male        Female   

**D3. What are your height and weight?**    Height:    \_\_\_\_cm    Weight:    \_\_\_\_kg

**D4. What is your nationality?**    \_\_\_\_\_

**D5. What is your age?**    \_\_\_\_\_ years

**D6. Years of education including school, university?**    \_\_\_\_\_ years

**D7. Are you currently ...**

- employed
- unemployed
- pupil at school/student in university
- retired
- exclusively housewife / househusband
- none of the above

**D8. How high is the monthly household income, i.e. the net income all people in the household have available after taxes and social security contributions:**

- Below 4000 DM
- 4000 DM up to 6000 DM
- Above 6000 DM

**Thanks for participating in this survey!**



**Table BB\_1: A-Form - Belgium**

Questions	
<ul style="list-style-type: none"> <li>➤ In your leisure time have you be doing a physical activity at least ONE time per week for long enough to make your sweat?</li> <li>➤ How many days?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Yes/No</li> <li>➤ Number of days</li> </ul>

**Table BB\_2: A-Form - Finland**

Questions:	
<ul style="list-style-type: none"> <li>➤ How many minutes a day do you spend on walking, running or riding a bicycle on your way to and from work?</li> <li>➤ How often do you do leisure-time physical activity (accomplish at least slight sweating and shortness of breath) for at least half an hour?</li> <li>➤ How demanding is your job physically?</li> <li>➤ How much exercise or physical exertion do you practice in free time?</li> </ul>	<ul style="list-style-type: none"> <li>➤ 1 I am not working at all or I work at home 2 I go to work by car or by bus 3 less than 15 minutes a day 4 15-30 minutes a day 5 30-60 minutes a day 6 more than an hour a day</li> <li>➤ 1 daily 2 4-6 times a week 3 2-3 times a week 4 once a week 5 2-3 times a month 6 a few times a year or seldom 7 I can not do physical activity because of an illness or disability</li> <li>➤ 1 my work involves mainly sitting 2 my work involves quite a lot of walking 3 my work involves much walking and lifting of heavy things 4 my work is physically very demanding</li> <li>➤ 1 I do chores which require little movement or physical effort 2 I walk, cycle, or exercise in other ways at least 4 hours a week 3 I practice actual fitness exercise on average at least 3 hours a week 4 I do physical training for sports competition</li> </ul>

**Table BB\_3: A-Form - Germany**

Questions:	
<p>A1. How often do you participate in sports?</p> <p>A2. How much time on average do you spend per day (24 hours) on:</p> <p>A2A1 sleeping, resting, Monday to Friday  A2A2 Sitting, Monday to Friday  A2A3 light activities, Monday to Friday  A2A4 moderate activities, Monday to Friday  A2A5 strenuous activities, Monday to Friday</p> <p>A2B1 sleeping, resting, Weekend  A2B2 Sitting, Weekend  A2B3 light activities, Weekend  A2B4 moderate activities, Weekend  A2B5 strenuous activities, Weekend</p> <p>A3AD How often are you engaged in sports or other strenuous activities during your leisure time which causes you to get into a sweat or out of breath?</p> <p>A3B1 Less than 10 minutes  A3B2 till 20 minutes  A3B3 20 till 30 minutes  A3B4 30 minutes or more</p> <p>A4. Do you normally get out of breath or into a sweat when you climb stairs over three floors?</p>	<ul style="list-style-type: none"> <li>➤ 1,0 regularly, more than 4 hours per week  2,0 regularly, 2-4 hours per week  3,0 regularly, 1-2 hours per week  4,0 less than 1 hour per week  5,0 no sports activities</li>   <li>➤ (Minutes)</li>   <li>➤ 1,00 Daily  2,00 3 till 6 times per week  3,00 1 till 2 times per week  4,00 seldom, about once per month</li>   <li>➤ Yes / No</li> <li>➤ Yes / No</li> <li>➤ Yes / No</li> <li>➤ Yes / No</li>   <li>➤ 1,00 Yes  2,00 No  3,00 I am not able to climb three floors.</li> </ul>

**Table BB\_4: A-Form - Italy**

Questions:	
A1. In your free time do you regularly do one or more sporting activities?	➤ Yes / No
A2. In your free time do you occasionally do one or more sporting activities?	➤ Yes / No
A3. How many sporting activities do you do?	➤ Number of sports
A4. What sporting activities do you do?	
A5. Sum up all the sporting activities that you did over the last 12 months. In all, for how many months of the year did you do them?	➤ Number of months
A6. Consider all the sporting activities that you did over the last 12 months, with what consistency did you do them overall?	➤ 1. 1 to 5 times (about once every three months) 2. 6 to 20 times (about once a months) 3. 21 to 40 times (about 2-3 times a months, less than once a week) 4. 41 to 60 times (about once a week) 5. 61 to 120 times (about twice a week) 6. Over 120 times (more than twice a week)
A7. Over the last 12 months, did you do any sporting activities in facilities requiring payment?	➤ Yes / No
A8. Over the last 12 months, did you attend private lessons or sports courses, paid for by you or your family?	➤ Yes / No
A9. Do you pay an annual or periodic fee to a sports club or association?	➤ Yes / No
A10. During your free time do you do any physical activity such as: walking at least 2km, swimming, cycling or other at least twice a year?	➤ 1 NO 2 YES, once or more times a week 3 YES, once or more times a month 4 YES, more rarely

**Table BB\_5: A-Form - Netherlands**

<b>Questions:</b>	
<ul style="list-style-type: none"> <li>• A1 Do you participate in sports activities or other PA?</li> <li>• A 2 What kind of sport or pa was that?</li> <li>• Sum 3A_D pa participation past 14 days</li> <li>• Sum 4A_D How long did you participate in average?</li> <li>• A 5 A Do you participate in an organisation/club?</li> <li>• A6 How often do you climb stairs on an average day?</li> <li>• A7 Are you more / less physically active during the past six months compared to the same period last year in your leisure time?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Yes/ No</li> <li>➤ (number of times)</li> <li>➤ Minutes</li> </ul>
<ul style="list-style-type: none"> <li>• A8 Are you more/less physically active during the last six months?</li> </ul>	<ul style="list-style-type: none"> <li>➤ 1 More active</li> <li>➤ 2 Equally active</li> <li>➤ 3 Less active</li> </ul>
<ul style="list-style-type: none"> <li>• A9 If you go to school or work: Are you more / less physically active during the past six months compared to the same period last year during the transport to school or work?</li> </ul>	<ul style="list-style-type: none"> <li>➤ 1 More active</li> <li>➤ 2 Equally active</li> <li>➤ 3 Less active</li> <li>➤ 4 Not applicable</li> </ul>
<ul style="list-style-type: none"> <li>• A10A Do you think you are physically active enough?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Yes/ No</li> </ul>
<ul style="list-style-type: none"> <li>• A10B If not, why...?</li> </ul>	
<ul style="list-style-type: none"> <li>• A11 Do you intend to become more physically active the next six months?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Yes/ No</li> </ul>
<ul style="list-style-type: none"> <li>• A12 How is your physical fitness in general?</li> </ul>	<ul style="list-style-type: none"> <li>➤ 1 Good</li> <li>➤ 2 Average</li> <li>➤ 3 Bad</li> </ul>
<ul style="list-style-type: none"> <li>• All questions concern what you did yesterday. Even if it was not an ordinary day.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Yes/ No</li> </ul>
A13A Did you work yesterday?	
A14A Did you travel from home to work?	
A15A Have you been to school?	
A16A Did you travel from home to school?	
A17A Did you do domestic work yesterday?	
A18A Did you do gardening or other PA like painting?	
A19A Did you sport yesterday?	
A20A Did you ride a bicycle yesterday (other than from home to work/school)?	
A21A Did you walk yesterday (other than from home to work/school)?	
<b>For every activity...</b>	
<ul style="list-style-type: none"> <li>• Sum 13_5m at work once or more pa at least 5 minutes at a time</li> <li>• Sum 13c1 heavy pa (yesterday)</li> <li>• sum 13c2 moderate pa (yesterday)</li> <li>• sum 13c3 light pa (yesterday)</li> </ul>	<ul style="list-style-type: none"> <li>➤ (sum of minutes)</li> </ul>

**Table BB\_6: A-Form – United Kingdom**

Questions	
➤ Have you done any gardening, DIY or building work in the past 4 weeks?	➤ Yes/No
➤ I'd like to ask you about all the walking you have done in the past 4 weeks either locally or away from home. Please include any country walks, walking to and from work, and any other walks that you have done. Have you done any walks of a quarter of a mile or more in the past 4 weeks? That would usually be continuous walking lasting 5 to 10 minutes.	➤ Yes/No
• Can you tell me if you have done any exercise or sport during the last 4 weeks?	➤ Yes/No
➤ During the last 4 weeks was the effort or the activity usually enough to make you out of breath or sweaty?	➤ Yes/No

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