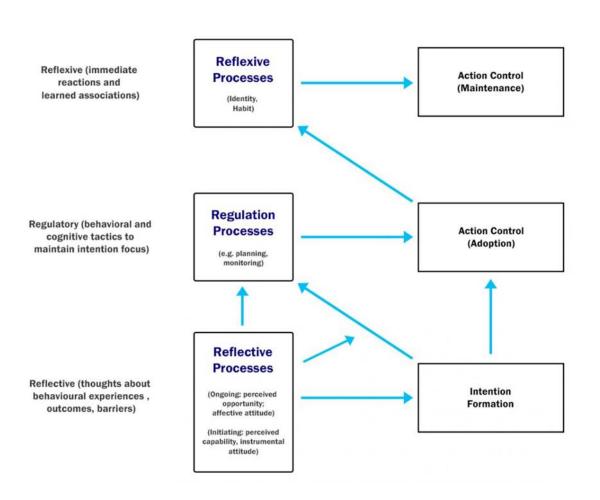
# M-PAC to Understand Individual Physical Activity – Sample Questionnaire



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#### Behavioural Measurement for Physical Activity

For this section, measurement of the target behaviour is at the discretion of the researcher. Below are suggestions for possible measures of physical activity behavior:

- GLTEQ (eg., Godin & Shephard, 1985)
- Pedometry
- Accelerometry
- Attendance at a program
- Seven day recall
- IPAQ

#### **Regular Physical Activity**

Please take an extra minute to read this section. It is very important that you clearly understand our definition of what constitutes regular physical activity before you proceed with the survey.

#### Please refer back to these definitions for all physical activity-related questions.

- Engaging in physical activity on a regular basis can be defined as 150 minutes of at least moderate-intensity activity per week.
- What is moderate-intensity physical activity? This includes activities like brisk walking, tennis, easy bicycling, or dancing; such activities may work up a light perspiration but is not exhausting. Several short bouts (but not less than 10 minutes) can be accumulated.
- Note: Typical weight training (free weight, weight machines) and callisthenic-type activities (such as push-ups, sit-ups) should be considered as moderate-intensity activity. Count only the minutes that you are actually active. For example, during a 1.5 hour workout, you may only be lifting for 30 minutes.
- What is vigorous-intensity physical activity? This includes activities like running, aerobics, fast bicycling, or basketball. Such activities cause significant sweating and large increases in breathing and heart rate.

#### Attitude towards Physical Activity - Affective Attitude (Rhodes & Courneya, 2003)

We are going to ask you about your beliefs regarding physical activity behaviour for the next XX (behavioral assessment period).

## Over the next XX (behavioral assessment period), engaging in physical activity on a regular basis would be:

	Extremely Disagree	Quite Disagree	Slightly Disagree	Neutral	Slightly Agree	Quite Agree	Extremely Agree
1.Enjoyable	0	0	0	0	0	0	0
2. Exciting	0	0	0	0	0	0	0
3. Pleasant	0	0	0	0	0	0	0

# Attitude towards Physical Activity - Instrumental Attitude (Rhodes, & Courneya, 2003)

Instructions: We are going to ask you about your beliefs regarding regular physical activity behaviour for the next XX (behavioral assessment period).

## Over the next XX (behavioral assessment period), engaging in physical activity on a regular basis would be:

	Extremely Disagree	Quite Disagree	Slightly Disagree	Neutral	Slightly Agree	Quite Agree	Extremely Agree
1. Wise	0	0	0	0	0	0	0
2.Beneficial	0	0	0	0	0	0	0
3. Useful	0	0	0	0	0	0	0

#### Perceived Capability over Physical Activity (Lithopoulos et al., 2023)

Now we will ask you about your capability to do <u>regular aerobic physical activity</u>. Before answering the questions, please read stories 1 and 2 to help you understand what we mean when we ask you whether you have the "capability" to be <u>regularly aerobically physically active</u>.

Story 1: John is lifting weights with his friend Ethan. Ethan loads several weights onto the barbell. John tells Ethan that he can't lift that much weight. Despite giving it his best effort John cannot lift the bar.

Story 2: Rachel asks Sage if she would like to join her for a walk. Sage says that she can't because it's raining outside. Rachel then thinks to herself that, in fact, Sage can go for a walk, she just doesn't want to due to the weather.

Please answer the following questions using the interpretation of "capability" from John in story 1 and Rachel in story 2.

	1 Strongly disagree	2 Disagree	3 Somewhat disagree	4 Neither agree nor disagree	5 Somewhat agree	6 Agree	7 Strongly Agree
I have the physical and mental ability to be regularly aerobically physically active over the next XX	0	0	0	0	0	0	0
I have enough skill do the activities needed for me to be regularly aerobically physically active over the next XX	0	0	0	0	0	0	0
I can handle the physical and mental demands of being regularly aerobically physically active over the next XX	0	0	0	0	0	0	0
I am confident in my physical and mental ability to be regularly aerobically physically active over the next XX	0	0	0	0	0	0	0

#### Perceived Opportunity for Physical Activity (Lithopoulos et al., 2023)

Now we will ask you about your opportunity to do regular aerobic physical activity. Before answering the questions, please read stories 1 and 2 to help you understand what we mean when we ask you whether you have the "opportunity" to be regularly aerobically physically active.

Story 1: William is on an airplane and receives a message from Harold asking if he would like to go for a run. William tells Harold that he unfortunately does not have the opportunity to join him because he is on an airplane.

Story 2: Emily tells Sheila, Emily's co-worker, that she would like to play wheelchair basketball this week but has work she would like to get done by the end of the week. Sheila points out that Emily actually does have the opportunity to play basketball, and could play if she really wanted to, but is choosing to instead follow through with her commitment to work because that is a greater priority for her than playing basketball.

Please answer the following questions using the interpretation of "opportunity" from William in story 1 and Sheila in story 2.

	1 Strongly disagree	2 Disagree	3 Somewhat disagree	4 Neither agree nor disagree	5 Somewhat agree	6 Agree	7 Strongly Agree
I have the opportunity to be regularly aerobically physically active over the XX	0	0	0	0	0	0	0
I could find a way to fit it in my schedule so that I am regularly aerobically physically active over the next XX	O	0	Ο	0	O	0	0
I would have the chance to be regularly aerobically physically active over the next XX	0	0	0	0	0	0	0

#### Decisional Intentions to be Physically Active (Courneya, 1994)

Instructions: The following will ask you about your intention to be regularly physically active.

I intend to engage in physical activity	times per week during the next XX (specify behavioral
assessment period).	

#### Behavioural Regulation for Physical Activity (Rhodes & Lithopoulos, 2023)

Instructions: Sometimes we use strategies to help us to be physically active. Please use the following scale to answer the questions below.

	1 Strongly disagree	2 Disagree	3 Somewhat disagree	4 Neither agree nor disagree	5 Somewhat agree	6 Agree	7 Strongly agree
To be physically active, I have made a detailed plan regarding when to be physically active	0	0	0	0	0	0	0
To be physically active, I have made a detailed plan regarding where to be physically active	0	0	0	0	0	0	0
To be physically active, I have made a detailed plan regarding how to be physically active	0	0	0	0	0	0	0
To be physically active, I have made a detailed plan regarding how often to be physically active	0	0	0	0	0	0	0
When I am upset, I use strategies to feel better so I can be physically active	0	0	0	0	0	0	0
When I am upset, I have ways of coping so I can focus on my physical activity plans	0	0	0	0	0	0	0
I recognize and accept when I am in a bad	0	0	0	0	0	0	0

mood so I	can focus on
being phys	ically active

I avoid spending long periods of time in environments that promote inactivity	0	0	0	0	0	0	0
There is someone who could provide feedback on my physical activity participation when needed	0	0	0	0	0	0	0
There is someone who will comment on whether I am meeting my physical activity goals	0	0	0	0	0	0	0
I ask someone to remind me to be physically active	0	0	0	0	0	0	0
I keep track of my physical activities	0	0	0	0	0	0	0
I record my physical activities	0	0	0	0	0	0	0
I keep track of my physical activity level	0	0	0	0	0	0	0

#### Habit of Physical Activity (Gardner, Abraham, Lally, & de Bruijn, 2012)

The following questions ask about your habits regarding physical activity. Habits are behaviors that are so practiced they are often done without much thought or motivation. For example, for many people driving a car becomes a habit when one can think about all sorts of things, concentrate on the road, and give little thought to operating the controls of the car. Sometimes travelling to and from work becomes such a habit that we do not even think about our route anymore. Please select the answer that best represents you.

Remember, regular physical activity is defined as 150 minutes of leisure time activity per week at a moderate to vigorous intensity.

#### Physical activity is something:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I do automatically	0	0	0	0	0
2. I do without having to consciously remember	0	0	0	0	0
3. I do without thinking	0	0	0	0	0
4. I start doing it before I realize I am doing it	0	0	0	0	0

#### Physical Activity Identity (Wilson & Muon, 2008; Sparks & Shepherd, 1992)

Instructions: The following questions concern your personal beliefs about exercise. Please indicate the degree to which you agree or disagree with each statement when thinking about your exercise participation.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I consider myself someone who does regular physical activity	0	0	0	0	0
2. When I describe myself to others, I usually include my involvement in physical activity	0	0	0	0	0
3. Others see me as someone who does physical activity regularly	0	0	0	0	0
4. Regular physical activity fits the way I want to live	0	0	0	0	0

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