

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**SCAFFOLD**

# Global Physical Activity Questionnaire (GPAQ)

**CORE: Physical activity**

I am going to ask you about the time you spend doing physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. There are various domains of activity which need to be included; work, activities in and around the home and garden, to get from place to place (transport-related) and recreation (discretionary or leisure-time) exercise or sports activities.

*This opening statement should not be omitted. The respondent will have to think first about the time she/he spends doing work. Work includes things he/she has to do such as paid or unpaid work, household chores, harvesting food, fishing or hunting for food, seeking employment. (Insert other examples if needed.)*

In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Questions	Response	Code
<b>Activity at work</b>		
1 Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate (carrying or lifting heavy loads, digging or construction work) for at least 10 minutes continuously? <i>Activities are regarded as vigorous-intensity if they cause a large increase in breathing and/or heart rate.</i>	Yes 1 No 2 <i>If No, go to P4</i>	P1
2 In a typical week, on how many days do you do vigorous-intensity activities as part of your work? <i>'Typical week' means a week when a person is doing vigorous-intensity activities and not an average over a period. Valid responses range from 1 to 7.</i>	Number of days _____	P2
3 How much time do you spend doing vigorous-intensity activities at work on a typical day? Think of one day you can recall easily. Consider only those activities undertaken continuously for 10 minutes or more. <i>Probe very high responses (over 4 hours) to verify.</i>	Hours : minutes _____:_____	P3 (a-b)
4 Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking (or carrying light loads) for at least 10 minutes continuously? <i>Activities are regarded as moderate-intensity if they cause a small increase in breathing and/or heart rate.</i>	Yes 1 No 2 <i>If No, go to P7</i>	P4
5 In a typical week, on how many days do you do moderate-intensity activities as part of your work? <i>Valid responses range from 1 to 7.</i>	Number of days _____	P5
6 How much time do you spend doing moderate-intensity activities at work on a typical day? Think of one day you can recall easily. Consider only those activities undertaken continuously for 10 minutes or more. <i>Probe very high responses (over 4 hours) to verify.</i>	Hours : minutes _____:_____	P6 (a-b)

**CORE: Physical activity**
**Travel to and from work**

The next questions exclude the physical activities at work that you have already mentioned.

Now I would like to ask you about the usual way you travel to and from places; for example, to work, to go shopping, to place of worship (*insert other examples if needed*).

*The introductory statement to the following questions on transport-related physical activities is important. It asks and helps the participant to think about how they travel around getting from place to place. This statement should not be omitted.*

7	Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places? <i>Circle the appropriate response.</i>	Yes 1 No 2 <i>If No, go to P10</i>	P7
8	In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? <i>Valid responses range from 1 to 7.</i>	Number of days _____	P8
9	How much time do you spend walking or bicycling for travel on a typical day? Think of one day you can recall easily. Consider the total amount of time walking or bicycling for trips of 10 minutes or more. <i>Probe very high responses (over 4 hours) to verify.</i>	Hours : minutes _____:_____	P9 (a–b)

**Recreational activities**

The next questions exclude the work and transport activities that you have already mentioned.

Now I would like to ask you about sports, fitness and recreational activities (leisure).

*This introductory statement directs the participant to think about recreational activities. This can also be called discretionary or leisure-time. It includes sport and exercise but is not limited to participation competitions. Activities reported should be done regularly and not just occasionally. It is important to focus on only recreational activities and not to include any activities already mentioned. This statement should not be omitted.*

10	Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate (such as running or football) for at least 10 minutes continuously? <i>Activities are regarded as vigorous-intensity if they cause a large increase in breathing and/or heart rate.</i>	Yes 1 No 2 <i>If No, go to P13</i>	P10
11	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities? <i>Valid responses range from 1 to 7.</i>	Number of days _____	P11
12	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? Think of one day you can recall easily. Consider the total amount of time doing vigorous recreational activities for periods of 10 minutes or more. <i>Probe very high response (over 4 hours).</i>	Hours : minutes _____:_____	P12 (a–b)
13	Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate (such as brisk walking, cycling, swimming, volleyball) for at least 10 minutes continuously? <i>Activities are regarded as moderate-intensity if they cause a small increase in breathing and/or heart rate.</i>	Yes 1 No 2 <i>If No, go to P16</i>	P13
14	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities? <i>Valid responses range from 1 to 7.</i>	Number of days _____	P14

**CORE: Physical activity**
**Recreational activities**

15	How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day? Think of one day you can recall easily. Consider the total amount of time doing moderate recreational activities for periods of 10 minutes or more. <i>Probe very high response (over 4 hours).</i>	Hours : minutes _____:_____	P15 (a-b)
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**Sedentary behaviour**

The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent (sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television), but do not include time spent sleeping.

16	How much time do you usually spend sitting or reclining on a typical day? Consider total time spent at work sitting, in an office, reading, watching television, using a computer, doing handcraft such as knitting, resting, etc. Do not include time spent sleeping.	Hours : minutes _____:_____	P16
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Source: World Health Organization, Global Physical Activity Questionnaire (GPAQ), Prevention of Noncommunicable Diseases Department. Available at: <http://www.who.int/chp/steps/GPAQ/en/>