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ARAŞTIRMA / RESEARCH

Validity and reliability of Turkish version of the Recent Physical Activity Questionnaire

Yeni Fiziksel Aktivite Anketi'nin Türkçe versiyonunun geçerlik ve güvenirliği

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Abstract

Purpose: Physical inactivity is an important determinant of chronic disease such as obesity, cardiovascular disease and certain types of cancer. Therefore, evaluation of physical activity becomes more important day by day. The purpose of the present study was to investigate the validity, reliability and Turkish version of The Recent Physical Activity Questionnaire (RPAQ) in healthy population.
Materials and Methods: A total of 192 adults were included in the study. Standard "forward-backward" procedure used in translation of RPAQ. International Physical Activity Questionnaire-Long Form (IPAQ-LF) was used as the gold standard for the validity of RPAQ. It was re-administered on 50 participants one week interval for reliability of RPAQ analysis.
Results: 122 (63.5%) were women, 70 (36.5%) were men of participants, and their mean age was 34.46±9.45 years. There was a high correlation between total score of IPAQ-LF and RPAQ (r: 0.747, p<0.001). When analysed validity for sub-scales, there was significant relationship between the subscales related to work and leisure activities while no significant relationship was found in scores for home and tranport domains. The test-retest reliability was showed that the Intraclass Correlation Coefficient (ICC) (between 0.978 and 1) were significant for RPAQ.
Conclusion: RPAQ is a valid and reliable tool for measuring physical activity in Turkish people. The Turkish version of the RPAQ is a powerful measurement for assessing the physical activity levels of adult individuals.
Keywords:. Surveys and questionnaires , physical activity, validation study

Öz

Amaç: Fiziksel inaktivite, obezite, kardiyovasküler hastalıklar ve belirli kanser türleri gibi kronik hastalıkların önemli bir belirleyicisidir. Bu nedenle fiziksel aktivitenin değerlendirilmesi her geçen gün daha da önem kazanmaktadır. Bu çalışmanın amacı, Yeni Fiziksel Aktivite Anketi'nin (YFAA) sağlıklı popülasyonda geçerliliğini, güvenilirliğini ve Türkçe versiyonunu incelemektir.
Gereç ve Yöntem: Çalışmaya toplam 192 yetişkin dahil edildi. YFAA'nın çevirisinde standart "ileri-geri çevirisi" prosedürü kullanıldı. YFAA'nın geçerliliği için altın standart olarak Uluslararası Fiziksel Aktivite Anketi-Uzun Form (UFAA-UF) kullanıldı. YFAA güvenilirliği için anket bir hafta arayla 50 katılımcıya yeniden uygulandı.
Bulgular: Katılımcıların 122'si (%63,5) kadın, 70'i (%36,5) erkek ve yaş ortalamaları 34,46 ± 9,45 yıldı. UFAA-UF toplam puanı ile YFAA arasında yüksek bir korelasyon vardı (r: 0.747, p <0.001). Alt ölçekler için geçerlilik incelendiğinde, iş ve boş zaman etkinlikleri ile ilgili alt ölçekler arasında anlamlı ilişki bulunurken, ev ve ulaşım alanları puanlarında anlamlı bir ilişki bulunmamıştır. Test-tekrar test güvenilirliği, Sınıf İçi Korelasyon Katsayısının (ICC) (0.978 ile 1 arasında) RPAQ için anlamlı olduğunu göstermiştir.
Sonuç: YFAA, Türklerde fiziksel aktiviteyi ölçmek için geçerli ve güvenilir bir araçtır. YFAA'nın Türkçe versiyonu, yetişkin bireylerin fiziksel aktivite düzeylerini değerlendirmek için güçlü bir ölçümdür.

Anahtar kelimeler: Sörveyler ve anketler, boş zaman aktiviteleri, validasyon çalışması

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INTRODUCTION

Physical activity is a crucial component of healthy living and lifestyle[1]. Increasingly sedentary lifestyles have been related to many chronic diseases such as type 2 diabetes, hypertension and these risk factors have become an important public health problem throughout the world with changing social and economic conditions[2-4]. Physical activity is an accepted key in the prevention of major risk factors for chronic diseases, and maintaining physical and psychological well-being[5]. Therefore, regular physical activity and more active lifestyles represent the best solution for improving positive economic and health outcomes[1].

The assessment of physical activity levels of individuals is essential to be able to make suggestions for specialized physical activity and to encourage more individuals to maintain a more active lifestyle[6]. Therefore, there is a need for valid and reliable methods to evaluate the level of physical activity for both individual and public health[4]. There are many methods for the evaluation of the physical activity levels of individuals, which can be assembled into 5 categories: self-reported methods such as questionnaires and activity logs, behavioral observations, physiological markers such as body temperature or heart rate monitors, calorimetry, and motion sensors such as accelerometers and pedometers [6,7]. In the literature, self-reported tools of activity questionnaires or diaries are the most common methods for the evaluation of physical activity level. This methodology is versatile, cost-effective and easy to implement in large populations[6]. It has been reported that there are approximately 58 questionnaires to assess the level of physical activity of adult individuals[8]. The items of these questionnaires which are study-specific and time-contigent have severe limitations for different populations[4]. The International Physical Activity Questionnaire (IPAQ) based on the global standards is the most widely used questionnaire to assess or stimulate physical activity[8]. However, the number of valid and reliable physical activity questionnaires in our country is insufficient[9,10]. Therefore, it is thougt that alternative, accesive, valid and reliable physical activity assessment tools are necessary in our country.

In 10 European countries, the Recent Physical Activity Questionnaire (RPAQ) has been shown to be a valid and reliable tool for the evaluation of physical activity energy consumption, moderate-vigorous intensity physical activity and time spent sedentary during the previous 4 weeks. The ICC of total physical activity energy expenditure (kJ/d) was 0.76 ($P<0.001$). This questionnaire evaluates physical activities, including leisure time, occupation, commuting and domestic life during the previous 4 weeks[11].

Considering the importance of physical activity evaluation and the lack of questionnaires to assess physical activity in Turkey, there can be seen to be a clear need for the development of reliable alternative questionnaires. The aim of this study was to investigate the validity and reliability of the Turkish version of the RPAQ.

MATERIALS AND METHODS

Participants and study design

A total of 122 female and 70 male healthy voluntary individuals with Turkish mother tongue aged 18-65 years were included in this study. Participants who live in Ankara (the capital city of Turkey) and admitted to the Hacettepe University Faculty of Physical Therapy and Rehabilitation were recruited in the present study. Participants were excluded if they had any serious neurological, cardiopulmonary or orthopedic disorders that adversely affected the physical activity level.

The study research protocol was approved by the Hacettepe University Research Ethics Board (Date=16.04.2019, Decision number=2019/10-31). The study protocol was explained and an informed consent form was obtained from all participants. The validity and reliability study of the RPAQ was performed after written permission from Herve Besson, the developer of the original questionnaire.

Instruments

RPAQ

The RPAQ provides information about physical activities related to home, work, transportation and leisure time activities in the previous four weeks. The questionnaire consists of three section. Section A evaluates home activities during the last 4 weeks, such as most frequently used mode of transportation (car, walk, public transport or cycle) spending time on watching television (none-more than 4 hours a day), spending time on the computer (none-more than 4 hours a day), and the frequency of climbing stairs (none-more than 20 times a day). Section B evaluates

work-related activities, such as the spending time in work (hours/week), the type of work (sedentary-heavy manual work), and preferred type of transport to work (car-walking/always-never or rarely). Section C assesses the leisure time activities of the individual during the previous four weeks and duration such as how often or for how long a period of time these activities are performed. For example, the participant was asked how many hours and / or minutes he/she swimmed during the past 4 weeks. Options are none, once in the last 4 weeks, 2 to 3 times in the last 4 weeks, once a week, 2 to 3 times a week, 4 to 5 times a week, every day. He/she marked the most suitable option for him/her. The questionnaire is a valid instrument for ranking individuals according to total energy expenditure (TEE), physical activity energy expenditure (PAEE), sedentary time, and time spent at vigorous-intensity physical activity. The PAEE is calculated as kilojoules spent per day (kJ/kg/d) for a specific activity in RPAQ[12].

IPAQ

The International Physical Activity Questionnaire is used to assess habitual physical activity during the past 7 days. There are two versions of this questionnaire, the long and the short form. The long form (LF) of this questionnaire includes 27 items and the short form consists of 7 items. The IPAQ-LF used in the present study is the long interview-administered version which has been developed to measure the leisure time activities, transportation, household/gardening, and sedentary occupations during the last 7 days. The questionnaire also evaluates moderate and vigorous intensity of physical activity as well as the frequency and duration of walking, The total score of the IPAQ is calculated from the total of the frequency and duration of the activities in all sub-dimensions. There are two types of scoring methods: activity and activity area-specific. Activity area-specific scoring method was used in this study for validity analysis. The score is obtained in MET-minutes from these calculations[13].

Translation and cultural adaptation

The translation of the RPAQ was conducted in accordance with the rules of translation of the World Health Organization (WHO)[14]. The standard "forward-backward" procedure was applied to translate the questionnaire from English into Turkish. Two independent bilingual translators translated the items into Turkish, and subsequently the preliminary version was back-translated into English following careful cultural adaptation. Then a third bilingual translator created a final version. Three independent bilingual translators who are native Turkish speakers (two of them were physiotherapists and aware of the study, the other one was a lecturer from the Department of English Language & Literature). Pilot research was conducted on 20 voluntary participants after the corrections and changes. The final version of the RPAQ is attached (Appendix 1).

The aim of the cultural adaptation was to produce a version that was conceptually as close as possible to the original questionnaire, taking patient comprehensibility into consideration.

The following change have been made for cultural adaptation of the RPAQ's translation. Miles in the workplace activities (Section B) are removed. Distance which is defined as between work and home questioned in kilometers. "Football, Rugby and Hockey" and "Cricket", which are belong to the leisure time activities (Section C), are preserved in cultural adaptation. Because cricket is under the Developing Sports Federation in Turkey. Turkey Rugby Federation and Turkey Hockey Federation were formed in the Turkey in 2002. These federations are still working in our country. Therefore, it is not appropriate to remove these branches from the RPAQ in cultural adaptation considering that the number of people doing these sports branches will gradually increase in our country[15-17].

Statistical analysis

A ratio of 5 subjects per item was used to determine the number of participants to be included[18]. The code of the "Recent Physical Activity Questionnaire" was obtained from the authors, Besson et al.[12]. The code was run in Stata Version 13 (StataCorp. 2013. Stata Statistical Software: Release 13. College Station, TX: StataCorp LP). Since the stata program automatically calculates the score of the questionnaire according to the answers of the individuals, internal consistency could not be evaluated for this study as in other studies using this questionnaire[11,12].

After the scores of the RPAQ were obtained, the other analyses were conducted in IBM SPSS Version 22 software (Statistical Package for Social Sciences, Statistics for Windows). Normality of the data was assessed by graphical approaches, such as Q-Q plot and histogram, and goodness-of-test for normality called Shapiro-Wilk test. The Pearson's correlation

coefficient was used to determine the strength of the relationship. Pearson's correlation (r) indicates the magnitude of relationship. We assess the relation with the following cut-off values. When $r < 0.20$, $0.20 \leq r < 0.40$, $0.40 \leq r < 0.70$, $0.70 \leq r < 0.90$, $0.90 \leq r \leq 1$; no relation, weak, moderate, high, very high relation, respectively[18].

The results were reported as mean ± standard deviation (minimum – maximum) values for quantitative variables, and as number (n) and percentage (%) for qualitative variables. The criterion-related validity of the Turkish version of the questionnaire was assessed by conducting Pearson's correlation analysis between RPAQ and IPAQ-LF. Intra class correlation coefficient was utilized to assess the agreement between test and re-test for the reliability of the questionnaire[18].

The questionnaire was re-applied to 50 participants after one week to determine the reliability of the Turkish version. Intra-class correlation coefficients were evaluated for the test – retest agreement. The agreement with ICC is assessed in four categories. When $ICC < 0.70$, $0.70 \leq ICC < 0.85$, $0.85 \leq ICC < 0.95$, $0.95 \leq ICC \leq 1$; poor, moderate, high, very high agreement, respectively.

RESULTS

Evaluation was made of a total of 192 subjects, comprising 122 (63.5%) females and 70 (36.5%) males with a mean age of 34.46±9.45 years. Of the total sample, 32 (16.66%) were unemployed, 155 (80.7%) had a higher education level, 20 (10.41%) had a chronic disease, and 26 (13.54%) were current smokers. The characteristics of the participants are given in Table 1.

Table 1. Socio-demographic characteristics of the participants

Variables	Mean ± SD (Min - Max)
Age (year)	34.4 ± 9.4 (20 - 60)
Height (cm)	168 ± 8.7 (145 -190)
Weight (kg)	67.5 ± 12.4 (47 - 100)
Body Mass Index (kg/m²)	23.9 ± 4.1 (17.3 - 39)
Marital Status	Frequency (%)
Single	89 (46.4)
Married	103 (53.6)
Educational Status	Frequency (%)
Primary school	16 (8.3)
Middle school	4 (2.1)
High school	17 (8.9)
University	136 (70.8)
Master of science	19 (9.9)

SD: Standard Deviation, Min: Minimum, Max: Maximum, cm: centimeter, kg: kilogram, m: meter

The mean total PAEE evaluated by RPAQ was 37.14±20.47 kj/kg/d in females and 54.57±31.68 kj/kg/d in males ($p < 0.001$). All descriptive statistics for IPAQ-LF and RPAQ are presented in Table 2.

Table 2. Physical activity level as assessed by the RPAQ (kj/kg/d) and IPAQ (MET - min week^{-1})

Variables	Mean ± SD (Min - Max)
International Physical Activity Questionnaire	
Domains (MET - min week^{-1})	
PA at work	1175.17 ± 1829.6 (0 – 14475)
PA during transport	618.8 ± 592.5 (0 – 4158)
PA at home or in garden	873.78 ± 1152.12 (0 – 8225)
Leisure time PA	1293.34 ± 1560.75 (0 – 9012)
Total PA excluding sitting	3844.33 ± 2815.15 (309 – 15234)
Recent Physical Activity Questionnaire	
Domains (kj/kg/d)	
PAEE at home	3.5 ± 3.54 (0 – 19.66)
PAEE at work	24.29 ± 19.65 (0 – 128.21)
PAEE for transport	1.64 ± 2.53 (0 – 14.04)
PAEE for recreations	14.33 ± 18.18 (0 – 99.72)
PAEE	43.5 ± 26.43 (0.16 – 149.12)

IPAQ: International Physical Activity Questionnaire, RPAQ: Recent Physical Activity Questionnaire, SD: Standard Deviation, Min: Minimum, Max: Maximum, MET: Metabolic Equivalent, min: minute, PA: Physical Activity, kj: kilojoules, kg: kilogram, d: day, PAEE: Physical Activity Energy Expenditure

Validity of RPAQ

There was a high correlation between the total score of IPAQ-LF and total PAEE of the RPAQ. There was a moderate relationship between physical activity at work and PAEE at work, and an excellent relationship between leisure time physical activity and PAEE for recreational activities ($p<0.001$) but there was no statistically significant relationship between physical activity during transport and PAEE for transport, and between physical activity at home/in the garden and PAEE at home ($p>0.05$). The results of the statistical analysis of the validity of RPAQ are presented in Table 3.

Table 3. The correlation between the subscales and total scores of RPAQ and IPAQ

		International Physical Activity Questionnaire-Long Form				
Recent Physical Activity Questionaire		PA at work	PA during transport	PA at home or in garden	Leisure time PA	Total PA excluding sitting
	PAEE at work	r: 0.563 p<0.001*	r: 0.009 p: 0.901	r: 0.045 p: 0.538	r: -0.009 p:0.904	r: 0.392 p<0.001*
	PAEE for transport	r: -0.012 p: 0.883	r: 0.127 p: 0.111	r: -0.076 p: 0.338	r: 0.095 p: 0.234	r: 0.070 p: 0.382
	PAEE at home	r: 0.094 p:0.194	r: 0.119 p: 0.101	r: -0.001 p: 0.986	r: 0.126 p: 0.082	r: 0.128 p: 0.077
	PAEE for recreations	r:0.062 p:0.390	r: 0.185 p: 0.010	r:0.347 p<0.001	r: 0.811 p<0.001*	r:0.626 p<0.001
	Total PAEE	r:0.480 p<0.001	r: 0.155 p: 0.032	r: 0.265 p<0.001	r:0.575 p<0.001	r: 0.747 p<0.001*

RPAQ: Recent Physical Activity Questionnaire, IPAQ: International Physical Activity Questionnaire, PA: Physical Activity, PAEE: Physical Activity Energy Expenditure, * p<0.001

Test retest reliability

The mean, standard deviation, minimum and maximum values of the second assessment for RPAQ are presented in Table 4. The test-retest reliability study showed that the intraclass correlation coefficients were significant for RPAQ with values between 0.978 and 1. The statistical results of the reliability analysis of the questionnaire are given in Table 5.

Table 4. Descriptive data of second assessment (RPAQ) for domains of physical activity

Domains (kj/d)	Mean ± SD (Min - Max)
PAEE at home	2.91 ± 2.48 (0 – 9.05)
PAEE at work	25.86 ± 21.49 (0 – 109.89)
PAEE for transport	1.6 ± 3.16 (0 – 14.04)
PAEE for recreations	10.7 ± 16.12 (0 – 75.21)
PAEE	40.84 ± 26.5 (2.14 – 136.74)

RPAQ: Recent Physical Activity Questionnaire, kj: kilojoules, d: day, SD: Standard Deviation, Min: Minimum, Max: Maximum, PAEE: Physical Activity Energy Expenditure

Table 5. One-week test–retest reliability results between repetitions of the RPAQ

RPAQ	ICC	95% Confidence Internal
PAEE at home	0.978	0.962-0.988
PAEE at work	1	1-1
PAEE for transport	1	1-1
PAEE for recreations	0.998	0.996-0.999
PAEE	0.999	0.998-0.999

RPAQ: Recent Physical Activity Questionnaire, ICC: Intraclass Correlation Coefficient, PAEE: Physical Activity Energy Expenditure

DISCUSSION

The present study demonstrated that the Recent Physical Activity Questionnaire is a valid and reliable tool for measuring physical activity in Turkish people. The Turkish version of the RPAQ is a powerful measurement for assessing the physical activity levels of adult individuals and it is a valid and reliable instrument for ranking individuals according to time spent on vigorous-intensity activity and overall energy expenditure in the Turkish population. The RPAQ also has several strengths. Each individual is evaluated according to the frequency and duration of the physical activity performed during the previous 4 weeks. Physical activity questionnaires generally evaluate the previous 7 days[9,19,20]. However, questioning only the last week of the individual to determine the level of physical activity may lead to positive or negative results in addition to incorrect interpretations for some conditions. Therefore, the evaluation of 4 weeks with RPAQ may provide more reliable results in determining the frequency and duration of activities. Another strength of the RPAQ is the separate evaluation of each leisure time activity and the consideration of this in scoring. Thus, scoring is calculated according to the frequency and duration of each activity. As a result, it is thought that it can be easier to classify activity level according to physical activity intensity.

A validity survey of the RPAQ has been conducted in 10 European countries; Denmark, France, Germany, Greece, Italy, Netherlands, Norway, Spain, Sweden, United Kingdom. The PAEE (kJ/kg/day) in the RPAQ has been assessed in a total of 1923 adults, comprising 1343 females and 580 males. The average PAEE value from the RPAQ ranged between 28.6 kJ/kg/day (Greece) and 57.2 kJ/kg/day (Netherlands) for females and between 40.5 kJ/kg/day (Greece) and 71.2 kJ/kg/day (Denmark) for males[11]. Similarly, in the current study, the level of physical activity of males was higher than for females.

The IPAQ-LF was used to investigate the validity of RPAQ in the current study. A significant relationship was found between IPAQ-LF and RPAQ in terms of physical activity levels in work and leisure time activities. Although both measurement methods evaluate the level of physical activity in time spent in the workplace, the IPAQ-LF questions active time spent in the workplace and the RPAQ primarily evaluates the overall time spent in the workplace and the type of work. Therefore, a moderate relationship was found between IPAQ and RPAQ in respect of workplace activities in the present study. A significant relationship was found between IPAQ-LF and RPAQ in terms of leisure time activities. Both questionnaires ask about the frequency and duration of the activities. However, the activities are questioned separately in RPAQ while the activities are classified according to intensity in IPAQ-LF. In addititon, there was no significant relationship between IPAQ-LF and RPAQ in terms of the level of physical activity in transport and home-related activities. RPAQ asks only about the most frequently used mode of transportation, whereas IPAQ questions the time spent on transportation, whether by motor vehicle, bicycle or walking. In addition, IPAQ questions the intensity of physical activity during the time spent at home, but RPAQ questions the sedentary time at home such as watching TV or using a computer, and active time spent climbing up and down stairs at home. A significant relationship was found between IPAQ-LF and RPAQ in terms of total scores. According to this result, it may be thought that IPAQ-LF and RPAQ can be used interchangeably.

The ICC values demonstrating the test-retest reliability of the RPAQ were found to be high in the current study, showing that RPAQ is a reliable tool to evaluate the level of physical activity in the Turkish population. It is thought that the reason for the value of ICC =1 in the subscales related to work and transport may be due to the fact that the participants had not changed their work or type of transport to work during the previous week.

The most of the previous studies evaluate short-term physical activity. RPAQ simultaneously provides information about the intensity, energy expenditure and different domains of physical activity in the past 4 weeks. However, especially elderly individuals with memory problems may experience troubles in responses related to physical activity over the last 4 weeks. Including only adult individuals in our research may cause problems in the generalizability of the results. Although direct tools such as accelerometer, pedometer, heart rate monitor, multiple sensor devices provide subjective information about physical activity intensity, duration and energy consumption, they are expensive and difficult to access methods. Therefore, the self report tool (IPAQ-LF) was used for the validity of RPAQ in our research[7,21].

The other limitation of the study is that the questionnaire does not have a certain minimum and maximum score, so ceiling and floor effect could not be calculated.

In conclusion, the results of the current study demonstrated that the Turkish version of the RPAQ is a valid and realiable tool to evalute and quantify the level of physical activiy in a Turkish population. Healthcare professionals can easily use the RPAQ to obtain information about the physical activity level of individuals over the previous 4 weeks. Future studies should investigate the validity of the RPAQ in the Turkish population with chronic disease.

Yazar Katkıları: Çalışma konsepti/Tasarımı: AD, OD, ÖÖ; Veri toplama: AD, ÖÖ; Veri analizi ve yorumlama: AD, ÖÖ, OD; Yazı taslağı: AD, ÖÖ, OD; İçeriğin eleştirel incelenmesi: AD, ÖÖ, OD; Son onay ve sorumluluk: AD, OD, ÖÖ; Teknik ve malzeme desteği: AD, ÖÖ; Süpervizyon: AD, ÖÖ, OD; Fon sağlama (mevcut ise): yok.
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EK 1. YENİ FİZİKSEL AKTİVİTE ANKETİ

MRC | Epidemiology Unit

Katılımcı çalışma no.

YFAA

Yeni Fiziksel Aktivite Anketi

Bu anket, son 4 hafta içinde, günlük yaşamınızdaki fiziksel aktivite düzeyinizi öğrenmek için tasarlanmıştır

Bu anket 3 bölüme ayrılmıştır

Lütfen her soruyu cevaplamaya çalışın

Bölüm A evin içinde ve çevresinde yaptığınız fiziksel aktiviteleri sorar.

Bölüm B işe gidiş ve işteki aktivitenizle ilgilidir.

Bölüm C son 4 hafta boyunca uğraştığınız boş zaman aktiviteleri hakkında sorular sorar.

Cevaplarınız kesinlikle gizli tutulacak ve sadece tıbbi araştırmalar için kullanılacaktır.

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Bölüm A Ev Aktiviteleri

Açıklama

Son 4 hafta içinde, işe gidiş-dönüşünüz haricinde en sık hangi ulaşım şeklini kullandınız?

(Lütfen sadece bir kutuyu (✓) işaretleyiniz)

Genellikle kullandığınız ulaşım şekli			
Araba / motorlu taşıt	Yürüme	Toplu Taşıma	Bisiklet

TV, DVD veya Video İzleme (Lütfen her satıra bir işaret (✓) koyunuz)

Günlük TV, DVD veya video izleme süresi (saat)	**Son 4 haftadaki ortalama**					
	Hiç	Günde 1 saatten az	Günde 1-2 saat	Günde 2-3 saat	Günde 3-4 saat	Günde 4 saatten fazla
Hafta içi bir günde akşam 6'dan önce						
Hafta içi bir günde akşam 6'dan sonra						
Hafta sonu bir günde akşam 6'dan önce						
Hafta sonu bir günde akşam 6'dan sonra						

Evde bilgisayar kullanımı iş yeri hariç (Örn. İnternet, e-posta, bilgisayar oyunları gibi)

(Lütfen her satıra bir işaret (✓) koyunuz)

Günlük evde bilgisayar kullanım süresi (saat)	**Son 4 haftadaki ortalama**					
	Hiç	Günde 1 saatten az	Günde 1-2 saat	Günde 2-3 saat	Günde 3-4 saat	Günde 4 saatten fazla
Hafta içi bir günde akşam 6'dan önce						
Hafta içi bir günde akşam 6'dan sonra						
Hafta sonu bir günde akşam 6'dan önce						
Hafta sonu bir günde akşam 6'dan sonra						

Evde/apartmanda merdiven çıkma (Lütfen her satıra bir işaret (✓) koyunuz)

Her gün evde kaç kez merdiven çıkarsınız? (yaklaşık 10 basamak)	**Son 4 haftadaki ortalama**					
	Hiç	Günde 1-5 defa	Günde 6-10 defa	Günde 11-15 defa	Günde 16-20 defa	Günde 20 defadan fazla
Hafta içi bir günde						
Hafta sonu bir günde						

Bölüm B İş Yeri Aktiviteleri

Eğer **son 4 hafta içinde** herhangi bir zamanda ücretli olarak veya düzenli ve gönüllü bir işte çalıştıysanız bunu ifade etmek için bu bölümdeki soruları yanıtlayınız.

Son 4 hafta boyunca herhangi bir işte çalıştınız mı? *Evet* ☐ *Hayır* ☐

Son 4 hafta boyunca haftada kaç saat çalıştınız?

	4 hafta önce	3 hafta önce	2 hafta önce	1 hafta önce
Çalışma süresi (saat) (işe gidip gelme süresi hariç)				

Çalışma şekli

İşinizin içerdiği fiziksel aktivitenin türünü ve yoğunluğunu öğrenmek istiyoruz. Lütfen aşağıdaki 4 seçenekten son 4 haftada mesleğinize **en uygun** olan seçeneği (✓):

Lütfen aşağıdakilerden yalnızca birini işaretleyin

1. Oturarak yapılan meslek

Zamanınızın çoğunu oturarak geçirirsiniz (örneğin ofisteki gibi) ☐

2. Ayakta durarak yapılan meslek

Zamanınızın çoğunu ayakta veya yürüyerek geçirirsiniz. Bununla birlikte, işiniz yoğun fiziksel çaba gerektirmez (örneğin, mağaza asistanı, kuaför, bekçi gibi) ☐

3. El ile yapılan meslek

Ağır nesnelerin taşınması ve aletlerin kullanılması gibi biraz fiziksel çaba gerektirir (örneğin tesisatçı, elektrikçi, marangoz gibi). ☐

4. Ağır meslek

Çok ağır nesnelerin taşınması dahil olmak üzere çok fazla fiziksel aktivite gerektirir (örneğin rıhtım işçisi, madenci, tuğla ustası, inşaat işçisi gibi) ☐

Bölüm B İş Yeri Aktiviteleri

Son 4 hafta içerisinde işe gidip gelme

Evinizden işinize olan yaklaşık mesafe nedir?

Kilometre

Bir haftada işe gitmek için kaç kere evden çıkarsın?

Sadece dışarı çıktıklarınızı sayınız

Lütfen satır başına **sadece** bir kutu işaretleyiniz (✓)

İşinize normalde nasıl gidersiniz?	Her zaman	Genellikle	Bazen	Hiç veya nadiren
Araba/Motorlu taşıt ile				
Servis veya toplu taşıma ile				
Bisiklet ile				
Yürüyerek				

Son 4 haftadır çalıştığınız iş yerinizin posta kodu nedir?

Posta kodu

Eğer bilmiyorsanız, lütfen iş adresinizi belirtiniz

İş adresi - _____

_____

_____

Ev adresinizin posta kodu nedir?

Posta kodu

Bölüm C Boş Zaman Aktiviteleri

Aşağıdaki sorular boş zamanınızı nasıl geçirdiğinizi sorar.

Lütfen her etkinliği ortalama olarak son 4 hafta boyunca ne sıklıkta yaptığınızı belirtin

Lütfen her seferinde etkinliği yapmak için harcadığınız ortalama süreyi belirtin.

Örnek

Eğer haftada bir kez 40 dakika yürüyüş yapıyorsanız

Eğer iki haftada bir bahçe işleri ile uğraşıyorsanız ve bu her seferinde 1 saat 10 dk sürüyorsa.

Yukarıdaki fiziksel aktivite örneklerine göre aşağıdaki tabloyu doldurunuz:

Lütfen son 4 hafta içinde aşağıdaki aktiviteleri KAÇ KEZ YAPTIĞINIZI işaretleyerek her bir aktivitede harcadığınız ORTALAMA SÜREYİ yazınız.

Lütfen HER BİR satırı işaretleyiniz.

Şimdi sayfa 6 ve 7'deki tabloyu tamamlayınız.

	Son 4 haftada aktiviteyi kaç kere yaptınız							Bölüm başına ortalama süre	
	Hiç	Son 4 Haftada 1 defa	Son 4 Haftada 2-3 defa	Haftada 1 defa	Haftada 2-3 defa	Haftada 4-5 defa	Her gün	Saat	Dakika
Otları ayıklama ve Ağaç budama			✔					*1*	*10*
Yürüyüş				✔					*40*

Lütfen her bir etkinlik için harcadığınız ortalama süre ve bu etkinliği son 4 hafta içerisinde kaç defa yaptığınızı belirtin.

Lütfen her bir satırı doldurunuz.

	Son 4 haftada aktiviteyi kaç kere yaptınız							**Ortalama süre**	
	Hiç	Son 4 Haftada 1 defa	Son 4 Haftada 2-3 defa	Haftada 1 defa	Haftada 2-3 defa	Haftada 4-5 defa	Her gün	Saat	Dakika
Yüzme (yarışma amaçlı)									

Yüzme (Boş zaman aktivitesi olarak)									
Sırt çantalı doğa yürüyüşü veya dağcılık									
Yürüyüş (ulaşım aracı olarak değil)									
Yarış için veya engebeli arazide bisiklet kullanma									
Bisiklet kullanma (ulaşım aracı olarak değil)									
Çim biçme									
Bahçe sulama									
Kazma-kürek işleri veya odun kesme									
Otları ayıklama veya ağaç budama									
Marangozluk, ev veya araç bakımı gibi kendi başına yaptığınız işler									
Yüksek şiddetli aerobik egzersiz									
Diğer aerobik egzersizler									
Ağırlıklarla yapılan egzersizler									
Kondisyon egzersizleri (spor aletleri ile yapılan egzersizler)									
	Son 4 haftada aktiviteyi kaç kere yaptınız							Ortalama süre	
	Hiç	Son 4 Haftada 1 defa	Son 4 Haftada 2-3 defa	Haftada 1 defa	Haftada 2-3 defa	Haftada 4-5 defa	Her gün	Saat	Dakika
Yerde yapılan egzersizler (germe									

egzersizleri, yoga vb.)									
Dans etme (Gece kulübünde yapılan danslar ve eşli veya grupla yapılan salon dansları)									
Koşu (yarışma amaçlı)									
Yavaş ve tempolu koşu									
Bowling									
Tenis veya badminton									
Duvar tenisi									
Masa tenisi									
Golf									
Futbol, ragbi veya hokey									
Kriket									
Kürek sporu									
Voleybol veya basketbol									
Balık tutma									
Ata binme									
Bilardo veya dart									
Müzik aleti çalma ya da şarkı söyleme									
Buz pateni									
Yelken sporu, rüzgar sörfü gibi su sporları									
Dövüş sanatları, boks veya güreş									

Teşekkür ederiz.