

## Global Physical Activity Questionnaire version 2 (GPAQv2)

GPAQ V2				
<p>Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.</p> <p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. <i>[Insert other examples if needed]</i>. 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.</p>				
		Response	Coding Column	
<b>P 1</b>	Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously? <i>INSERT EXAMPLES &amp; USE SHOWCARD</i>	Yes      1 No        2	<input style="width: 30px; height: 20px;" type="checkbox"/>	
<i>If No, go to P3</i>				
<b>P 2a</b>	In a typical week, on how many days do you do vigorous-intensity activities as part of your work?	Days a week	<input style="width: 30px; height: 20px;" type="checkbox"/> <input style="width: 30px; height: 20px;" type="checkbox"/>	
<b>P 2b</b>	How much time do you spend doing vigorous-intensity activities at work on a typical day?	In hours and minutes      hrs <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/> : mins <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/>		
<b>P 3</b>	Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously? <i>INSERT EXAMPLES &amp; USE SHOWCARD</i>	Yes      1 No        2	<input style="width: 30px; height: 20px;" type="checkbox"/>	
<i>If No, go to P5</i>				
<b>P 4a</b>	In a typical week, on how many days do you do moderate-intensity activities as part of your work?	Days a week	<input style="width: 30px; height: 20px;" type="checkbox"/> <input style="width: 30px; height: 20px;" type="checkbox"/>	
<b>P 4b</b>	How much time do you spend doing moderate-intensity activities at work on a typical day?	In hours and minutes      hrs <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/> : mins <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/>		
<p>The next questions exclude the physical activities at work that you have already mentioned.</p> <p>Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. <i>[insert other examples if needed]</i></p>				
<b>P 5</b>	Do you walk or use a bicycle ( <i>pedal cycle</i> ) for at least 10 minutes continuously to get to and from places?	Yes      1 No        2	<input style="width: 30px; height: 20px;" type="checkbox"/>	
<i>If No, go to P7</i>				
<b>P 6a</b>	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?	Days a week	<input style="width: 30px; height: 20px;" type="checkbox"/> <input style="width: 30px; height: 20px;" type="checkbox"/>	
<b>P 6b</b>	How much time do you spend walking or bicycling for travel on a typical day?	In hours and minutes      hrs <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/> : mins <input style="width: 30px; height: 20px;" type="text"/> <input style="width: 30px; height: 20px;" type="text"/>		

		Response	Coding Column
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 ( <i>leisure</i> ), [insert relevant terms].			
<b>P 7</b>	Do you do any vigorous-intensity sports, fitness or recreational ( <i>leisure</i> ) activities that cause large increases in breathing or heart rate like [running or football, ] for at least 10 minutes continuously? <i>INSERT EXAMPLES &amp; USE SHOWCARD</i>	Yes 1 No 2	<input type="checkbox"/>
<i>If No, go to P9</i>			
<b>P 8a</b>	In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational ( <i>leisure</i> ) activities?	Days a week	<input type="checkbox"/> <input type="checkbox"/>
<b>P 8b</b>	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	In hours and minutes hrs <input type="checkbox"/> <input type="checkbox"/> : mins <input type="checkbox"/> <input type="checkbox"/>	
<b>P 9</b>	Do you do any moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities that causes a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, volleyball] for at least 10 minutes continuously? <i>INSERT EXAMPLES &amp; USE SHOWCARD</i>	Yes 1 No 2	<input type="checkbox"/>
<i>If No, go to P 11</i>			
<b>P 10a</b>	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities?	Days a week	<input type="checkbox"/> <input type="checkbox"/>
<b>P 10b</b>	How much time do you spend doing moderate-intensity sports, fitness or recreational ( <i>leisure</i> ) activities on a typical day?	In hours and minutes hrs <input type="checkbox"/> <input type="checkbox"/> : mins <input type="checkbox"/> <input type="checkbox"/>	
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. <i>INSERT EXAMPLES &amp; USE SHOWCARD</i>			
<b>P 11</b>	How much time do you usually spend sitting or reclining on a typical day?	In hours and minutes hrs <input type="checkbox"/> <input type="checkbox"/> : mins <input type="checkbox"/> <input type="checkbox"/>	