

# RPAQ

## Recent Physical Activity Questionnaire

This questionnaire is designed to find out about your physical activity in your everyday life in the last 4 weeks

**This questionnaire is divided into 3 sections**

Please try to answer every question.

- **Section A** asks about your physical activity patterns in and around the house.
- **Section B** is about travel to work and your activity at work.
- **Section C** asks about recreations that you may have engaged in during the last 4 weeks.

*Your answers will be treated as strictly confidential and will be used only for medical research*

## Section A Home Activities

### Getting about

Which form of transport have you used **most often** in the last 4 weeks apart from your journey to and from work? (Please tick (✓) one box only)

Usual mode of travel			
Car / motor vehicle	Walk	Public transport	Cycle

### TV, DVD or Video Viewing

(Please put a tick (✓) on every line)

Hours of TV, DVD or video watched per day	Average over the last 4 weeks					
	None	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	3 to 4 hours a day	More than 4 hours a day
On a weekday before 6 pm						
On a weekday after 6 pm						
On a weekend day before 6 pm						
On a weekend day after 6 pm						

### Computer use at home *but not at work* (e.g. internet, email, Playstation, Xbox, Gameboy etc)

(Please put a tick (✓) on every line)

Hours of home computer use per day	Average over the last 4 weeks					
	None	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	3 to 4 hours a day	More than 4 hours a day
On a weekday before 6 pm						
On a weekday after 6 pm						
On a weekend day before 6 pm						
On a weekend day after 6 pm						

### Stair climbing at home

(please put a tick (✓) on every line)

Number of times you climbed up a flight of stairs (approx 10 steps) each day at home	Average over the last 4 weeks					
	None	1 to 5 times a day	6 to 10 times a day	11 to 15 times a day	16 to 20 times a day	More than 20 times a day
On a weekday						
On a weekend day						

## Section B Activity at work

Please answer this section to describe if you have been in paid employment at any time **during the last 4 weeks** or you have done regular, organised voluntary work.

Have you been in employment during the last 4 weeks? Yes  No

During the last 4 weeks how many hours work did you do per week?

	4 weeks ago	3 weeks ago	2 weeks ago	1 week ago
Work hours (excluding travel)				

### Type of work

We would like to know the type and amount of physical activity involved in your work. **Please tick** (✓) the option that **best** corresponds with your occupation(s) in the last 4 weeks from the following four possibilities:

*Please tick only one of the following*

**1. Sedentary occupation**

You spend most of your time sitting (such as in an office)

**2. Standing occupation**

You spend most of your time standing or walking. However, your work does not require intense physical effort (e.g. shop assistant, hairdresser, guard)

**3. Manual work**

This involves some physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter)

**4. Heavy manual work**

This implies very vigorous physical activity including handling of very heavy objects (e.g. dock worker, miner, bricklayer, construction worker)

## Section B Activity at work

### Travel to and from work in the last 4 weeks

What is the approximate distance from your home to your work?

Miles *or*  Kilometers

How many times a week did you travel from home to your main work?  
*Count outward journeys only*

Please tick (✓) one box **only** per line

<b>How did you normally travel to work?</b>	Always	Usually	Occasionally	Never or rarely
By car/motor vehicle				
By works or public transport				
By bicycle				
Walking				

What is the postcode for your main place of work during the last 4 weeks?

Postcode

*If not known please give your work address*

Work address - \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the postcode for your home address?

Postcode

## Section C      Recreation

The following questions ask about how you spent your leisure time.

Please indicate how often you did each activity on average over the last 4 weeks

Please indicate the average length of time that you spent doing the activity on each occasion.

### Example

If you went walking for pleasure for 40 minutes once a week.

If you had done weeding or pruning every fortnight and took 1 hour and 10 minutes on each occasion.

You would complete the table below as follows:

**Please give an answer for the NUMBER OF TIMES you did the following activities in the past 4 weeks and the AVERAGE TIME you spent on each activity.**

**Please complete EACH line**

	<b>Number of times you did the activity in the last 4 weeks</b>							<b>Average time per episode</b>	
	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	Hours	Minutes
Weeding and pruning			✓					1	10
Walking for pleasure				✓					40

Now complete the table on pages 6 and 7

Please give an answer for the average time you spent on each activity and the number of times you did that activity in the past 4 weeks

Please complete each line

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	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	Hours	Minutes
Swimming - competitive									
Swimming leisurely									
Backpacking or mountain climbing									
Walking for pleasure <i>(not as a means of transport)</i>									
Racing or rough terrain cycling									
Cycling for pleasure <i>(not as a means of transport)</i>									
Mowing the lawn									
Watering the lawn or garden									
Digging, shovelling or chopping wood									
Weeding or pruning									
DIY e.g. carpentry, home or car maintenance									
High impact aerobics or step aerobics									
Other types of aerobics									
Exercise with weights									
Conditioning exercises e.g. using a bike or rowing machine									

**Please complete each line**

	<b>Number of times you did the activity in the last 4 weeks</b>							<b>Average time per episode</b>	
	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	Hours	Minutes
Floor exercises e.g. stretching, bending, keep fit or yoga									
Dancing e.g. ballroom or disco									
Competitive running									
Jogging									
Bowling- indoor, lawn or 10 pin									
Tennis or badminton									
Squash									
Table tennis									
Golf									
Football, rugby or hockey									
Cricket									
Rowing									
Netball, volleyball or basketball									
Fishing									
Horse-riding									
Snooker, billiards or darts									
Musical instrument playing or singing									
Ice skating									
Sailing, wind-surfing or boating									
Martial arts, boxing or wrestling									

**Thank you.**