

Reference List for Project GRAD Measures Revised February 2000

Project GRAD used an extensive set of measures in an attempt to explain mediators of physical activity. This reference list may help you understand and use the measures on the GRAD survey. Most of these measures have been described in publications from GRAD.

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Barriers to Physical Activity

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- Calfas, K.J., Sallis, J.F., Lovato, C.Y., & Campbell, J. (1994). Physical activity and its determinants before and after college graduation. *Medicine, Exercise, Nutrition, and Health*, 3, 323-334.

Benefits of Physical Activity

Hovell, M.F., Sallis, J.F., Hofstetter, C.R., Spry, V.M., Faucher, P.F., & Caspersen, C.J. (1989). Identifying correlates of walking for exercise: an epidemiologic prerequisite for physical activity promotion. *Preventive Medicine, 18*, 856-866.

Calfas, K.J., Sallis, J.F., Lovato, C.Y., and Campbell, J. (1994). Physical activity and its determinants before and after college graduation. *Medicine, Exercise, Nutrition, and Health, 3*, 323-334.

Body Image

Garner, D.M., Olmsted, M.P. (1984). *Manual for eating disorder inventory (EDI)*. Psychological Assessment Resources, Inc.

Enjoyment

Kendzierski, D., & Decarlo, K.J. (1991). Physical activity enjoyment scale: two validation studies. *Journal of Sport and Exercise Psychology, 13*, 50-64.

Life Experiences Survey

Sarason, I.G., Johnson, J.H., & Siegal, J.M. (1978). Assessing the impact of life changes: development of the life experience of the life experience survey. *Journal of Consulting and Clinical Psychology, 46*, 932-946.

Perceived Physical Environment

Describe Your Environment

Sallis, J.F., Johnson, M.F., Calfas, K.J., Caparosa, S., and Nichols, J. (1997). Assessing perceived physical environment variables that may influence physical activity. *Research Quarterly for Exercise and Sport, 68*, 345-351.

Seven-day Physical Activity Recall (PAR) Interview

Blair, S.N. (1984). How to assess exercise habits and physical fitness. In J.D. Matarazzo, J.A. Herd, N.E. Miller, & S.M. Weiss (Eds). *Behavioral health: A handbook of health enhancement and disease prevention* (pp. 424-447). New York: Wiley.

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Physical Activity Readiness Questionnaire (PAR-Q)

- Thomas, S., Reading, J., & Shephard, R.J. (1992). Revision of the physical activity readiness questionnaire (PAR-Q). *Canadian Journal of Sports Science, 17*, 338-345.

Processes of Change

- Marcus, B.H., Rossi, J.S., Selby, V.C., Niaura, R.S., & Abrams, D.B. (1992). The stages and processes of exercise adoption and maintenance in a worksite sample. *Health Psychology, 11*, 386-395.

Pros/Cons

- Marcus, B.H., Rakowski, W., & Rossi, J.S. (1992). Assessing motivational readiness and decision making exercise. *Health Psychology, 11*, 257-261.

Quality of Life

- Woodruff, S.I., & Conway, T.L. (1990). Perceived quality of life and health-related correlates among men aboard Navy ships. *Military Psychology, 2*, 79-94.

Self Efficacy for Exercise

Exercise Confidence

Hofstetter, C.R., Hovell, M.F., & Sallis, J.F. (1990). Social learning correlates of exercise self-efficacy: early experiences with physical activity. *Social Science and Medicine*, *31*, 1169-1176.

Sallis, J.F., Pinski, R.B., Grossman, R.M., Patterson, T.L., & Nader, P.R. (1988). The development of self-efficacy scales for health-related diet and exercise behaviors. *Health Education Research: Theory and Practice*, *3*, 283-292.

Social Support for Exercise

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Stages of Change

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Youth Risk Behavior Survey (YRBS)

General Health - National College Health Risk Behavior

Patrick K, Covin, J, Fulop M, Calfas K, Lovato C. (1997) Health risk behaviors among California college students. *J of Am College Health*, 45, 265-272.

Brener, N.D., Collins, J.L., Kann, L., Warren, C.W., & Williams, B.I. (1995). Reliability of the youth risk behavior survey questionnaire. *American Journal of Epidemiology*, 141, 575-580.

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