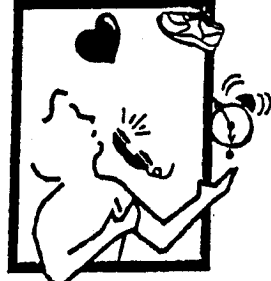


PROJECT



GRAD

Health Assessment Survey

CODING REVISED
3-18-96

VARIABLES END IN '1'
FOR TIME 1, OR BASELINE

Directions: Below are a number of questions relating to your health practices. Answer every question carefully. Do not leave any answers blank. If necessary, write N/A for "Not Applicable."

Name: _____ SSN: _____ Date: SKV DAT 21
mo/day/yr

Demographics

The following questions refer to your personal background information.

1. What is your student status?
SSTAT1
1. Part-time undergraduate
 2. Full-time undergraduate
 3. Part-time graduate
 4. Full-time graduate
 5. None of the above

2. What is your overall grade point average? _____ Don't Know _____
GPA1

3. What is your employment status?
EMPI RECDL REMPI
- 3 1. Work full-time
 - 2 2. Work part-time
 - 1 3. Unemployed
 - 1 4. Homemaker
 5. Other _____

4. What is your occupation(s)?
1. OCC11
 2. OCC21
 3. OCC31
 4. Not Applicable _____

Section A:
Demographics

5. What is your marital status?
MARIT1
1. Married
 2. Divorced
 3. Single
 4. Separated
 5. Living with significant other
 6. Widowed

6. If you are a parent or guardian, how many children do you have living at home and what are their ages?

Number: KIDS1 Ages: AGEH1, AGELO1

Not Applicable PARN1

7. Which of the following best describes your current living situation?

- HOME1
- 1. Live on campus in dormitory or apartment
- 2. Live off campus by myself, with roommate(s), or significant other
- 3. Live with parents or guardian
- 4. Live in a fraternity or sorority house

8. Would you best describe your ethnicity as

- ETHN1 for Cohort 2
- 1. African-American
- 2. Asian, Pacific Islander
- 3. Caucasian, white, nonhispanic
- 4. Latino, Hispanic, Chicano
- 5. Native American
- 6. Unknown
- 7. Other

Section A: Demographics
Continued

General Health

9. How often do you wear a seat belt when driving a car?

- SBELT1
- 1. I do not drive a car
- 2. Always
- 3. Most of the time
- 4. Sometimes
- 5. Rarely
- 6. Never

Section B:
Health Risk Behavior
General Health I
6 Items

10. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

- HELMT1
- 1. I do not ride a bicycle
- 2. Always
- 3. Most of the time
- 4. Sometimes
- 5. Rarely
- 6. Never

3 SUMS:
HRBSUM11 SBELT1 +0 STERO1
SAFETY1 (SBELT1, HELMT1)
DRNKDRV1 (RIDE1, DRIVE1)

11. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

- RIDE1
- 0. 0 times
- 1. 1 time
- 2. 2 or 3 times
- 3. 4 or 5 times
- 4. 6 or more times

12. During the past 30 days, how many times did you *drive* a car or other vehicle when you had been drinking alcohol?

DRIVE I

- 0. 0 times
- 1. 1 time
- 2. 2 or 3 times
- 3. 4 or 5 times
- 4. 6 or more times

Section B
Continued

13. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

DRINK I

- 0. 0 days
- 1. 1 day
- 2. 2 days
- 3. 3-5 days
- 4. 6-9 days
- 5. 10-19 days
- 6. 20 or more days

14. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

STEROID

- 0. 0 times
- 1. 1-2 times
- 2. 3-9 times
- 3. 10-19 times
- 4. 20-39 times
- 5. 40 or more times

Physical Activity History During High School

The following questions refer to your physical activity history.

15. During High School, on average, how many times per week did you take part in planned moderate exercise, like walking or light cycling for at least 30 minutes?

MODHSI

- 0. 0 times
- 1. 1 time
- 2. 2 times
- 3. 3 times
- 4. 4 times
- 5. 5 times
- 6. 6 times
- 7. 7 or more times

Section C: Physical Activity
During High School + College

16. During High School, on average, how many times per week did you take part in planned vigorous exercise, like running/jogging, fast cycling, swimming laps, tennis or similar aerobic activities that made you sweat and breathe hard for at least 20 minutes?

VIGHSI

- 0. 0 times
- 1. 1 time
- 2. 2 times
- 3. 3 times
- 4. 4 times
- 5. 5 times
- 6. 6 times
- 7. 7 or more times

$$HSACTIV = MODHSI + VIGHSI$$

Physical Activity and Sport History During College

17. List competitive varsity sports, teams, and clubs, you participated in during college and the number of years you participated.

Team

Number of years

Section C
Continued

1. TEAM 11
2. TEAM 21
3. TEAM 31

- TMYR 11
- TMYR 21
- TMYR 31

Not Applicable TEAMNA 1

18. List recreational or intramural sports you participated in during college and the number of years you participated.

Sport

Number of years

1. SPRT 11
2. SPRT 21
3. SPRT 31

- SPTYR 11
- SPTYR 21
- SPTYR 31

Not Applicable SPRTNA 1

19. How many physical education classes did you take during college?

Number of semesters: PESEM 1 or quarters: PEQTR 1

20. During college how many years did you participate in the following types of activities on a regular basis?

- a. League sports outside of school (e.g., teams sports).
- b. Exercise classes outside of school (e.g., aerobics, martial arts, etc.).
- c. Individual activities on your own (e.g., jogging, walking, skating, etc.).
- d. Strength training or weight lifting.
- e. Pick-up sports (e.g., tennis, basketball, volleyball, Frisbee, etc.).

Number of years

REGCLT 1

REGCLC 1

REGCLI 1

REGCLS 1

REGCLP 1

$$\text{COMPYRS} = \text{SUM}(\text{TMYR11}, \text{TMYR21}, \text{TMYR31})$$

$$\text{RECYRS} = \text{SUM}(\text{SPTYR11}, \text{SPTYR21}, \text{SPTYR31})$$

$$\text{TOTCOLYR} = \text{SUM}(\text{COMPYRS}, \text{RECYRS})$$

$$\text{COLYRS} = \text{SUM}(\text{REGCLT1 TO REGCLP1})$$

SECTION D: Physical Activity Stages

Physical Activity Stages

21. For questions "a" through "e" below, please circle YES or NO to each question using the following definitions of exercise and regular.

Exercise includes activities such as power walking, jogging, swimming, aerobic dancing, biking, rowing, weight lifting, volleyball, basketball, tennis, etc. Activities that are primarily sedentary, such as bowling or playing golf with a golf cart, would not be considered exercise.

Regular exercise means 3 times or more per week for 20 minutes or longer each time.

		0. No	1. Yes	
EXNOW1	a. I currently exercise.....			5-Point Stage of Change Calculation for Exercise
	b. I intend to exercise in the next 6 months.....			
EXSTR1	c. I currently exercise <u>regularly</u>			
EXREG1	d. I have exercised <u>regularly</u> for the past 6 months.....			
EXREG61	e. I have exercised regularly in the past for a period of at least 3 months.....			

For questions "f" through "j" below, please circle YES or NO to each question using the following definitions of physical activity and regular.

Physical activity means walking briskly, vacuuming, digging in the garden, general housework, or any other physical activity with similar exertion. These physical activities are less strenuous than "exercise".

Regular physical activity means accumulating 30 minutes or more in the above activities 5 or more days out of the week. For example, to accumulate 30 minutes for one day you could:

- work in the garden for 30 minutes, **OR**
- three 10-minute walks, **OR**
- complete 10 minutes of vacuuming, 10 minutes of walking, and 10 minutes of digging in the garden.

		0. No	1. Yes	
PANOW1	f. I am currently physically active.....			5-Point Stage Calculation for Physical Activity
	g. I intend to become physically active in the next 6 months.....			
PASTRT1	h. I currently engage in <u>regular</u> physical activity.....			
PA REG1	i. I have been physically active <u>regularly</u> for the past 6 months.....			
PA REG61	j. I have been physically active regularly in the past for a period of at least 3 months.....			

SECTION E: National Health Interview Survey

National Health Interview

The next set of questions have to do with walking for exercise in the PAST WEEK.

22. About how many days in the past 2 weeks did you walk for exercise?

WALKI _____ days $DAYSWKI = WALKI / 2$

23. About how many minutes did you walk for exercise each time in the past 2 weeks?

WALKMI _____ minutes $TOTWKI = (WALKMI * WALKI) / 2$

24. What is your usual pace of walking? (circle one)

PACEI

1. Casual or strolling (less than 2 miles per hour)
2. Average or normal (2 or 3 miles per hour)
3. Fairly brisk (3 to 4 miles per hour)
4. Brisk or striding (4 miles per hour or faster)
5. I didn't walk in the last two weeks for exercise. = MISSING

25. How many flights of stairs did you climb each day this past week? Section F:

Paffenbarger Items

FLIGHTI _____ Flights of stairs

26. How many total minutes did you do each type of walking this past week. Please do not leave answers blank. If you do not do the type of walking listed, answer zero.

Total Minutes This Past Week

- a. All walking to and/or from work and school
WALKALI
- b. Walking during breaks and/or lunch time at work and school
WLKBRI
- c. Walking as part of errands performed outside your yard and household
WLKERI
- d. Walking for exercise
WLKXI

$WALKTOTI = \text{SUM}(WALKALI \text{ to } WLKXI)$

_____	} LIFWTKI = SUM (WALKALI TO WLKERI)

National College Health Risk Behavior

27. On how many of the past 7 days did you do stretching exercises, such as toe-touching, knee-bending, or leg-stretching?

STRECHI

0. 0 days
1. 1 day
2. 2 days
3. 3 days
4. 4 days
5. 5 days
6. 6 days
7. 7 days

Section G: Health Risk Behavior Survey 2

$HRBSUM2I = \text{SUM}(STRECHI \text{ to } SPORTI)$

28. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

- TONEI
- 0. 0 days
- 1. 1 day
- 2. 2 days
- 3. 3 days
- 4. 4 days
- 5. 5 days
- 6. 6 days
- 7. 7 days

Section G
Continued

29. On how many of the past 7 days did you do any house cleaning or yard work for at least 30 minutes at a time?

- HOUSEI
- 0. 0 days
- 1. 1 day
- 2. 2 days
- 3. 3 days
- 4. 4 days
- 5. 5 days
- 6. 6 days
- 7. 7 days

30. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activities?

- SPORTI
- 0. 0 days
- 1. 1 day
- 2. 2 days
- 3. 3 days
- 4. 4 days
- 5. 5 days
- 6. 6 days
- 7. 7 days

31. How many hours per day do you watch TV and/or videos on a typical weekday? Section H:

TVWKDI _____ Hours per weekday

TV Viewing

32. How many hours per day do you watch TV and/or videos on a typical weekend?

TVWKEI _____ Hours per weekend day

$$TVPERWKI = ((TVWKDI * 5) + (TVWKEI * 2))$$

Section I: Activities in Past Two Weeks

33. Have you done any of the following activities in the past two weeks? Please indicate how many times you did each activity and how many minutes you did the activity each time. Convert hours to minutes by multiplying by 60; for example, 2 hours is 120 minutes.

MET weights	How many times in the PAST 2 WEEKS did you do the activity?	About how many MINUTES did you do the activity EACH TIME?	
4.0 a. Walking for exercise.....	<u>WLK21</u> TIMES	<u>WLKMI</u> MINUTES EACH TIME	$(WLK21 * WLKMI) / 2$
7.0 b. Jogging or running.....	<u>JOG21</u> TIMES	<u>JOGMI</u> MINUTES EACH TIME	$(JOG21 * JOGMI) / 2$
6.0 c. Hiking.....	<u>HIKE21</u> TIMES	<u>HIKEMI</u> MINUTES EACH TIME	$(HIKE21 * HIKEMI) / 2$
5.0 d. Gardening or yard work.....	<u>GARD21</u> TIMES	<u>GARDMI</u> MINUTES EACH TIME	
6.0 e. Aerobics or aerobic dancing.....	<u>AERO21</u> TIMES	<u>AEROMI</u> MINUTES EACH TIME	
4.5 f. Other dancing.....	<u>DANC21</u> TIMES	<u>DANCM1</u> MINUTES EACH TIME	
4.5 g. Calisthenics or general exercise.....	<u>CALIS21</u> TIMES	<u>CALISM1</u> MINUTES EACH TIME	
4.5 h. Golf.....	<u>GOLF21</u> TIMES	<u>GOLFM1</u> MINUTES EACH TIME	
7.0 i. Tennis.....	<u>TENS21</u> TIMES	<u>TENSM1</u> MINUTES EACH TIME	
3.0 j. Bowling.....	<u>BOWL21</u> TIMES	<u>BOWLM1</u> MINUTES EACH TIME	
6.0 k. Biking or exercise cycling.....	<u>BIKE21</u> TIMES	<u>BIKEMI</u> MINUTES EACH TIME	
8.0 l. Swimming or water exercise.....	<u>SWM21</u> TIMES	<u>SWMM1</u> MINUTES EACH TIME	
4.0 m. Yoga.....	<u>YOGA21</u> TIMES	<u>YOGAMI</u> MINUTES EACH TIME	
3.0 n. Weight lifting or weight training.....	<u>WGHT21</u> TIMES	<u>WGHTM1</u> MINUTES EACH TIME	
6.0 o. Basketball.....	<u>BASK21</u> TIMES	<u>BASKM1</u> MINUTES EACH TIME	
5.0 p. Baseball or softball.....	<u>BASE21</u> TIMES	<u>BASEM1</u> MINUTES EACH TIME	
8.0 q. Football.....	<u>FOOT21</u> TIMES	<u>FOOTM1</u> MINUTES EACH TIME	
7.0 r. Soccer.....	<u>SOC21</u> TIMES	<u>SOCM1</u> MINUTES EACH TIME	
3.0 s. Volleyball.....	<u>VOLL21</u> TIMES	<u>VOLLM1</u> MINUTES EACH TIME	
7.0 t. Handball, racquetball, or squash.....	<u>HBAL21</u> TIMES	<u>HBALM21</u> MINUTES EACH TIME	
7.0 u. Skating.....	<u>SKAT21</u> TIMES	<u>SKATM1</u> MINUTES EACH TIME	
7.0 v. Skiing.....	<u>SKI21</u> TIMES	<u>SKIMM1</u> MINUTES EACH TIME	
3.5 w. Rowing.....	<u>ROW21</u> TIMES	<u>ROWM1</u> MINUTES EACH TIME	
3.0 x. Surfing, boogie boarding, wind surfing.....	<u>SURF21</u> TIMES	<u>SURFM1</u> MINUTES EACH TIME	
3.5 y. Housework.....	<u>HOUSE21</u> TIMES	<u>HOUSEM1</u> MINUTES EACH TIME	$(HOUSE21 * HOUSEM1) / 2$
z. Other.....	<u>OTH21</u> TIMES	<u>OTKM1</u> MINUTES EACH TIME	$(OTH21 * OTKM1) / 2$

$ACTSUM1 = \text{SUM}(\text{WALKSCR1 to HOUSESCR1})$

$WALKKDI = \text{WALKSCR1} / 420 * \text{MET Value}$

$HOUSKKDI = \text{HOUSESCR1} / 420 * \text{MET Value}$

$KKDACTS = \text{SUM}(\text{WALKKDI to HOUSKKDI})$

Section J: Enjoyment

Physical Activity Enjoyment Scale 18 Items

34. Please rate how you feel at the moment about the physical activity you have been doing. Below is a list of feelings with respect to physical activity. For each feeling, please circle the number that best describes you.

* Reverse Scale 1=7 to 7=1

- * a. I enjoy it 1=7 2=6 3=5 4=4 5=3 6=2 7=1 I hate it
ENJI (RENJI)
- b. I feel bored 1 2 3 4 5 6 7 I feel interested
BOREI
- c. I dislike it 1 2 3 4 5 6 7 I like it
DISLIKI
- * d. I find it pleasurable 1=7 2=6 3=5 4=4 5=3 6=2 7=1 I find it unpleasurable
PLEASI (RPLEASI)
- * e. I am very absorbed in this activity 1=7 2=6 3=5 4=4 5=3 6=2 7=1 I am not at all absorbed in this activity
ABSORI (RABSORI)
- f. It's no fun at all 1 2 3 4 5 6 7 It's a lot of fun
NOFUNI
- * g. I find it energizing 1=7 2=6 3=5 4=4 5=3 6=2 7=1 I find it tiring
ENERGI (RENERGI)
- h. It makes me depressed 1 2 3 4 5 6 7 It makes me happy
DEPRESI
- * i. It's very pleasant 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It's very unpleasant
PLEASNI (RPLEASNI)
- * j. I feel good physically while doing it 1=7 2=6 3=5 4=4 5=3 6=2 7=1 I feel bad physically while doing it
FEELGDI (RFEELGDI)
- * k. It's very invigorating 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It's not at all invigorating
INVIGI (RINVIGI)
- l. I am very frustrated by it 1 2 3 4 5 6 7 I am not at all frustrated by it
FRUSTI
- * m. It's very gratifying 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It's not at all gratifying
GRATI (RGRATI)
- * n. It's very exhilarating 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It's not at all exhilarating
EXHILI (REXHILI)
- o. It's not at all stimulating 1 2 3 4 5 6 7 It's very stimulating
NOSTIMI
- * p. It gives me a strong sense of accomplishment 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It does not give me any sense of accomplishment
ACCOMI (RACCOMI)
- * q. It's very refreshing 1=7 2=6 3=5 4=4 5=3 6=2 7=1 It's not at all refreshing
REFRESI (RREFRESI)
- r. I felt as though I would rather be doing something else 1 2 3 4 5 6 7 I felt as though there was nothing else I would rather be doing
DOELSEI

$$ENJSUMI = SUM(RENJI \text{ TO } DOELSEI)$$

Describe Your Environment

35. Please indicate which items you have in your home, yard, or apartment complex:

- | | | | |
|--|-------|--------|------------|
| a. Stationary aerobic equipment | 0. No | 1. Yes | |
| <small>(e.g., cycle, rowing machine, Nordictrak, treadmill, stairmaster)</small> | | | |
| STATQ1 | | | |
| b. Bicycle (mountain or road) | 0. No | 1. Yes | |
| BIKE1 | | | |
| c. Dog | 0. No | 1. Yes | Section K: |
| HANDOG1 | | | |
| d. Trampoline for jogging in place | 0. No | 1. Yes | Home |
| TRAMP1 | | | |
| e. Running shoes | 0. No | 1. Yes | Equipment |
| SHOE1 | | | |
| f. Swimming pool | 0. No | 1. Yes | |
| POOL1 | | | |
| g. Weight lifting equipment | 0. No | 1. Yes | Home eq1 = |
| WGHTQ1 | | | |
| h. Toning devices (Dyna-bands, Abdomenizer, Thighmaster) | 0. No | 1. Yes | Sum |
| TONDEVI | | | |
| i. Aerobic workout videos or audio tapes | 0. No | 1. Yes | (STATQ1 |
| VIDEO1 | | | |
| j. Step or slide aerobic | 0. No | 1. Yes | to |
| STEP1 | | | |
| k. Skates (in-line, roller, figure) | 0. No | 1. Yes | SKISI) |
| SKATE1 | | | |
| l. Sports equipment (racquets, balls,) | 0. No | 1. Yes | |
| EQUIP1 | | | |
| m. Surf board, boogie board, windsurf board | 0. No | 1. Yes | |
| SURF1 | | | |
| n. Canoe, row boat, kayak | 0. No | 1. Yes | |
| BOAT1 | | | |
| o. Skis (snow or water) | 0. No | 1. Yes | |
| SKISI | | | |
| p. Swimming or scuba equipment | 0. No | 1. Yes | |

S WSCU1 for Cohort 2 Only

36. Are you a member of a health club or gym?

- | | | |
|---|--------|------------|
| 0. No | 1. Yes | SECTION L: |
| GYM1 | | |
| Is the health club only open certain hours? | | |
| 0. No | 1. Yes | GYM MEMBER |
| GYMOP1 | | |

37. Please indicate which of the following apply to your neighborhood:

- | | | | |
|--|---------------------------------------|------------|--------------|
| a. Sidewalk | 0. No | 1. Yes | |
| SIDEW1 | | | |
| *b. Heavy traffic | 1 = 0. No | 0 = 1. Yes | Section M: |
| TRAF1 (RTRAF1) | | | |
| *c. Hills | 1 = 0. No | 0 = 1. Yes | Neighborhood |
| HILLS1 (RHILLS1) | | | |
| d. Street lights | 0. No | 1. Yes | |
| LIGHT1 | | | |
| *e. Dogs that are unattended | 1 = 0. No | 0 = 1. Yes | |
| DOGS1 (RDOGS1) | | | |
| f. Enjoyable scenery | 0. No | 1. Yes | |
| SCENE1 | | | |
| g. Frequently see people walking or exercising | 0. No | 1. Yes | |
| PEOPLE1 | | | |
| *h. High crime | 1 = 0. No | 0 = 1. Yes | |
| CRIME1 (RCRIME1) | | | |
| i. Other | NHOO11 Sum (SIDEW1 to RCRIME1, NHOO1) | | |

OTHNE1 for Cohort 2 Only

NHOO11 Sum (SIDEW1 to RCRIME1)
NHOO11 Sum (SIDEW1 to RCRIME1)

38. How safe do you feel walking in your neighborhood during the day?

SAFE

Very unsafe

Somewhat safe

Very Safe

1 2 3 4 5

39. Is your neighborhood (please circle one answer):

NHOOD (RHOOD)

- 3 = 1. Residential
- 2 = 2. Mixed commercial and residential
- 1 = 3. Mainly commercial

40. What is the household income in your neighborhood? (Please circle one answer):

SES

- 1. Low
- 2. Medium
- 3. Medium high
- 4. High

SES

41. For each of these places where you can exercise, please indicate if it is on a frequently traveled route (e.g., to and from work or school) or within a 5-minute drive from your work or home.

a. Aerobic dance studio	0. No	1. Yes
STUDIO		
b. Basketball court	0. No	1. Yes
B COURT		
c. Beach or lake	0. No	1. Yes
BEACH		
d. Bike lanes or trails	0. No	1. Yes
LANES		
e. Golf course	0. No	1. Yes
COURSE		
f. Health Spa/gym	0. No	1. Yes
SPA		
g. Martial arts studio	0. No	1. Yes
MARTIAL		
h. Playing field (soccer, football, softball)	0. No	1. Yes
FIELD		
i. Public park / natural open space	0. No	1. Yes
PARK		
j. Public recreation center	0. No	1. Yes
RECREATION		
k. Racquetball / squash court	0. No	1. Yes
RACQUETBALL		
l. Running track	0. No	1. Yes
TRACK		
m. Skating rink	0. No	1. Yes
RINK		
n. Sporting goods store	0. No	1. Yes
STORE		
o. Swimming pool	0. No	1. Yes
SWIMMING		
p. Walking / hiking trails	0. No	1. Yes
TRAILS		
q. Tennis court	0. No	1. Yes
TENNIS		
r. Dance Studio	0. No	1. Yes
DANCE		

Section N:
Convenience
Facilities
CONVSR =
Sum
(studio + to studio)

STUDDA

Section 0: Work Facilities

The next set of questions have to do with working outside the home.

42. Are there exercise facilities at your work? (workout room/gym, exercise equipment, walking path/PAR course)

WORKEXI
0. No

- 1. Yes
- 2. Not applicable / Don't know = Missing

43. Are there regular exercise programs at your work? (e.g., aerobic classes, team sports, walking groups, etc.)

WORKPGI
0. No

- 1. Yes
- 2. Not applicable / Don't know = Missing

44. Are there shower facilities at your work?

SHOWERI
0. No

- 1. Yes
- 2. Not applicable / Don't know = Missing

45. Is an exercise specialist/activity coordinator available for employees at your work?

COORDNI
0. No

- 1. Yes
- 2. Not applicable / Don't know = Missing

46. Are there any policies at your work that encourage exercise or biking?

POLICYI
0. No

- 1. Yes
- 2. Not applicable / Don't know = Missing

47. Are the stairs at your work:

a. accessible 0. No 1. Yes
STAIRAI

b. safe 0. No 1. Yes
STAIRSI

c. pleasant 0. No 1. Yes
STAIRPI

d. Not Applicable _____
STRAINAI

48. Does your employer provide any paid time for you to exercise?

WKTMEI
0. No

- 1. Yes
- 2. Not applicable / Don't Know = Missing

Social Support

The following questions refer to social support for your physical activity.

Below is a list of things people might do or say to someone who is trying to do physical activity regularly. Please read and answer every question. If you are not physically active, then some of the questions may not apply to you. In that case, please write "6" for "does not apply."

Please rate each question twice. Under "Family," rate how often anyone living in your household has said or done what is described, during the last three months. Under "Friends," rate how often your friends or co-workers have said or done what is described, during the last three months.

Please write one number from the following rating scale in each space.

None	Rarely	A few times	Often	Very often	Does not apply
1	2	3	4	5	6 = 1 ALL ITEMS

SAMPLE: Family Friends

1. If my family rarely does physical activities with me, and my friends very often do, I would answer like this: 4 SCORES: Total Participation, Family Participation, Friend Participation, Family Rewards, Punishment

a. Exercise with me. a. 2 a. 5

49. During the past three months, my family (or members of my household) and friends:

2 SCALES: 1 = Participation, 2 = Rewards + Punishment

		Family	Friends
Scale	a. Did physical activities with me.....	a. <u>DIDFAI</u>	a. <u>DIDFRI</u>
	b. Offered to do physical activities with me.....	b. <u>OFFRFAI</u>	b. <u>OFFRFRI</u>
	c. Gave me helpful reminders to be physically active, i.e. "Are you going to do your activity tonight?".....	c. <u>REMFAI</u>	c. <u>REMFRI</u>
	d. Gave me encouragement to stick with my activity program.....	d. <u>ENCFAI</u>	d. <u>ENCFRI</u>
	e. Changed their schedule so we could do physical activities together.....	e. <u>SCHFAI</u>	e. <u>SCHFRI</u>
	f. Discussed physical activity with me.....	f. <u>DISFAI</u>	f. <u>DISFRI</u>
2	g. Complained about the time I spend doing physical activity.....	g. <u>COMPFAI</u>	g. <u>COMPFRI</u>
2	h. Criticized me or made fun of me for doing physical activities.....	h. <u>CRITFAI</u>	h. <u>CRITFRI</u>
2	i. Gave me rewards for being physically active such as bought or gave me something I like.....	i. <u>REWFAI</u>	i. <u>REWFRI</u>
	j. Planned for physical activities on recreational outings.....	j. <u>PLANFAI</u>	j. <u>PLANFRI</u>
	k. Helped plan events around my physical activities.....	k. <u>EVNTFAI</u>	k. <u>EVNTFRI</u>
	l. Asked me for ideas on how they can be more physically active.....	l. <u>ASKFAI</u>	l. <u>ASKFRI</u>
	m. Talked about how much they like to do physical activity.....	m. <u>TLKFAI</u>	m. <u>TLKFRI</u>

FAMPARTI = SUM(DIDFAI - DISFAI, PLANFAI - TLKFAI)

Form C FRNFARTI = SUM(DIDFRI - DISFRI, PLANFRI - TLKFRI) rev. 5/9/95

FAMPUNI = SUM(COMPFAI - REWFAI)

FRNFUNI = SUM(DIDFAI + TLKFAI)

Section Q: Barriers

Barriers to Physical Activity 24 Items

The following questions refer to barriers and benefits to your physical activity.

50. How often do the following prevent you from getting physical activity?

Scale 1-5	Never	Rarely	Sometimes	Often	Very Often
3 a. Self conscious about my looks when I do activities CONSCI	0	1	2	3	4
1 b. Lack of interest in physical activity INTERI	0	1	2	3	4
4 c. Lack of self-discipline or willpower WILLPI	0	1	2	3	4
4 d. Lack of time TIMEI	0	1	2	3	4
4 e. Lack of energy ENERGYI	0	1	2	3	4
2 f. I do not have anyone to do physical activities with me ... NOONEI	0	1	2	3	4
1 g. I do not enjoy physical activity NOENGI	0	1	2	3	4
3 h. I hate to fail, so I do not try FAILI	0	1	2	3	4
2 i. Lack of equipment NOEQUII	0	1	2	3	4
2 j. The weather is too bad WEATHRI	0	1	2	3	4
2 k. Lack of skills SKILLI	0	1	2	3	4
4 l. I am usually too tired to exercise TIREDI	0	1	2	3	4
2 m. Lack of knowledge on how to do physical activities KNOWLI	0	1	2	3	4
1 n. Poor health HEALTHI	0	1	2	3	4
3 o. Fear of injury INJURYI	0	1	2	3	4
1 p. Physical activity is hard work HARDI	0	1	2	3	4
2 q. Lack of a convenient place to do physical activity PLACEI	0	1	2	3	4
3 r. I am too overweight OVERWTI	0	1	2	3	4
1 s. Physical activity is boring BORINGI	0	1	2	3	4
3 t. Minor aches and pains ACHESI	0	1	2	3	4
5 u. Work demands DEMANDSI	0	1	2	3	4
5 v. Social demands SOCIALI	0	1	2	3	4
5 w. Family demands FAMILYI	0	1	2	3	4
2 x. Lack of money MONEYI	0	1	2	3	4
y. Other <u>NOT SCORED</u>	0	1	2	3	4

OTHPREI

BARRSUMI = sum (CONSCI to MONEYI)

BARRAVGI = BARRSUMI / 24 Items

AVERAGE SCALE SCORES 1 = AVERSIVENESS (AVERAVGI)

Form C

2 = 14 Inconvenience (INCAVGI) rev. 5/19/95

3 = Worries, 4 = Excuses, 5 = Demands

Section 5: Process of Change

Process of Change

20 Items

The following questions refer to experiences that can affect your physical activity. Think about these or similar experiences you may have had during the past month. Then rate how frequently the experience occurred. Please give the number that best describes your answer for each experience.

2 SCALES: 1 = BEHAVIORAL, 2 = EXPERIENTIAL

Scale

52. How frequently does this occur?

Never Seldom Occasionally Often Repeatedly

	1	2	3	4	5	
REMHI a. I put things around my home to remind me of exercising...	1	2	3	4	5	1
KEEPXI b. I tell myself that if I try hard enough, I can keep exercising.....	1	2	3	4	5	1
COMMTI c. I make commitments to exercise.....	1	2	3	4	5	1
REMWI d. I keep things around my place of work that remind me to exercise.....	1	2	3	4	5	1
SOCIETI e. I find society changing in ways that make it easier for the exerciser.....	1	2	3	4	5	2
WARNI f. Warnings about health hazards of inactivity affect me emotionally.....	1	2	3	4	5	2
EMOTEI g. I react emotionally to warnings about an inactive lifestyle.....	1	2	3	4	5	2
ARTICI h. I read articles about exercise in an attempt to learn more about it.....	1	2	3	4	5	2
FRIENI i. I have a healthy friend that encourages me to exercise when I don't feel up to it.....	1	2	3	4	5	1
CAREI j. When I exercise, I tell myself that I am being good to myself by taking care of my body.....	1	2	3	4	5	1
ENCOURI k. I am aware of more and more people encouraging me to exercise these days.....	1	2	3	4	5	2
NICEI l. I do something nice for myself for making efforts to exercise more.....	1	2	3	4	5	1
FEEDBI m. I have someone who provides feedback about my exercising.....	1	2	3	4	5	1
INFOI n. I look for information related to exercise.....	1	2	3	4	5	2
ROLEI o. I feel I would be a better role model for others if I exercised regularly.....	1	2	3	4	5	2
TYPEI p. I think about the type of person I will be if I keep exercising.....	1	2	3	4	5	2
INFLUT q. I realize that I might be able to influence others to be healthier if I would exercise more.....	1	2	3	4	5	2
FRUSTMI r. I get frustrated with myself when I don't exercise.....	1	2	3	4	5	2
TIREXI s. When I feel tired, I make myself exercise anyway because I know I will feel better afterward.....	1	2	3	4	5	1
WORRYI t. When I'm feeling tense, I find exercise a great way to relieve my worries.....	1	2	3	4	5	1

CHNGSUMI = SUM(REMHI TO WORRYI)

CANGANGI = CHNGSUMI / 20

BEHSUMI = SUM(REMHI - REMWI, FRIENI, CAREI, NICEI, FEEDBI,

16 TIREXI, WORRYI) rev. 5/9/95

EXPSUMI = SUM(SOCIETI - ARTICI, ENCOURI, INFOI - FRUSTMI)

SECTION T: CONFIDENCE

Exercise Confidence

12 Items

The following questions refer to your confidence in trying to increase or continue your exercise. Below is a list of things people might do while trying to increase or continue regular exercise. For the following questions, rate aerobic exercises such as running, swimming, brisk walking, bicycle riding, or aerobic classes. Whether you exercise or not, please rate how confident you are that you could really motivate yourself to do similar aerobic exercises consistently, for at least six months.

53. Using the following rating scale, please circle the number that best describes how sure you are that you can do these things?

Scale	2 SCALES: 1 = Making Time for Exercise 2 = Resisting Relapse	I know I cannot	Maybe I can	4	I know I can	
1	a. Get up early, even on weekends, to exercise.....	1	2	3	4	5
	GETUPI					
1	b. Stick to your exercise program after a long, tiring day at work.....	1	2	3	4	5
	AFTWKI					
1	c. Exercise even though you are feeling depressed.....	1	2	3	4	5
	FLDEPI					
1	d. Set aside time for an exercise program; that is, walking, jogging, swimming, biking, or other continuous activities for at least 30 minutes, 3 times per week.....	1	2	3	4	5
	SETTMEI					
1	e. Continue to exercise with others even though they seem too fast or slow for you.....	1	2	3	4	5
	EXOTRI					
1	f. Stick to your exercise program when undergoing a stressful life change (e.g., divorce, death in the family, moving).....	1	2	3	4	5
	LIFCHGI					
1	g. Go to social events or fun activities only after exercising.....	1	2	3	4	5
	FUNAFTI					
2	h. Stick to your exercise program when your family is demanding more time from you.....	1	2	3	4	5
	FAMTMEI					
2	i. Stick to your exercise program when you have household chores to attend to.....	1	2	3	4	5
	HSETMI					
2	j. Stick to your exercise program when you have excessive demands at work.....	1	2	3	4	5
	WRKTMEI					
2	k. Stick to your exercise program when social obligations are very time consuming.....	1	2	3	4	5
	SOCTMEI					
2	l. Read or study less in order to exercise more.....	1	2	3	4	5
	READLSI					

CONFDCI = SUM (GETUPI to READLSI) / 12 Items

MAKETIMI = SUM (GETUPI to FUNAFTI) / 7 Items

RESISTI = SUM (FAMTMEI to READLSI) / 5 Items

SECTION U: BODY IMAGE

Body Image 22 ITEMS

54. The following questions refer to your feelings about dieting and your body image.
 For each feeling, circle the number that best describes you. Circle only one answer.

3 Scales: 1 = EDI DRIVE for THINNESS
 2 = Female Body Dissatisfaction
 3 = Male Body Dissatisfaction

<u>Scale</u>		Always	Usually	Often	Sometimes	Rarely	Never
1	*a. I eat sweets and carbohydrates without feeling guilty.....	1	2	3	4	5	6
	SWEET1						
1	**b. I think about dieting.....	1	2	3	4	5	6
	DIET1						
1	**c. I feel extremely guilty after overeating.....	1	2	3	4	5	6
	GUILT1						
1	**d. I am terrified of gaining weight.....	1	2	3	4	5	6
	TERRIF1						
1	**e. I exaggerate or magnify the importance of weight....	1	2	3	4	5	6
	EXXAG1						
1	**f. I am preoccupied with the desire to be thinner.....	1	2	3	4	5	6
	PREOCI						
1	**g. If I gain a pound, I worry that I will keep gaining.	1	2	3	4	5	6
	KEEPGN1						
3	*h. I think that my stomach is too big.....	1	2	3	4	5	6
	STOMB1						
2	*i. I think that my thighs are too big.....	1	2	3	4	5	6
	THIGHB1						
2	*j. I think that my stomach is just the right size.....	1	2	3	4	5	6
	STOMR1						
3	*k. I feel satisfied with the shape of my body.....	1	2	3	4	5	6
	SHAPE1						
2	*l. I like the shape of my buttocks.....	1	2	3	4	5	6
	BUTTI						
2	**m. I think my hips are too big.....	1	2	3	4	5	6
	HIPSB1						
2	*n. I think that my thighs are just the right size.....	1	2	3	4	5	6
	THIGHR1						
2	**o. I think my buttocks are too large.....	1	2	3	4	5	6
	BUTTB1						
2	*p. I think that my hips are just the right size.....	1	2	3	4	5	6
	HIPSR1						
3	**q. I think that my legs are too small.....	1	2	3	4	5	6
	LEGS1						
3	**r. I think that my arms are too small.....	1	2	3	4	5	6
	ARMS1						
3	*s. I think that my shoulders are just the right size.....	1	2	3	4	5	6
	SHOULR1						
3	*t. I think that my arms are just the right size.....	1	2	3	4	5	6
	ARMR1						
3	**u. I think that my shoulders are too small.....	1	2	3	4	5	6
	SHOULS1						
3	*v. I think that my legs are just the right size.....	1	2	3	4	5	6
	LEGR1						

* Rcode 1=0 2=0 3=0 4=1 5=2 6=3
 ** Rcode 1=3 2=2 3=1 4=0 5=0 6=0

AVERAGE ON 3-PT SCALE:

IMAGSUM1 = SUM(RSWEET1 TO RLEGR1)
 EDISUM1 = SUM(RSWEET TO RKEEPGN1)

Form C MALESUM1 = SUM(RSTOMB1, RSTOMR1, RSHAPE1, RLEGS1 TO RLEGR1)

FEMSUM1 = SUM(RSTOMB1 TO RHIPSR1)

IMAGANG1
 EDIAVG1
 MALEAVG1

Quality of Life 16 Items

The following questions refer to quality of life issues.

55. Please rate how you feel at the **moment** about the following quality of life questions. Circle the number that best describes you.

Personal Life

Delighted Pleased Mostly Satisfied Mixed Mostly Dissatisfied Unhappy Terrible

$PERSONLIFE = \text{SUM}(LIFE1 - ROMANCI) / 3 \text{ Items}$

a. How do you feel about your own personal life?..... 1 2 3 4 5 6 7

LIFE1

b. How do you feel about your wife/husband (or girlfriend/boyfriend)?..... 1 2 3 4 5 6 7

SPOUSE1

=MISSING
N/A...

c. How do you feel about your romantic life?..... 1 2 3 4 5 6 7

ROMANCI

Work Life (if not employed, rate school) $WORKLIFE = \text{SUM}(FEELJBI \text{ to } FEELWKI) / 3$

d. How do you feel about your job?..... 1 2 3 4 5 6 7

FEELJBI

e. How do you feel about the people you work with--your co-workers?..... 1 2 3 4 5 6 7

COWORK1

f. How do you feel about the work you do on the job--the work itself?..... 1 2 3 4 5 6 7

FEELWKI

Self

$SELF1 = \text{SUM}(PROBL1 \text{ to } YOUARE1) / 7 \text{ Items}$

g. How do you feel about the way you handle problems that come up in your life?..... 1 2 3 4 5 6 7

PROBL1

h. How do you feel about what you are accomplishing in your life?..... 1 2 3 4 5 6 7

LIFEAC1

i. How do you feel about your physical appearance--the way you look to others?..... 1 2 3 4 5 6 7

APPEAR1

j. How do you feel about your own health and physical condition?..... 1 2 3 4 5 6 7

FLHLTH1

k. How do you feel about yourself?..... 1 2 3 4 5 6 7

YOURS1

l. How do you feel about the extent to which you can adjust to changes in your life?..... 1 2 3 4 5 6 7

ADJCHN1

m. How do you feel about the kind of person you are?..... 1 2 3 4 5 6 7

YOUARE1

Life as a whole

$WHLLIFE = \text{SUM}(WHOLE1 \text{ to } WANTLFI) / 3 \text{ Items}$

n. How do you feel about your life as a whole?..... 1 2 3 4 5 6 7

WHOLE1

o. Considering all things together, how content are you with life as a whole?.. 1 2 3 4 5 6 7

CONTNT1

p. To what extent has your life as a whole been what you wanted it to be? 1 2 3 4 5 6 7

WANTLFI

$QOLI = \text{SUM}(LIFE1 \text{ to } WANTLFI) / 16 \text{ Items}$

General Health

56. During the past 30 days, on how many days did you smoke cigarettes?

SMOKED1

- 0. 0 days
- 1. 1-2 days
- 2. 3-5 days
- 3. 6-9 days
- 4. 10-19 days
- 5. 20-29 days
- 6. All 30 days

TOBACCO1 = SUM(SMOKED1, SMOKEM1, CHEW1)

57. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

SMOKEM1

- 0. I did not smoke cigarettes during the past 30 days
- 1. Less than one cigarette per day
- 2. 1 cigarette
- 3. 2-5 cigarettes
- 4. 6-10 cigarettes
- 5. 11-20 cigarettes
- 6. More than 20 cigarettes

SAFESEX1 = SUM(RALCSEX1, RCONDOM1)

58. During the past 6 months, did you try to quit smoking cigarettes?

QUIT1

- 0. No
- 1. Yes
- 3. I did not smoke cigarettes in the past 6 months

59. During the past 30 days, did you use chewing tobacco, such as Redman, Levi Garrett, or Beechnut, or snuff, such as Skoal, Skoal Bandits, or Copenhagen?

CHEW1

- 1. No, I did not use chewing tobacco or snuff during the past 30 days
- 2. Yes, chewing tobacco only
- 3. Yes, snuff only
- 4. Yes, both chewing tobacco and snuff

60. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

Recode ALCSEX1

- 1 0. No
- 2 1. Yes
- 0 2. I have never had sexual intercourse

61. The last time you had sexual intercourse, did you or your partner use a condom?

Recode CONDOM1

- 2 0. No
- 1 1. Yes
- 0 2. I have never had sexual intercourse

Section X: Health Risk Behavior

FOODS EATEN 7 Items

62. What did you eat yesterday?

	No	Yes, once only	Yes, twice or more
a. Yesterday, did you eat fruit?..... FRUITI	0	1	2
b. Yesterday, did you drink fruit juice?..... JUICEI	0	1	2
c. Yesterday, did you eat green salad?..... SALADI	0	1	2
d. Yesterday, did you eat cooked vegetables?..... VEGIEI	0	1	2
*e. Yesterday, did you eat hamburger, hot dogs, or sausage?..... HAMBURI	0=2	1=1	2=0
*f. Yesterday, did you eat french fries or potato chips?..... FRIESI	0=2	1=1	2=0
*g. Yesterday, did you eat cookies, doughnuts, pie, or cake?..... COOKYI	0=2	1=1	2=0

* Reverse scale 0=2, 2=0 for FOODAVGI SCORE

$$\text{FOODAVGI} = \text{SUM} (\text{FRUITI to VEGIEI, RHAMBURI to RCOOKYI}) / 7 \text{ Items}$$

$$\text{FRUTAVGI} = \text{SUM} (\text{FRUITI to VEGIEI}) / 4 \text{ Items}$$

$$\text{FATFAVGI} = \text{SUM} (\text{HAMBURI to COOKYI}) / 3 \text{ Items}$$