
IPAQ

International Physical Activity Questionnaire

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Goal

To train research coordinators on the administration of the International Physical Activity Questionnaire

Rationale: Physical activity is being assessed in the D2d Study as a potential confounder or effect modifier

Long Form IPAQ

- Validated questionnaire
- Open source (no special permission or license required)
- Self-administered on paper form
- Asks about activities performed over prior 7 days
- Available in multiple languages including *English* and *Spanish*
- If other language is needed, please contact CC

Activity Domains

1. Job-related physical activity (includes paid jobs, farming, volunteer work, course work)
2. Transportation physical activity
3. Housework, house maintenance, and caring for family
4. Recreation, sport, and leisure-time physical activity
5. Time spent sitting

Time Points for IPAQ Administration

- Baseline
- Month 6 visit
- Annual visits (M12, M24, M36, and M48)

IPAQ Instructions for Staff

- Refer to MOP section 10 – questionnaires
- Study staff makes own copies for use
- Enter participant's ID number on **each page** before administering it
- Read the introductory text to the participant
- Review the questionnaire for completeness before participant leaves

IPAQ Instructions for Staff

- If the participant is unable to self-administer the form (e.g. due to illiteracy or vision problems), the Research Coordinator may administer the questionnaire by using the Telephone IPAQ version.
- The rationale for using the Telephone IPAQ must be recorded in the source documents.
- The Telephone IPAQ should be used in person during the participant's visit.

IPAQ Instructions for Staff

- If the participant is concerned about not remembering his/her physical activity over the last 7 days, acknowledge their concerns and encourage them to recall to the best of their ability.
- Do not assist the participant with deciding the responses to questions – these must be made independently by the participant.
- It may be helpful to read the instructions at the top of the questionnaire to make sure the participant is clear about the definition of moderate and vigorous activity.



IPAQ Instructions for Staff

- Only values of 10 or more minutes of activity should be included. Scientific evidence indicates that episodes or bouts of at least 10 minutes are required to achieve health benefits.
- Responses of less than 10 minutes should be coded as “zero.”

IPAQ Instructions for Participants

- Introductory text to be read to participant:
“As an important part of this study, we are asking you to complete the International Physical Activity Questionnaire. The questionnaire is designed to measure your physical activity over the last 7 days. Physical activity occurs throughout a day in many different forms. The questionnaire measures different types of physical activity. For the form to be valuable, it must be completed carefully and accurately. It will take you between 5 and 15 minutes to complete the form.”

IPAQ Instructions for Participants

- Read the basic instructions at the top of the form before starting.
- Answer all questions to the best of your ability.
- Do not skip any questions.
- Follow the *order* of the questionnaire.
- The amount of time spent on an activity can be answered in hours, minutes, or a combination of both.

IPAQ Instructions for Participants

Example: If you walked vigorously for 1 and ½ hours, the form can be completed in one of two ways:

1 hours per day
30 minutes per day

or

 hours per day
90 minutes per day

IPAQ Instructions for Participants

Definitions:

Vigorous activities take hard physical effort and make you breathe much harder than normal. Examples include heavy lifting, digging, aerobics, or fast bicycling.

Moderate activities make you breathe somewhat harder than normal. Examples include carrying light loads, bicycling at a regular pace, or doubles tennis.

Coordinator Review

Before the participant leaves, look over the IPAQ to ensure the following:

- All questions are completed
- Every response is clear and legible



Data Entry

- Designated site staff will transcribe responses from paper form into EDC system

Questions?



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