

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid investigators to integrate the collection of PhenX measures in your study. The PhenX measures that you selected and added to your Cart are presented in the DCW in alphabetical order. The DCW includes worksheets for data collection. Variables derived from the collected data are shown in the Data Dictionary (DD) with variable names and unique PhenX variable identifiers. The collection of DCWs produced by the Toolkit is not designed as a data collection instrument. Each investigator will decide how to integrate PhenX measures into data collection for their study.

PAR INTERVIEWER SCRIPT

(Interviewer's script is shown in **bold**):

1. Introduction: **"The questions that I will be asking you refer to the physical activities you've engaged in during the past week."**
2. Work: **"I am going to start by asking you a few questions about your employment."**

(Ask employment questions on top of PAR worksheet.)

3. Weekend Days: **"What 2 d of the week do you consider to be your weekend days? Most people consider Sat. and Sun. to be their weekend days, but it may be different for you."**

{Some participants state that they do not have weekend days because they work all week or never have 2 d off; in this case, ask what 2 d are most like weekend days. If only 1 d is given as a weekend day, then ask what other day is most like a weekend day.}

4. Sleep: **"Now I'd like to look at the time you spent sleeping in the past week. By sleeping, I mean the time you went to bed one night and the time that you got out of bed the next morning. You may not necessarily have been asleep the entire time you were in bed. You may have been reading or watching television. Today is (*Monday*), so yesterday was (*Sunday*). What time did you go to bed (*Sunday*) night? What time did you get up (*Monday*) morning?"**

{Determine hours spent in bed to the nearest ¼ h. The participant does not need to be asleep the entire time, because lying down and sleeping burn approximately the same number of kilocalories. Time spent in sexual activity is not counted as sleep. Start with yesterday and work backward through the previous 7 days. Do this for each day of the 7 -d recall. Calculate total time spent sleeping after completing the interview.}

5. Work Hours: *{If Applicable}* **"Now I'd like you to tell me what hours you worked each day during the past week."**

{Record start and end times on worksheet. Calculate total time spent working after completing the interview.}

6. Physical Activity: "I am going to ask you about the physical activities you engaged in during the past 7 d, starting with yesterday and going back 7 d. In doing so, please remember, this is a recall of actual activities for the past week, not a history of what you usually do. We are not considering light activities, such as desk work, standing, or light housework. We are considering occupational, household, recreational, and sports activities that make you feel similar to how you feel when you are walking at a normal pace, and more vigorous activities. For example, slow stop-and-go walking such as window shopping, is not included; however, walking at a normal pace to do an errand is included."

7. PAR List of Activities: *{Provide the participant with the PAR List of Activities}* "These are examples of activities that you may have engaged in. Remember that we are not considering Light Activities, which include the majority of our daily activities."

8. Intensity Guidelines: "I will ask you to categorize the intensity of each physical activity you do into one of three groups: moderate, hard, or very hard.

The moderate category is similar to how you feel when you're walking at a normal pace.

The very hard category is similar to how you feel when you are running.

The hard category falls in between.

In other words, if the activity seems harder than walking but not as strenuous as running, it should go in the hard category."

9. Segments of the Day: "I am going to ask you about the physical activities you engaged in during three segments of the day, which includes morning, afternoon, and evening. Morning is considered from the time you get up in the morning to the time you have lunch; afternoon is from lunch to dinner; and evening is from dinner until the time you go to bed."

{If a meal is skipped, it is appropriate to define morning from the time a person wakes up until 12 noon, afternoon from 12-6 PM, and evening from 6 PM to bed. Always spend some time setting the stage for each day to help people remember their activities. Physical activity can be performed intermittently or continuously}

10. "Today is (*Monday*), so yesterday was (*Sunday*). Think about what you did (*Sunday*) morning. Where were you? Think about what you usually do. Did you do anything unusual? Did you do any physical activity (*Sunday morning*)? How long did you do that activity? How much of that time was spent standing still or taking breaks?"

{Do not record time spent on breaks, rest periods, and meals. Be sure that the time reported for an activity was actually spent doing the activity. Being at the swimming pool for 2 h but only swimming for 15 min should be recorded as 15 min, not 2 h. Working in the garden all day Saturday (8 h) should mean actually working for 8 h. Query participants to be sure they are reporting these activities accurately. Start with yesterday and work backward throughout the week. Differentiate work-related activities with an asterisk or star. The asterisk should be placed to the right of the duration corresponding to the work-related activity; e.g., .75 h}.*

11. Intensity: "Did that activity feel similar to how you feel when you are walking or running or is it somewhere in between?" *{Always refer to intensity guidelines}*. "Keep in mind that a moderate intensity activity feels similar to walking at a normal-to-brisk pace, and very hard feels similar to running."

{The interviewer should not guess what intensity an activity is. The subject is responsible for classifying his or her physical activities into intensity categories.}

12. At the End of Each Day Ask: "Are there any physical activities that you might have forgotten? Did you do any physical activity at work? How do you get to and from work? Are there any other recreational or sport activities? Did you participate in any sports or any vigorous family activities? How about any housework that made you feel similar to brisk walking? Or gardening? Were there any other walks that you might have taken?"

13. On the Last Day of Recall: "Take a moment to think back over the course of the week and think of any activities that you may have forgotten. Did you want to add any other household, occupational, or sports activities that you participated in during the past week that you may have overlooked? Did you take any walks you did not tell me about? Are there any activities that you are unsure about?"

14. Last Question: "The last question I am going to ask you is, Compared to your physical activity over the past 3 mo, was last week's physical activity more, less, or about the same?"

{Record answer on page 2 of worksheet}

15. "Thank You": *{Thank the participant for his/her time and participation}*

ANSWER SHEET

Seven-Day Physical Activity Recall (PAR) Questionnaire										
Participant _____				Study Timepoint _____						
Interviewer _____										
Today's Date _____ Day (circle one)				Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Were you employed in the last seven days?				0 [] No (Skip to Q#3)			1 [] Yes			
2. If yes, which days?				Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. What two days do you consider your weekend days?				Mon	Tues	Wed	Thurs	Fri	Sat	Sun

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		DAYS						
		1	2	3	4	5	6	7
Day: (Mon...)								(yesterday)
Sleep:								
Time In Bed								
Time Up								
Total Time								
Work:								
Start Time								
End Time								
Total Time								
M O R	Physical Activity?							
	How long?							
	Time spent standing							

N I N G	still/breaks?							
	Moderate							
	Hard							
	Very Hard							
A F T E R N O O N	Physical Activity?							
	How long?							
	Time spent standing still/breaks?							
	Moderate							
	Hard							
	Very Hard							
E V E N I N G	Physical Activity?							
	How long?							
	Time spent standing still/breaks?							
	Moderate							
	Hard							
	Very Hard							
OTHER FOR DAY?								
OTHER FOR								

WEEK?								
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4. Compared to your physical activity over the past three months, was last week's physical activity more, less or about the same?

1 <input type="checkbox"/> More	2 <input type="checkbox"/> Less	3 <input type="checkbox"/> About the same
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KEY Place asterisk (*) to the right of a work-related activity & the time spent doing it.	Rounding:	10-22 min	=	0.25 hr
		23-37 min	=	0.50 hr
		38-52 min	=	0.75 hr
		53-1:07 hr:min	=	1.0 hr
		1:08-1:22 hr:min	=	1.25 hr

INTERVIEWER:

Please answer questions below and note any comments on interview.

5. Were there any problems with the 7-Day PAR interview?	0 <input type="checkbox"/> No 1 <input type="checkbox"/> Yes (if yes, please explain)
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6. Do you think this was a valid 7-Day PAR interview?	0 <input type="checkbox"/> No 1 <input type="checkbox"/> Yes (if yes, please explain)
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SEVEN-DAY PHYSICAL ACTIVITY RECALL (PAR) LIST OF ACTIVITIES			
Intensity	Job	Home	Sport or Recreation

LIGHT	<ul style="list-style-type: none"> * Typing * Standing * Driving 	<ul style="list-style-type: none"> * Ironing, sewing * Light auto repair * Indoor Painting 	<ul style="list-style-type: none"> * Leisurely walking * Softball * Bowling * Playing a musical instrument
MODERATE	<ul style="list-style-type: none"> * Lifting or carrying light objects (up to 5 lbs) * Painting outside of house 	<ul style="list-style-type: none"> * Sweeping, Mopping, Vacuuming * Clipping hedges * Raking * Mowing lawn with power mower * Cleaning windows * Pushing stroller with child 	<ul style="list-style-type: none"> * Brisk walking (on level ground) * Shooting baskets * Throwing frisbee * Cycling leisurely on level ground * Swimming laps (easy effort) * Weightlifting

HARD	<ul style="list-style-type: none"> * Construction work * Lifting or carrying objects (5-15 lbs) * Climbing ladder or stairs 	<ul style="list-style-type: none"> * Scrubbing floors * Shoveling dirt, coal, etc. * Mowing lawn with non-power mower * Carrying child (5-15 lbs) 	<ul style="list-style-type: none"> * Brisk walking (uphill) * Backpacking (on level ground) * Brisk cycling on level ground without losing breath * Tennis (doubles) * Downhill skiing * Swimming laps (moderate effort)

VERY HARD	<ul style="list-style-type: none"> * Carrying heavy loads such as bricks or lumber * Carrying moderate loads up stairs (16-40 lbs) 	<ul style="list-style-type: none"> * Digging ditches * Chopping or splitting wood * Gardening with heavy tools 	<ul style="list-style-type: none"> * Jogging * Basketball (in game) * Soccer (in game) * Cycling (uphill or racing) * Tennis (singles)

			<ul style="list-style-type: none">* Cross-country skiing* Swimming laps (hard effort)* Aerobic dancing* Circuit training (using a series of Nautilus machines without stopping)
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Protocol source: <https://www.phenxtoolkit.org/protocols/view/150702#Source>