



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

The 2001 PACE questionnaire is made available for research purposes only by San Diego State University.

Physical Activity Stages							
<ul style="list-style-type: none"> <li>• <b>Physical activity</b> is any activity that increases your heart rate and makes you get out of breath some of the time.</li> <li>• <b>Physical activity</b> can be done in sports, playing with friends, or walking to school.</li> <li>• Some examples of <b>physical activity</b> are running, brisk walking, rollerblading, biking, skateboarding, dancing, swimming, soccer, basketball, football, &amp; surfing.</li> </ul>							
<p>1. In a typical week, how many days do you do physical activity for 60 minutes or more?</p> <p>Mark the answer that is true for you.</p>							
Zero 0 <input type="radio"/>	One 1 <input type="radio"/>	Two 2 <input type="radio"/>	Three 3 <input type="radio"/>	Four 4 <input type="radio"/>		Five 5 <input type="radio"/>	Six or more 6+ <input type="radio"/>
(If you answered between "0" and "4" to question 1, go to question 3.)					(If you answered "5" or "6 or more" to question 1, go to		

					question 2.)	
↓	↓	↓	↓	↓	↓	↓
↓	↓	↓	↓	↓	↓	↓
3. Do you think you will start doing 60 minutes of physical activity <u>5 or more days</u> a week in the next 6 months?					2. How many months have you been doing 60 minutes of physical activity on 5 or more days per week?	
1	<input type="radio"/> No, and I do <b>not</b> intend to in the <b>next six months</b> .				1	<input type="radio"/> Less than 6 months
2	<input type="radio"/> Yes, I intend to in the <b>next six months</b> .				2	<input type="radio"/> 6 months or more
3	<input type="radio"/> Yes, I intend to in the <b>next 30 days</b> .					

Physical Activity Change Strategies						
<p>The following are activities, thoughts, and feelings people use to help them change their physical activity. Think of any similar experiences you may be having or have had in the past month. Then rate HOW OFTEN you do each of the following.</p>						
					Many Times	5
PLEASE:					Often	4

* Fill in each circle completely.				Sometimes	3			
* Erase all changes completely.			Almost Never	2				
		Never	1					
1. I look for information about physical activity or sports.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
2. I keep track of how much physical activity I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
3. I find ways to get around the things that get in the way of being physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
4. I think about how my surroundings affect the amount of physical activity I do. (Surroundings are things like having exercise equipment at home or a park nearby.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
5. I put reminders around my home to be physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
6. I reward myself for being physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
7. I do things to make physical activity more enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
8. I think about the benefits I will get from being physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
9. I try to think more about the benefits of physical activity and less about the hassles of being active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
10. I say positive things to myself about physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

11. When I get off track with my physical activity plans, I tell myself I can start again and get right back on track.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have a friend or family member who encourages me to do physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I try different kinds of physical activity so that I have more options to choose from.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I set goals to do physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I make back-up plans to be sure I get my physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Physical Activity Pros & Cons**

--

The following statements are different beliefs about physical activity.

Please rate **HOW IMPORTANT** each statement is to your decision to do physical activity. Use the following scale:

<b>PLEASE:</b>						
* Fill in each circle completely.					Extremely Important	5
* Erase all changes completely.					Very Important	4
					Moderately Important	3

HOW IMPORTANT IS EACH STATEMENT		Slightly Important	2			
TO YOU WHEN DECIDING WHETHER		Not Important	1			
OR NOT TO DO PHYSICAL ACTIVITY?						
1. I would feel embarrassed if people saw me doing physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Physical activity would help me stay fit.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My parents would be happy if I did physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. There is too much I would have to learn to do physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I would feel better about myself if I did physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I would need too much help from my parents to do physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I do not like the way physical activity and exercise makes me feel.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would have fun doing physical activity or playing sports with my friends.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I would have more energy if I did physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Physical activity takes time away from being with my friends.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

--	--	--	--	--	--	--	--	--	--

Physical Activity Confidence

There are many things that can get in the way of physical activity. Rate **HOW SURE** you are

--	--

--	--

--	--

--	--

--

I probably can't
------------------

**I'm sure I can't**

1. Do physical activity even when you feel sad or stressed?

2. Set aside time for physical activity on most days of the week?

3. Do physical activity even when your family or friends want you to do something else?

4. Get up early, even on weekends, to do physical activity?

5. Do physical activity even when you have a lot of schoolwork?

6. Do physical activity even when it is raining or really hot outside?

**Physical Activity Family Support**

During a typical week, how often has a member of your household: (For example, your father)

**Never**



1. Watched you participate in physical activity or play sports?

2. Encouraged you to do sports or physical activity?

3. Provided transportation to a place where you can do physical activity or play sports?

4. Done a physical activity or played sports with you?

Physical Activity Friend Support

During a typical week, how often:



--

**Never**

1. Do your friends encourage you to do sports or physical activities?

2. Do your friends do physical activity or play sports with you?

3. Do your friends or classmates tease you about not being good at physical activities or sports?

4. Do your friends ask you to walk or bike to school or to a friend's house?

5. Do your friends tell you that you are doing well in physical activities or sports?

--

**Closest Friend Support**

							<b>5 Friends</b>		
							<b>4 Friends</b>		
					<b>3 Friends</b>				

				2 Friends				
				1 Friend				
				0 Friends				
6. How many of your five closest friends are physically active on a regular basis?					○	○	○	○

Physical Activity Enjoyment

					Strongly agree			
PLEASE:					Somewhat agree			
* Fill in each circle completely.					Neutral			
* Erase all changes completely.					Somewhat disagree			
					Strongly disagree			
1. I enjoy doing physical activity.					○	○	○	○

Physical Activity Recreation Choices

2. What do you usually do when you have a choice about how you spend recreational time?	
Almost always choose activities like TV, reading, listening to music, or computers	<input type="radio"/>
Usually choose activities like TV, reading, listening to music or computers	<input type="radio"/>
Just as likely choose active or inactive recreation	<input type="radio"/>
Usually choose activities like bicycling, dancing, outdoor games or active sports	<input type="radio"/>
Almost always choose activities like bicycling, dancing, outdoor games or active sports	<input type="radio"/>

Physical Activity Environmental Factors

How much do you agree with the following statements?

					Strongly agree	5
PLEASE:					Somewhat agree	4
* Fill in each circle completely.				Neutral	3	
* Erase all changes completely.			Somewhat disagree	2		

	Strongly disagree	1				
1. At home there are enough supplies and pieces of sports equipment (like balls, bicycles, skates) to use for physical activity.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. It is difficult to walk or jog in my neighborhood because of things like traffic, no sidewalks, dogs, gangs and so on.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. There are playgrounds, parks, or gyms, close to my home or that I can get to easily.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. It is safe to walk or jog in my neighborhood during the day.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Scoring:**

Stage of Change

Using the branching scheme:

If physically active 5 to 7 days a week:

Question 2:

1 = Action stage

2 = Maintenance stage.

If physically active 0 to 4 days a week:

Question 3:

1 = Precontemplation stage

2 = Contemplation stage

3 = Preparation stage

## Physical Activity Change Strategies

Create a composite strategy score by computing the mean of items 1 to 15.

## Physical Activity Pros & Cons

Pros of change scale = mean of items 2, 3, 5, 8, 9.

Cons of change scale = mean of items 1, 4, 6, 7, 10.

## Physical Activity Confidence (Self-Efficacy)

Compute mean of items 1 to 6.

## Physical Activity Family Support (Family Influences)

Compute mean of items 1 to 4.

## Physical Activity Friend Support (Peer Influences)

Reverse code item 3, then compute mean of items 1 to 5.

## Physical Activity Environmental Factors

Reverse code item 2, then compute mean of items 1 to 4.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/151303>