



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.

Exercise Dependence Scale-21

Instructions. Using the scale provided below, please complete the following questions as honestly as possible. The questions refer to current exercise beliefs and behaviors that have occurred in the past 3 months. Please place your answer in the blank space provided after each statement.

1 Never	2	3	4	5	6 Always
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1. I exercise to avoid feeling irritable. _____
2. I exercise despite recurring physical problems. _____
3. I continually increase my exercise intensity to achieve the desired effects/benefits. _____
4. I am unable to reduce how long I exercise. _____
5. I would rather exercise than spend time with family/friends. _____
6. I spend a lot of time exercising. _____
7. I exercise longer than I intend. _____
8. I exercise to avoid feeling anxious. _____
9. I exercise when injured. _____
10. I continually increase my exercise frequency to achieve the desired effects/benefits. _____
11. I am unable to reduce how often I exercise. _____
12. I think about exercise when I should be concentrating on school/work. _____

13. I spend most of my free time exercising._____
14. I exercise longer than I expect._____
15. I exercise to avoid feeling tense._____
16. I exercise despite persistent physical problems._____
17. I continually increase my exercise duration to achieve the desired effects/benefits._____
18. I am unable to reduce how intense I exercise._____
19. I choose to exercise so that I can get out of spending time with family/friends._____
20. A great deal of my time is spent exercising._____
21. I exercise longer than I plan._____

Scoring:

The proposed scoring procedure for the Exercise Dependence Scale is computer based, which allows for immediate and accurate scoring. The computer scoring of the Exercise Dependence Scale is based on the SPSS (Statistic Package for the Social Sciences). A syntax file (see [slink[Eating Disorders Supplemental Information | <https://www.phenxtoolkit.org/index.php?pageLink=browse.si.all&nimh=true>]]) has been developed by the authors that enables immediate feedback to the Exercise Dependence Scale responses once the items are entered into SPSS. The syntax enables:

1. Computing a total and subscale mean scores for Exercise Dependence Scale-21. A higher score indicates more exercise-dependent symptoms.
2. Categorizing participants into either at-risk for exercise dependent, nondependent-symptomatic, or nondependent-asymptomatic groups. The categorization into one of the three groups is generated by a scoring manual that consists of flowchart decision rules in which items or combinations of items determine if an individual would be classified in the dependent, symptomatic, or asymptomatic range on each of the 7 DSM IV criteria. Individuals who are classified into the dependent range on 3 or more of the DSM criteria are classified as exercise dependence. The dependent range is operationalized as indicating a score of 5 or 6 for that item. Individuals who scored in the 3 to 4 range are classified as symptomatic. These individuals may theoretically be considered at-risk for exercise dependence. Finally, individuals who score in the 1-2 range are classified as asymptomatic.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/650201>