PASE Physical Activity Scale for the Elderly



New England Research Institutes

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INSTRUCTIONS:

Please complete this questionnaire by either circling the correct response or filling in the blank. Here is an example:

During the past 7 days, how often have you seen the sun?

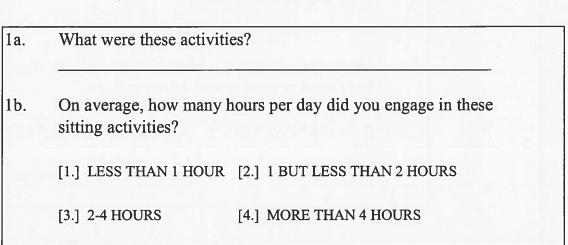
[0.] NEVER [1.] SELDOM [2.] SOMETIMES [3.] OFTEN (1-2 DAYS) (3-4 DAYS) (5-7 DAYS)

Answer all items as accurately as possible. All information is strictly confidential.

LEISURE TIME ACTIVITY

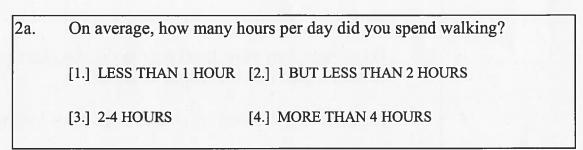
1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

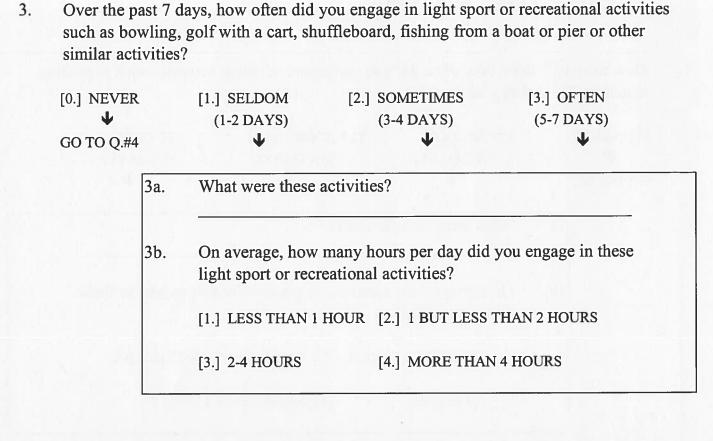




2. Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog, etc.?



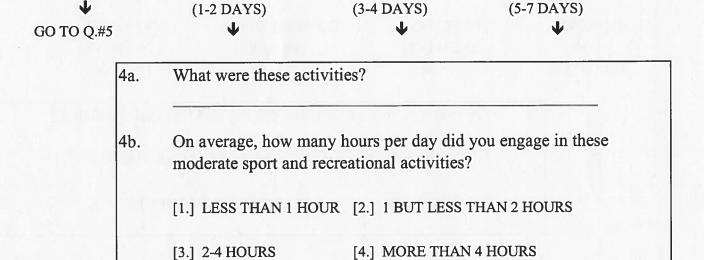




4. Over the past 7 days, how often did you engage in moderate sport and recreational activities such as doubles tennis, ballroom dancing, hunting, ice skating, golf without a cart, softball or other similar activities?

[1.] SELDOM

[0.] NEVER



[2.] SOMETIMES

[3.] OFTEN

[0.] NEVER		(1-2 DAYS)	[2.] SOMETIMES (3-4 DAYS)	[3.] OFTEN (5-7 DAYS)
GO TO (Q.#6	•	•	•
	5a.	What were these activ	vities?	
	5b.	On average, how man		
		[1.] LESS THAN 1 HOU	UR [2.] 1 BUT LESS	THAN 2 HOURS
	_	[3.] 2-4 HOURS		ecifically to increase mu
	n and end	lays, how often did you urance, such as lifting w	do any exercises spe	ecifically to increase mu
strength	n and end /ER	lays, how often did you urance, such as lifting w	do any exercises spe veights or pushups, e	ecifically to increase mutc.?
strength [0.] NEV	n and end /ER	lays, how often did you urance, such as lifting w [1.] SELDOM (1-2 DAYS)	do any exercises spereights or pushups, exercises specifically spereights or pushups, exercises specifically	ecifically to increase mute.? [3.] OFTEN (5-7 DAYS)
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HOUSEHOLD ACTIVITY

7.	During the past 7 days, have you done any light housework, such	as dusting or
	washing dishes?	

[1.] NO [2.] YES

8. During the past 7 days, have you done any heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood?

[1.] NO [2.] YES

9. During the past 7 days, did you engage in any of the following activities?

Please answer \underline{YES} or \underline{NO} for each item.

		<u>NO</u>	<u>YES</u>
a.	Home repairs like painting, wallpapering, electrical		
	work, etc.	1	2
b.	Lawn work or yard care,		
U.	including snow or leaf	1	2
	removal, wood chopping, etc.		
c.	Outdoor gardening	1	2
d.	Caring for an other person,		
	such as children, dependent spouse, or an other adult	1	2

WORK-RELATED ACTIVITY

10. During the past 7 days, did you work for pay or as a volunteer?

[1.] NO [2.] YES

10a. and/	How many hours per week did you work for pay or as a volunteer? HOURS
	Which of the following categories best describes amount of physical activity required on your job or volunteer work?
[1]	Mainly sitting with slight arm movements. [Examples: office worker, watchmaker, seated assembly line worker, bus driver, etc.]
[2]	Sitting or standing with some walking. [Examples: cashier, general office worker, light tool and machinery worker.]
[3]	Walking, with some handling of materials generally weighing less than 50 pounds. [Examples: mailman, waiter/waitress, construction worker, heavy tool and machinery worker.]
[4]	Walking and heavy manual work often requiring handling of materials weighing over 50 pounds. [Examples: lumberjack, stone mason, farm or general laborer]

THANK YOU FOR TAKING THE TIME AND EFFORT TO COMPLETE THIS QUESTIONNAIRE!