Active-Q Revised version
May 2012

## **Active-Q – A Web-based Physical Activity Questionnaire for Adults**

The	following	questions (	concern v	vour r	physical	activity	during the	past months.
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☐ By car or taxi

☐ By bus, train, subway or boat

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Occupation status Do you work or study	at the moment? Re	fers to full time, half t	ime and volunteer w	ork.
O Yes O Don't kn O No O Don't wa	ow ant to answer			
Physical activity level What is your normal		ion daily occupation (wo	rk, studies or equivale	ent)?
Mostly sitting	A combination of sitting and standing up	Mostly standing and walking	Some physical activity	Heavy manual labor
?	?	?	?	?
Approximately how nor equivalent)?  O 5 hours or less O 6 - 10 hours O 11 - 20 hours O 21 - 30 hours O 31 - 40 hours O 41 - 50 hours O More than 50 h O Don't want to a	ours	k do you normally con	duct your daily occup	ation (work, studies
Means of transport How do you normally		rk, studies or other da	aily occupation?	
☐ Walking		Other		
☐ Cykling		Does not apply to me	е	
☐ By motorcycle, mo	oped or scooter 🔾	Don't know		

O Don't want to answer

## Follow-up questions regarding means of transportation. Selected activities in the previous screening question are presented to the respondent.

How often do you get to your daily occupation in the following ways and approximately how long does it take?

	Number of days per week	Time, one way per day
Walking	<b>Q</b> 1	O Less than 15 minutes
	<b>Q</b> 2	<b>O</b> 15 - 29 minutes
	<b>Q</b> 3	<b>3</b> 0 - 44 minutes
	<b>Q</b> 4	<b>Q</b> 45 - 59 minutes
	<b>Q</b> 5	<b>O</b> 1 - 2 hours
	<b>Q</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
Cycling	<b>O</b> 1	O Less than 15 minutes
	<b>Q</b> 2	<b>O</b> 15 - 29 minutes
	<b>O</b> 3	<b>O</b> 30 - 44 minutes
	<b>O</b> 4	<b>O</b> 45 - 59 minutes
	<b>O</b> 5	O 1 - 2 hours
	<b>O</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
By motorcycle, moped or scooter	<b>O</b> 1	O Less than 15 minutes
	<b>O</b> 2	<b>O</b> 15 - 29 minutes
	<b>O</b> 3	<b>O</b> 30 - 44 minutes
	<b>O</b> 4	<b>O</b> 45 - 59 minutes
	<b>O</b> 5	O 1 - 2 hours
	<b>O</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer)	
By car or taxi	<b>O</b> 1	O Less than 15 minutes
	<b>O</b> 2	<b>O</b> 15 - 29 minutes
	<b>O</b> 3	<b>3</b> 0 - 44 minutes
	<b>O</b> 4	<b>O</b> 45 - 59 minutes
	<b>O</b> 5	<b>O</b> 1 - 2 hours
	<b>O</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
By bus, train, subway or boat	O 1	O Less than 15 minutes
	<b>Q</b> 2	O 15 - 29 minutes
	<b>O</b> 3	<b>3</b> 0 - 44 minutes
	<b>Q</b> 4	<b>Q</b> 45 - 59 minutes

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	Number of days per week	Time, one way per day
	<b>O</b> 5	<b>O</b> 1 - 2 hours
	<b>O</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
Other	O 1	O Less than 15 minutes
	<b>O</b> 2	<b>O</b> 15 - 29 minutes
	<b>O</b> 3	<b>O</b> 30 - 44 minutes
	<b>O</b> 4	<b>Q</b> 45 - 59 minutes
	<b>O</b> 5	<b>O</b> 1 - 2 hours
	<b>O</b> 6	O Longer than 2 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	

## Leisure time activities

Which of the following activities do you engage in at least once per week in your leisure time? Mark all activities applicable.

<ul> <li>□ Watching TV/DVDs etc.</li> <li>□ Using the computer, reading e-mails, playing computer games, play station, X-box etc.</li> <li>□ Sitting reading, writing, sewing etc.</li> <li>□ Playing a musical instrument or active computer games (e.g. Wii)</li> </ul>	<ul> <li>□ Dancing</li> <li>□ Walking, Nordic walking, walking a dog (not as transport to daily occupation)</li> <li>□ Bicycling (not as transport to daily occupation)</li> <li>□ Other</li> </ul>
<ul> <li>□ Doing household chores (e.g. cleaning, laundry, child care, gardening etc.)</li> <li>□ Shopping or other errands</li> </ul>	<ul><li>O None of the above</li><li>O Don't know</li><li>O Don't want to answer</li></ul>

Follow-up questions regarding leisure time activities.
Selected activities in the previous screening question are presented to the respondent.

How many days per week do you dedicate time to the following leisure time activities and how much time do you spend per day on the activity?

	Number of days per week	Total time per day
Watching TV/DVDs etc.	O 1	O Less than 30 minutes
	O 2	○ 30-59 minutes
	<b>O</b> 3	<b>O</b> 60-119 minutes
	<b>Q</b> 4	O 2-4 hours
	<b>O</b> 5	O 5-8 hours
	<b>O</b> 6	O Longer than 8 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	

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	Number of days per week	Total time per day
Using the computer, reading e-mails,	<b>O</b> 1	O Less than 30 minutes
playing computer games, play station, X-	<b>Q</b> 2	<b>O</b> 30-59 minutes
box etc.	<b>Q</b> 3	<b>O</b> 60-119 minutes
	<b>Q</b> 4	O 2-4 hours
	<b>Q</b> 5	<b>O</b> 5-8 hours
	<b>Q</b> 6	O Longer than 8 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
Sitting reading, writing, sewing etc.	O 1	O Less than 30 minutes
Sitting redding, writing, sewing etc.	O 2	<b>Q</b> 30-59 minutes
	O 3	<b>O</b> 60-119 minutes
	O 4	O 2-4 hours
	O 5	O 5-8 hours
	O 6	O Longer than 8 hours
	O 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
Playing a musical instrument or active	O 1	O Less than 30 minutes
computer games (e.g. Wii)	<b>O</b> 2	<b>Q</b> 30-59 minutes
	<b>O</b> 3	<b>O</b> 60-119 minutes
	<b>O</b> 4	O 2-4 hours
	<b>O</b> 5	O 5-8 hours
	<b>O</b> 6	O Longer than 8 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	
Doing household chores (e.g. cleaning,	O 1	O Less than 30 minutes
laundry, child care, gardening etc.)	<b>Q</b> 2	<b>O</b> 30-59 minutes
	<b>Q</b> 3	<b>O</b> 60-119 minutes
	<b>Q</b> 4	O 2-4 hours
	<b>O</b> 5	<b>O</b> 5-8 hours
	<b>Q</b> 6	O Longer than 8 hours
	<b>O</b> 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	S Bon t want to answer
Shopping or other errands	O 1	O Less than 30 minutes
Chapping of other citation	O 2	O 30-59 minutes
	O 3	O 60-119 minutes
	O 4	O 2-4 hours
	O 5	O 5-8 hours
	O 6	O Longer than 8 hours
	O 7	O Don't know
	O Don't know	O Don't want to answer
	O Don't want to answer	

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	Number of days per week	Total time per day		
Dancing	<b>O</b> 1	O Less than 30 minutes		
	<b>Q</b> 2	<b>O</b> 30-59 minutes		
	<b>O</b> 3	<b>O</b> 60-119 minutes		
	<b>O</b> 4	O 2-4 hours		
	<b>Q</b> 5	O 5-8 hours		
	<b>O</b> 6	O Longer than 8 hours		
	<b>O</b> 7	O Don't know		
	O Don't know	O Don't want to answer		
	O Don't want to answer			
Walking, Nordic walking, walking a dog	<b>O</b> 1	O Less than 15 minutes		
(not as transport to daily occupation)	<b>O</b> 2	<b>O</b> 15-29 minutes		
	<b>O</b> 3	O 30-44 minutes		
	<b>Q</b> 4	<b>O</b> 45-59 minutes		
	<b>O</b> 5	O 1-2 hours		
	<b>O</b> 6	O Longer than 2 hours		
	<b>O</b> 7	O Don't know		
	O Don't know	O Don't want to answer		
	O Don't want to answer			
Bicycling (not as transport to daily	O 1	O Less than 15 minutes		
occupation)	<b>O</b> 2	<b>O</b> 15-29 minutes		
	<b>O</b> 3	<b>3</b> 0-44 minutes		
	<b>O</b> 4	<b>O</b> 45-59 minutes		
	<b>O</b> 5	O 1-2 hours		
	<b>O</b> 6	O Longer than 2 hours		
	O 7	O Don't know		
	O Don't know	O Don't want to answer		
	O Don't want to answer			
Overall sporting activity or exercise  Do you exercise or participate in any sporting activities regularly?  O Yes O Don't know O Don't want to answer				
<b>Sporting activities</b> What kind of exercise or sports activities do you participate in? If your type of activity is not included in the list below, please choose the most similar one.				

Aerobics or cardio fitness class	■ Martial arts (e.g. judo or karate)
☐ Weight lifting	☐ Boxing or wrestling
☐ Jogging, running or orienteering	Yoga, Pilates or Tai chi
☐ Athletics, (e.g. high jump, long jump or three-step)	Tennis, badminton or table tennis
☐ Spinning or cycling in demanding terrain	☐ Squash
☐ Swimming	☐ Sailing, surfing, canoeing or rowing

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□ Ball sports in team (e.g. soccer, basketball, voleyball or floorball
□ Golf
□ Dance class or competitive dancing
□ Horseback riding
□ Ice skating, ice hockey or bandy
□ Skiing downhill or cross country

□ Dance class or competitive dancing
□ None of these
□ Dance class or competitive dancing
□ None of these
□ Dance class or competitive dancing
□ None of these
□ Dance class or competitive dancing
□ None of these
□ Dance class or competitive dancing
□ None of these

Revised version

## Follow-up questions regarding regular sporting activities. Selected activities in the previous screening question are presented to the respondent.

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How often do you participate in the following sports or the following activities and for how long each time?

	Number of times	Time per session
Aerobics or cardio fitness class	O 1 - 3 times a month	O Less than 30 minutes
	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Weight lifting	O 1 - 3 times a month	O Less than 30 minutes
	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Jogging, running or orienteering	O 1 - 3 times a month	O Less than 30 minutes
	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Athletics, (e.g. high jump, long jump or	O 1 - 3 times a month	O Less than 30 minutes
three-step)	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Spinning or cycling in demanding terrain	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>3</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>○</b> 60 - 119 minutes

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	Number of times	Time per session
	Q 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Swimming	Q 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>Q</b> 30 - 59 minutes
	2 - 3 times a week	<b>Q</b> 60 - 119 minutes
	Q 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	• 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Ball sports in team (e.g. soccer, basketball,	Q 1 - 3 times a month	O Less than 30 minutes
voleyball or floorball	O Once a week	<b>Q</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>Q</b> 60 - 119 minutes
	O 4 - 5 times a week	O 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Golf	O 1 - 3 times a month	O Less than 30 minutes
Con	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	O 60 - 119 minutes
	O 4 - 5 times a week	O 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Dance class or competitive dancing	O 1 - 3 times a month	O Less than 30 minutes
Dance class of competitive dancing	O Once a week	O 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Harcaback riding	O 1 - 3 times a month	_
Horseback riding	O Once a week	O Less than 30 minutes
	Once a week O 2 - 3 times a week	30 - 59 minutes
	Q 4 - 5 times a week	O 60 - 119 minutes
		O 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
Las abations in a booker on books.	O Don't want to answer	O Don't want to answer
Ice skating, ice hockey or bandy	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	O 30 - 59 minutes
	O 2 - 3 times a week	O 60 - 119 minutes
	O 4 - 5 times a week	O 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know

	Number of times	Time per session
	O Don't want to answer	O Don't want to answer
Skiing downhill or cross country	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Martial arts (e.g. judo or karate)	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>3</b> 0 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Boxing or wrestling	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>3</b> 0 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Yoga, Pilates or Tai chi	O 1 - 3 times a month	O Less than 30 minutes
	O Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer)
Tennis, badminton or table tennis	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>O</b> 30 - 59 minutes
	O 2 - 3 times a week	<b>O</b> 60 - 119 minutes
	O 4 - 5 times a week	<b>Q</b> 2 - 4 hours
	O 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Squash	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>9</b> 30 - 59 minutes
	O 2 - 3 times a week	O 60 - 119 minutes
	• 4 - 5 times a week	2 - 4 hours
	• 6 - 7 times a week	O More than 4 hours
	O Don't know	O Don't know
	O Don't want to answer	O Don't want to answer
Sailing, surfing, canoeing or rowing	O 1 - 3 times a month	O Less than 30 minutes
	Once a week	<b>O</b> 30 - 59 minutes

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		Number of times	Time per session	
		O 2 - 3 times a week	<b>O</b> 60 - 119 minutes	
		O 4 - 5 times a week	<b>Q</b> 2 - 4 hours	
		O 6 - 7 times a week	O More than 4 hours	
		O Don't know	O Don't know	
		O Don't want to answer	O Don't want to answer	
Motor sports (e.g. mo	otorcross)	O 1 - 3 times a month	O Less than 30 minutes	
		Once a week	<b>3</b> 0 - 59 minutes	
		O 2 - 3 times a week	<b>O</b> 60 - 119 minutes	
		O 4 - 5 times a week	<b>Q</b> 2 - 4 hours	
		O 6 - 7 times a week	O More than 4 hours	
		O Don't know	O Don't know	
		O Don't want to answer	O Don't want to answer	
Rock climbing		O 1 - 3 times a month	O Less than 30 minutes	
		O Once a week	<b>3</b> 30 - 59 minutes	
		O 2 - 3 times a week	<b>O</b> 60 - 119 minutes	
		O 4 - 5 times a week	<b>Q</b> 2 - 4 hours	
		O 6 - 7 times a week	O More than 4 hours	
		O Don't know	O Don't know	
		O Don't want to answer	O Don't want to answer	
Competing				
Do you compete reguactivity.	larly in a sport? Follow	<i>y</i> -up question if respondent re	ported regular physical	
0 "	5 (1)			
	O Don't know			
O No O	Don't want to answer			
Sleep				
How many hours do y	ou normally sleep per	night?		
• Less than 5 hours	O 9 hours			
O 6 hours	O 10 hours or m	ore		
O 7 hours	O Don't know			
O 8 hours	O Don't want to answer			