

QUESTIONNAIRE BOOKLET

12 MONTHS



A multicentre randomised controlled trial of an augmented exercise referral scheme

Participant Study Number:

Participant Initials

Date completed

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Sponsor

Plymouth University

Chief Investigator

Professor Adrian Taylor

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SECTION 3

The following questions are to help us understand about how people make decisions about how much physical activity they do. There are no right or wrong answers, and we are only asking for how you generally feel right now.

Please circle only one number that you feel best applies to you for each item

Doing at least 30 minutes of moderate intensity physical activity (e.g. brisk walk) on at least 5 days a week is important to me.

Strongly disagree												Strongly agree
	0	1	2	3	4	5	6	7	8	9	10	

I am confident that I can do at least 30 minutes of moderate intensity physical activity (e.g. brisk walk) on at least 5 days a week.

Strongly disagree												Strongly agree
	0	1	2	3	4	5	6	7	8	9	10	

Please circle only one number that you feel best applies to you for each item

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I feel confident in my ability to be physically active regularly	1	2	3	4	5
There are others in my life with whom I can be physically active	1	2	3	4	5
I feel free to be physically active in my own way	1	2	3	4	5
I do not feel capable of being physically active regularly	1	2	3	4	5
There are people in my life I can enjoy being physically active with	1	2	3	4	5
I feel free to make my own decisions about physical activity	1	2	3	4	5
I am able to be physically active regularly	1	2	3	4	5
There are people in my life who can encourage me to be physically active	1	2	3	4	5
I feel like I am in charge of how often I do physical activity	1	2	3	4	5
I am able to meet the challenge of being physically active regularly	1	2	3	4	5
I do not feel free to choose which physical activities I participate in	1	2	3	4	5

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SECTION 3 CONTINUED

Please circle only one number that you feel best applies to you

In the last 30 days I have regularly made weekly plans for...

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
When to be physically active	1	2	3	4	5
Where to be physically active	1	2	3	4	5
How often to be physically active	1	2	3	4	5
What to do if something interferes with my plans	1	2	3	4	5
How to cope with possible setbacks	1	2	3	4	5

In the last 30 days I have ...

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
Consistently monitored the amount of physical activity I do	1	2	3	4	5
Regularly thought about how much physical activity I am doing	1	2	3	4	5

In the last 30 days how often did others ...

	Almost never	Once in a while	Sometimes	Often	Very often
Discuss physical activity with me?	1	2	3	4	5
Encourage me to do physical activity?	1	2	3	4	5
Share ideas with me on how to get enough physical activity?	1	2	3	4	5

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