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Global Physical Activity Questionnaire (GPAQ)

| Administrative information | | | |
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| Participant name | | Date seen | |
| Participant ID | | Time seen | |
| Visit name | Enrolment / Follow-up | Completed by | |
| Physical Activity Questions | | | |
| <p>I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.</p> <p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. In answering the questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.</p> | | | |
| Work | | | |
| Q1 | Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously? | Yes / No If No → go to Q4 | |
| Q2 | In a typical week, on how many days do you do vigorous- intensity activities as part of your work? | Days | |
| Q3 | How much time do you spend doing vigorous-intensity activities at work on a typical day? | Hours | Mins |
| Q4 | Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously? | Yes / No If No → go to Q7 | |
| Q5 | In a typical week, on how many days do you do moderate- intensity activities as part of your work? | Days | |
| Q6 | How much time do you spend doing moderate-intensity activities at work on a typical day? | Hours | Mins |



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| Travel to and from places | | | |
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| The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. | | | |
| Q7 | Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places? | Yes / No If No → go to Q10 | |
| Q8 | In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? | Days | |
| Q9 | How much time do you spend walking or bicycling for travel on a typical day? | Hours | Mins |
| Recreational activities | | | |
| The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure). | | | |
| Q10 | Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] for at least 10 minutes continuously? | Yes / No If No → go to Q13 | |
| Q11 | In a typical week, on how many days do you do vigorous- intensity sports, fitness or recreational (leisure) activities? | Days | |
| Q12 | How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? | Hours | Mins |
| Q13 | Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, volleyball] for at least 10 minutes continuously? | Yes / No If No → go to Q16 | |
| Q14 | In a typical week, on how many days do you do moderate- intensity sports, fitness or recreational (leisure) activities? | Days | |
| Q15 | How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day? | Hours | Mins |
| Sedentary behavior | | | |
| The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping | | | |
| Q16 | How much time do you usually spend sitting or reclining on a typical day? | Hours | Mins |