WOMEN'S INTERAGENCY HIV STUDY PHYSICAL ACTIVITY QUESTIONNAIRE* (PAQ)

SECTION A: GENERAL INFORMATION

| A1. | PARTICIPANT ID: ENTER ONLY IF ID LABEL IS NO | | - - _ | | | |
|------|--|---|---------------------------------|--------------------------|--|--|
| A2. | WIHS STUDY VISIT #: | | | | | |
| A3. | FORM VERSION: | | 04/01/05 | | | |
| A4. | DATE OF INTERVIEW: | | ${\rm M}$ $^{\prime}$ ${\rm D}$ | / <u>Y</u> | | |
| A5. | INTERVIEWER'S INITIAL | LS: | | | | |
| A6. | TIME MODULE BEGAN: | | | AM1 PM2 | | |
| | | SECTION B: ASSE | SSMENT | | | |
| B1. | SHOW PARTICIPANT RESPONSE CARD PAQ, #1. | | | | | |
| | What number would you che number. | oose for rating your phy | sical activity during the | e past year? Choose one | | |
| | 1 2 | 3 | 4 | 5 | | |
| Ph | ysically | Moderately | | Very | | |
| | nactive | Active | | Active | | |
| | | | | | | |
| PROM | IPT: IF QUESTION B1 = 1, | SKIP TO QUESTION | N B10. | | | |
| B2. | SHOW PARTICIPANT REI'll be asking you whether y doing the activity. For exam chair lift does not count for | ou do the activies listed ple, sitting by the pool of | on this card. Only inclu | | | |
| | First I'll ask you about vigorous activities. Vigorous activities increase your heart rate, or make you sweat doing them, or make you breathe hard or raise your body temperature. If you do an activity but not vigorously, please include it later when I ask you about other non-strenous sports. | | | | | |
| | Did you jog or run in the pas you might have done three 2 | | | any month? For instance, | | |
| | | | | (B3) | | |
| | a. How many months of | did you do this activity? | | months | | |
| | • | months did you do this | | | | |
| | • | wo (2) hours per week? | | months | | |

| В3. | Did y | ou do vigorous racket sports in the past 12 months for at least one hou | or total time in any month? | | | |
|-----|--|---|-----------------------------|--|--|--|
| | | YES1 | (D.4) | | | |
| | | NO2 | (B4) | | | |
| | a. | How many months did you do this activity? | months | | | |
| | b. | How many of these months did you do this activity for at least three (3) hours per week? | months | | | |
| B4. | Did you bicycle faster than 10 miles/hour or exercise hard on an exercise bicycle in the past 12 months for at least one hour total time in any month? | | | | | |
| | | YES | (B5) | | | |
| | a. | How many months did you do this activity? | months | | | |
| | b. | How many of these months did you do this activity for at least two (2) hours per week? | months | | | |
| B5. | Did y | Did you swim in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B6) | | | |
| | a. | How many months did you do this activity? | months | | | |
| | b. | How many of these months did you do this activity for at least two (2) hours per week? | months | | | |
| B6. | - | Did you do a vigorous exercise class or vigorous dancing in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B7) | | | |
| | a. | How many months did you do this activity? | months | | | |
| | b. | How many of these months did you do this activity for at least three (3) hours per week? | months | | | |
| B7. | | ou do any vigorous job activities such as lifting, carrying or digging i one hour total time in any month? | n the past 12 months for at | | | |
| | | YES | (B8) | | | |
| | a. | How many months did you do any of these activities? | months | | | |
| | b. | How many of these months did you do any of these activities for at least five (5) hours per week? | months | | | |
| | | | | | | |

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| B8. | Did you do any home or leisure activities such as snow shoveling, moving heavy objects, or weight lifting in the past 12 months for at least one hour total time in any month? | | | | |
|------|---|---|--------|--|--|
| | | YES | (B9) | | |
| | a. | How many months did you do any of these activities? | months | | |
| | b. | How many of these months did you do any of these activities for at least three (3) hours per week? | months | | |
| B9. | Did you do other strenuous sports such as basketball, football, skating, or skiing in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B10) | | |
| | a. | How many months did you do any of these activities? | months | | |
| | b. | How many of these months did you do any of these activities for at least three (3) hours per week? | months | | |
| B10. | Now I'd like to ask you about more leisurely activities. Did you do non-strenuous sports such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, which we haven't included above, in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B11) | | |
| | a. | How many months did you do any of these activities? | months | | |
| | b. | How many of these months did you do any of these activities for at least three (3) hours per week? | months | | |
| B11. | Did you take walks or hikes or walk to work in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B12) | | |
| | a. | How many months did you do any of these activities? | months | | |
| | b. | How many of these months did you do any of these activities for at least four (4) hours per week? | months | | |
| B12. | Did you bowl or play golf in the past 12 months for at least one hour total time in any month? | | | | |
| | | YES | (B13) | | |
| | a. | How many months did you do either of these activities? | months | | |
| | b. | How many of these months did you do either of these activities for at least three (3) hours per week? | months | | |

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| B13. | Did y | you do home exercise or calisthenics in the past 12 months for at least one ho | ur total time in any month? |
|------|--------|--|--|
| | | YES | 4) |
| | a. | How many months did you do any of these activities? | months |
| | b. | How many of these months did you do any of these activities for at least three (3) hours per week? | months |
| B14. | | you do home maintenance or gardening, including carpentry, painting, raking 12 months for at least one hour total time in any month? | or mowing in the |
| | | YES | 5) |
| | a. | How many months did you do any of these activities? | months |
| | b. | How many of these months did you do any of these activities for at least five (5) hours per week? | months |
| B15. | SHO | W PARTICIPANT RESPONSE CARD PAQ #3. | |
| | Durin | ng leisure time do you watch television? | |
| | | Never 1 (B1 Seldom 2 Sometimes 3 Often 4 Very often 5 | 6) |
| | a. | On the average, about how many hours per day do you watch television? | hours |
| B16. | How | next questions concern household activities outside your occupation. many months in the past year did you do major household chores as cleaning the garage, car or rugs, or scrubbing floors? | months (If 0, skip to B17) |
| | a. | How many times per month did you do such major household chores? | times |
| B17. | inclu | many months in the past year did you do light household chores ading light cleaning, making beds, shopping, doing laundry, aring meals or washing dishes? | months (If 0, skip to B18) |
| | a. | How many hours per week in a typical month did you do such light household chores? | hours |
| B18. | or les | many months in the past year did you take care of a child 10 years of age ss? Taking care of a child includes activities such as feeding, dressing, ing, playing and carrying. | months (If 0, skip to B19) |
| | a. | How many days per week in a typical month did you do such childcare? | days |
| | b. | How many hours per day in a typical day did you do such childcare? | hours |
| B19. | TIME | | 1 2 |

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