

<p>WOMEN'S INTERAGENCY HIV STUDY PHYSICAL ACTIVITY QUESTIONNAIRE* (PAQ)</p>
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SECTION A: GENERAL INFORMATION

- A1. PARTICIPANT ID: ENTER NUMBER HERE ONLY IF ID LABEL IS NOT AVAILABLE |_|_| - |_|_|_| - |_|_|_|_|_| - |_|
- A2. WIHS STUDY VISIT #: ___ ___
- A3. FORM VERSION: 04/01/05
- A4. DATE OF INTERVIEW: ___ ___ / ___ ___ / ___ ___
M D Y
- A5. INTERVIEWER'S INITIALS: ___ ___ ___
- A6. TIME MODULE BEGAN: |_|_| : |_|_| AM 1
PM 2

SECTION B: ASSESSMENT

B1. SHOW PARTICIPANT RESPONSE CARD PAQ, #1.
 What number would you choose for rating your physical activity during the past year? Choose one number.

1	2	3	4	5
Physically Inactive		Moderately Active		Very Active

B2. SHOW PARTICIPANT RESPONSE CARD PAQ, #2.
 I'll be asking you whether you do the activities listed on this card. Only include the time spent actually doing the activity. For example, sitting by the pool does not count as time swimming; sitting in a chair lift does not count for skiing.
 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-strenuous sports.
 Did you jog or run in the past 12 months for at least one hour total time in any month? For instance, you might have done three 20-minute sessions in the month.

- YES..... 1
- NO..... 2 **(B3)**

- 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

B3. Did you do vigorous racket sports in the past 12 months for at least one hour total time in any month?

YES1
 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?

YES1
 NO2 **(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 you swim in the past 12 months for at least one hour total time in any month?

YES1
 NO2 **(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?

YES1
 NO2 **(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. Did you do any vigorous job activities such as lifting, carrying or digging in the past 12 months for at least one hour total time in any month?

YES1
 NO2 **(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

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..... 1
 NO..... 2

(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..... 1
 NO..... 2

(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..... 1
 NO..... 2

(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..... 1
 NO..... 2

(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..... 1
 NO..... 2

(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

B13. Did you do home exercise or calisthenics in the past 12 months for at least one hour total time in any month?

YES1
 NO2 **(B14)**

- 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. Did you do home maintenance or gardening, including carpentry, painting, raking or mowing in the past 12 months for at least one hour total time in any month?

YES1
 NO2 **(B15)**

- 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. SHOW PARTICIPANT RESPONSE CARD PAQ #3.

During leisure time do you watch television?

Never1 **(B16)**
 Seldom.....2
 Sometimes3
 Often.....4
 Very often.....5

- a. On the average, about how many hours per day do you watch television? |__|__| hours

B16. The next questions concern household activities outside your occupation.

How many months in the past year did you do major household chores such 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. How many months in the past year did you do light household chores including light cleaning, making beds, shopping, doing laundry, preparing 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. How many months in the past year did you take care of a child 10 years of age or less? Taking care of a child includes activities such as feeding, dressing, bathing, 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 MODULE ENDED: |__|__| : |__|__| AM..... 1
 PM 2