

A survey on attitudes and beliefs towards physical activity

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Why is the research being conducted?

The aim of the current study is to develop an understanding of people's attitudes and beliefs about vigorous aerobic physical activity. The research team requests your assistance in helping us with this study.

What you will be asked to do

Your participation in this study will involve completing a brief online survey that will ask questions about your attitudes and beliefs toward doing vigorous aerobic physical activity. You will also be asked to provide some background details. This information is not used to identify you in any way but rather it will tell us about the representation of the individuals participating in the study. The study will take approximately 20 minutes to complete. Five weeks after completing these tasks we will contact you by email and ask you to complete another short questionnaire, which will take approximately 5 minutes.

Participant selection and/or screening

We welcome your participation if you are [a first-year university student, aged 18-25 years]OR[member of the ZPID panel], and do not have a medical condition that restricts you doing vigorous physical activity.

The expected benefits of the research

It is expected that this project will not directly benefit you. However, your involvement will provide valuable information on the attitudes and beliefs people hold toward doing vigorous aerobic physical activity and, therefore, may benefit others through a greater understanding of these processes.

Risks to you

It is unlikely that there are any risks greater than daily living involved with participation in this project.

Your participation is voluntary

Your participation in this project is voluntary and you may cease participation at any time. If you agree to participate, you can withdraw from participation at any time during the project without comment or penalty.

Your confidentiality

The information you provide will be treated confidentially and all comments and responses are anonymous. Your responses to the questionnaire will form part of a larger data response set, which will initially be stored by the research team. Research data will be stored securely according to the [specify] University data policy. Data will be password-protected and accessible only to members of the research team. All research data (survey responses and analysis) will be retained in a password-protected electronic file. Participants' data will not be identifiable in any publication or reporting. In the interest of researcher transparency, a strictly de-identified version of the research data will be prepared and made available on an online open data repository.

Consent to participate

Completion and submission of the survey will be accepted as informed consent to participate.

Questions / further information about the project

Please contact the research team members if you have any questions or require further information about the project.

Feedback to you

No automatic feedback will be given to you about the results of this study. However, if you participate and wish to receive a summary of the research results once the study has been completed, you can email the research team members.

Ethical approval of the project

This project has received ethical approval from the [specify] University Research Ethics Committee or Institutional Review Board (Ref no: _____).

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A survey on attitudes and beliefs towards physical activity

Thank you for participating in this study. The aim of the current study is to develop an understanding of people’s attitudes and beliefs about doing vigorous aerobic physical activity. Your answers to the questions are confidential and will not be used for purposes other than the present research. All questions are voluntary. Answers to the questions are anonymous.

Prior to commencing the survey, please can you provide a unique code identifier? _____ [CODE WILL BE GIVEN TO PARTICIPANT BY ONLINE SOFTWARE]

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FOLLOW-UP SURVEY	
IMPORTANT: If you agree to participate in a short 5-minute follow up survey in 5 weeks’ time, please provide your contact details below.	
First Name:	Best contact email address:
Phone number:	
You are reminded that your details i) will NOT be used for any other purpose, ii) will NOT be retained by the researchers once the study is complete.	

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Part A: Demographic Information

Please enter your responses as appropriate, they will only be used to describe the sample of participants.

Gender: ☐ Male ☐ Female ☐ Other

Age: _____ (in years)

Household income: _____ (in the currency of the country in which you currently reside)

Highest level of education achieved:

Completed junior/lower/primary school	Completed senior/high/secondary school	Post-school vocational qualification / Diploma	Undergraduate University degree	Postgraduate University degree
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Ethnicity:

Black	Caucasian/White	Asian (South-East Asia/South Asia)	Middle-Eastern	Other: Please specify _____
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Do you have a disability or chronic illness that limits the amount of physical activity you can perform? ☐ Yes ☐ No

If you have responded ‘yes’ to the question above, please explain briefly (no need to give exact details):_____

If you are a student, please indicate the country of the University/College/School you are attending and your year of study:

Country:_____ Year of study:_____

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Part B: Physical Activity Survey

The following questions will ask about your attitudes and beliefs about doing **at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week for the next five weeks.**

VIGOROUS INTENSITY ACTIVITIES require more effort and make you breathe harder and faster ('huff and puff'), for example jogging, aerobics, fast cycling, many organised sports and tasks that involve lifting, carrying or digging.

Please indicate your response to all of the questions/statements below...

Do you agree that...? (Please indicate ONE option per line)	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I intend to do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
I expect I will to at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
It is likely I will to at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
I plan to do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7

My doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks would be:

Bad	1	2	3	4	5	6	7	Good
Unpleasant	1	2	3	4	5	6	7	Pleasant
Worthless	1	2	3	4	5	6	7	Valuable
Harmful	1	2	3	4	5	6	7	Beneficial

[insert behavioral beliefs from elicitation study] If I did at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks, I would... (Please indicate ONE option per line)	Extremely unlikely						Extremely likely
Feel healthy [example only] ¹	1	2	3	4	5	6	7
Lose weight [example only]	1	2	3	4	5	6	7
Look more attractive [example only]	1	2	3	4	5	6	7
Feel sore [example only]	1	2	3	4	5	6	7

¹Belief-based (indirect) measures will be developed on the basis results of the belief-elicitation survey. Currently listed items are examples and serve as 'placeholders' that will be replaced once the final items have been developed.

Time 1 Survey: Participant Information and Demographic Questions

<div>[insert behavioral beliefs from elicitation study]</div> <div>When it comes to doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks, ...</div> <div>(Please indicate ONE option per line)</div>	Bad						Good
My feeling healthy is... [example only]	1	2	3	4	5	6	7
My losing weight is... [example only]	1	2	3	4	5	6	7
My looking more attractive is... [example only]	1	2	3	4	5	6	7
My feeling sore is... [example only]	1	2	3	4	5	6	7

<div>Do you agree that...?</div> <div>(Please indicate ONE option per line)</div>	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
Please choose option 'Disagree' to ensure you are paying attention	1	2	3	4	5	6	7

<div>Do you agree that...?</div> <div>(Please indicate ONE option per line)</div>	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
Most people who are important to me would approve of me doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
Those people who are important to me think that I should do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
Those people who are important to me would want me to do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7

<div>[insert normative beliefs from elicitation study]</div> <div>The following people are likely to think I should do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks...</div> <div>(Please indicate ONE option per line)</div>	Extremely unlikely						Extremely likely
My friends [example only]	1	2	3	4	5	6	7
My parents [example only]	1	2	3	4	5	6	7
My fellow university students [example only]	1	2	3	4	5	6	7

Time 1 Survey: Participant Information and Demographic Questions

My doctor [example only]	1	2	3	4	5	6	7
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<p>[insert normative beliefs from elicitation study]</p> <p>When it comes to doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks, ...</p> <p>(Please indicate ONE option per line)</p>	Strongly disagree						Strongly agree
I want to do what my friends think I should do [example only]	1	2	3	4	5	6	7
I want to do what my parents think I should do [example only]	1	2	3	4	5	6	7
I want to do what my fellow university students think I should do [example only]	1	2	3	4	5	6	7
I want to do what my doctor think I should do [example only]	1	2	3	4	5	6	7

Do you agree that...? (Please indicate ONE option per line)	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
It is mostly up to me whether I do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
I am confident I can do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
It would be easy for me to do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7
I have complete control over whether I do at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks	1	2	3	4	5	6	7

Do you agree that...? (Please indicate ONE option per line)	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
Please choose option 'Somewhat agree' to ensure you are paying attention	1	2	3	4	5	6	7

<p>[insert control beliefs from elicitation study]</p> <p>How likely are the following to prevent you from doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks...</p> <p>(Please indicate ONE option per line)</p>	Extremely unlikely						Extremely likely

Time 1 Survey: Participant Information and Demographic Questions

Lack of time [example only]	1	2	3	4	5	6	7
Lack of interest [example only]	1	2	3	4	5	6	7
University study [example only]	1	2	3	4	5	6	7
Bad weather [example only]	1	2	3	4	5	6	7

[insert control beliefs from elicitation study] When it comes to doing at least 75 minutes of vigorous aerobic physical activity each week over the next five weeks, ... (Please indicate ONE option per line)	Strongly disagree						Strongly agree
Lacking time will prevent me [example only]	1	2	3	4	5	6	7
Lacking interest will prevent me [example only]	1	2	3	4	5	6	7
Having university study will prevent me [example only]	1	2	3	4	5	6	7
Having bad weather will prevent me [example only]	1	2	3	4	5	6	7

In the past five weeks, to what extent did you do at least 75 minutes of vigorous aerobic physical activity each week

A small extent	1	2	3	4	5	6	7	A large extent
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In the past five weeks, how often did you do at least 75 minutes of vigorous aerobic physical activity each week

Never	1	2	3	4	5	6	7	Always
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In the past five weeks, I did you do at least 75 minutes of vigorous aerobic physical activity each week

False	1	2	3	4	5	6	7	True
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To what extent do you believe your physical activity or exercise patterns are currently affected by the COVID-19 pandemic?

A small extent	1	2	3	4	5	6	7	A large extent
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How much have the 'lockdown' measures introduced to reduce the spread of COVID-19 infections changed your physical activity or exercise patterns?

Not at all	1	2	3	4	5	6	7	Very much
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Are your physical activity or exercise patterns the same now as they were before the COVID-19 outbreak?

Not the same	1	2	3	4	5	6	7	Very much the same
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Part C: About You

The following statements are about you. Please select the response that best describes you. There are no right or wrong answers or 'trick' questions, we are just interested in your personal views.

Please respond to each statement below. (Please select ONE option per line)	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
1. I enjoy being unique and different from others in many respects.	1	2	3	4	5	6	7
2. I can talk openly with a person who I meet for the first time, even when this person is much older than I am.	1	2	3	4	5	6	7
3. Even when I strongly disagree with group members, I avoid an argument.	1	2	3	4	5	6	7
4. I have respect for the authority figures with whom I interact.	1	2	3	4	5	6	7
5. I do my own thing, regardless of what others think.	1	2	3	4	5	6	7
6. I respect people who are modest about themselves.	1	2	3	4	5	6	7
7. I feel it is important for me to act as an independent person.	1	2	3	4	5	6	7
8. I will sacrifice my self interest for the benefit of the group I am in.	1	2	3	4	5	6	7
9. I'd rather say "No" directly, than risk being misunderstood.	1	2	3	4	5	6	7
10. Having a lively imagination is important to me.	1	2	3	4	5	6	7
11. I should take into consideration my parents' advice when making education/career plans.	1	2	3	4	5	6	7
12. I feel my fate is intertwined with the fate of those around me.	1	2	3	4	5	6	7
13. I prefer to be direct and forthright when dealing with people I've just met.	1	2	3	4	5	6	7
14. I feel good when I cooperate with others.	1	2	3	4	5	6	7

Time 1 Survey: Dispositional Measures

15. I am comfortable with being singled out for praise or rewards.	1	2	3	4	5	6	7
16. If my brother or sister fails, I feel responsible.	1	2	3	4	5	6	7
17. I often have the feeling that my relationships with others are more important than my own accomplishments.	1	2	3	4	5	6	7
18. Speaking up during a class (or a meeting) is not a problem for me.	1	2	3	4	5	6	7
19. I would offer my seat in a bus to my professor (or my boss).	1	2	3	4	5	6	7
20. I act the same way no matter who I am with.	1	2	3	4	5	6	7
21. My happiness depends on the happiness of those around me.	1	2	3	4	5	6	7
22. I value being in good health above everything.	1	2	3	4	5	6	7
23. I will stay in a group if they need me, even when I am not happy with the group.	1	2	3	4	5	6	7
24. I try to do what is best for me, regardless of how that might affect others.	1	2	3	4	5	6	7
25. Being able to take care of myself is a primary concern for me.	1	2	3	4	5	6	7
26. It is important to me to respect decisions made by the group.	1	2	3	4	5	6	7
27. My personal identity, independent of others, is very important to me.	1	2	3	4	5	6	7
28. It is important for me to maintain harmony within my group.	1	2	3	4	5	6	7
29. I act the same way at home that I do at school (or work).	1	2	3	4	5	6	7
30. I usually go along with what others want to do, even when I would rather do something different.	1	2	3	4	5	6	7

**Thank you for taking the time to complete this survey, your responses have been recorded.
We will be in touch in five weeks to invite you to complete each of the brief 5-minute follow-up survey.**

A survey on attitudes and beliefs towards physical activity

Investigator [Insert title and name] [Insert department and affiliation] [Insert email address]	Investigator [Insert title and name] [Insert department and affiliation] [Insert email address]	
Co-Investigator [Insert title and name] [Insert department and affiliation] [Insert email address]	Co- Investigator [Insert title and name] [Insert department and affiliation] [Insert email address]	Co- Investigator [Insert title and name] [Insert department and affiliation] [Insert email address]

Thank you for agreeing to complete this brief follow-up survey.

This project has received ethical approval from the [specify] University Ethics Committee or Institutional Review Board (Ref no: _____)

Prior to commencing the survey, please can you provide your unique code identifier?

EXAMPLE: Your birthday is the 1st of January, 1970 and your mother’s maiden (unmarried) name.
Day: 01 (a) What day of the month is your birthday? (Numbers only)
Letters: Cat (b) What are the first three letters of mother’s maiden (unmarried) name? (If unknown use aaa)

YOUR UNIQUE CODE:
Day: _____ (a) What day of the month is your birthday? (Numbers only)
Letters: _____ (b) What are the first three letters of your mother's maiden (unmarried) name? (If unknown use aaa)

Gender: ☐ Male ☐ Female ☐ Other

Age: _____ (in years)

In the past five weeks, to what extent did you do at least 75 minutes of vigorous aerobic physical activity each week

A small extent	1	2	3	4	5	6	7	A large extent
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In the past five weeks, how often did you do at least 75 minutes of vigorous aerobic physical activity each week

Never	1	2	3	4	5	6	7	Always
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In the past five weeks, I did you do at least 75 minutes of vigorous aerobic physical activity each week

False	1	2	3	4	5	6	7	True
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