

A brief survey on 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 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 using open-ended questions that will ask about your beliefs toward doing vigorous 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 15 minutes to complete.

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. 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.

The ethical conduct of project

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

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Thank you for participating in this study. The aim of the current study is to develop an understanding of people’s beliefs about doing vigorous 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.

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: _____(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 are concerned with your views about doing **at least 75 minutes of vigorous-intensity physical activity each week**. There are no right or wrong responses; we are merely interested in your personal opinions.

VIGOROUS INTENSITY ACTIVITIES require 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 take a few minutes to tell us what you think about doing **at least 75 minutes of vigorous-intensity physical activity each week**. In response to the questions below, please list the thoughts that come immediately to mind. Write each thought on a separate line.

What do you see as the advantages of doing **at least 75 minutes of vigorous-intensity physical activity each week**?

Belief Elicitation Survey

What do you see as the disadvantages of doing **at least 75 minutes of vigorous-intensity physical activity each week**?

What else comes to mind when you think about doing **at least 75 minutes of vigorous-intensity physical activity each week**?

Please list the individuals or groups who would approve or think you should do **at least 75 minutes of vigorous-intensity physical activity each week**.

Belief Elicitation Survey

Please list the individuals or groups who would disapprove or think you should not do **at least 75 minutes of vigorous-intensity physical activity each week**.

Please list the individuals or groups that you know, and are important to you, that participate in **at least 75 minutes of vigorous-intensity physical activity each week**.

Please list any factors or circumstances that would make it easy or enable you to do **at least 75 minutes of vigorous-intensity physical activity each week**.

Belief Elicitation Survey

Please list any factors or circumstances that would make it difficult or prevent you from doing **at least 75 minutes of vigorous-intensity physical activity each week**.

Thank you for taking the time to complete this survey, your responses have been recorded.