Cognitive de-briefing

This cognitive testing section should be administered after the questionnaire has been completed. It is designed to assess how respondents interpreted the questionnaire. There are two different sections of the cognitive testing. The first is for those countries that administered the Health, Risk Factors and Mortality modules. The second is for those countries that administered the Responsiveness and Coverage modules. There are some sections that are common to both versions.

Instructions to respondent:

We need your help to improve the questionnaire and to make it easy for people to answer. In order to improve the questionnaire, I am going to ask you some more questions as well as about the meaning of certain words or phrases from the responsiveness section of the questionnaire.

Version 1: Health, Risk Factors and Mortality

1.1 Respondent ID: ____________________
1.2 Country code and name: __________________

Instructions to respondent:

We need your help to improve the questionnaire and to make it easy for people to answer. In order to improve the questionnaire, I am going to ask you some more questions as well as about the meaning of certain words or phrases from the responsiveness section of the questionnaire.

The responses must either be coded using the options provided or be written down exactly as the person gives them. These written responses must be translated into English and entered into the data entry programme.

1. Income and expenditure

2. Health Section

Read to respondent: This section will ask you what you understood by certain terms as well as to repeat some of the brief descriptions of people's situations to see how clear these are. I will read you the questions from the questionnaire and ask you questions about these specific questions.

Write down exactly what the person says.

Self-care

Q2003: Overall in the last 30 days, how much difficulty did you have with self-care, such as washing or dressing yourself?
2.1 What do you understand by self-care?

Q2003a: In the last 30 days, how much difficulty did you have in taking care of and maintaining your general appearance (e.g. cleaning teeth, bathing, combing hair, dressing, etc.)

2.2 When would you consider it to be a problem?

Cognition

2007a: In the last 30 days, how much difficulty did you have with mental arithmetic, such as adding up prices in your head?

2.3 What do you understand by mental arithmetic?

Personal relationships or participation in the community

2008a: In the last 30 days, how much difficulty did you have in dealing with conflicts and tensions with others?

2.4 What kind of conflicts or tensions were you thinking of?

Hearing

2010a: Hearing what is said in a conversation with some background noise?

2.5 What is your notion of background noise?
Vignettes

In this section,

• Choose the set that was used in the questionnaire for this respondent.
• Read the vignette to the person and ask them to repeat as much of it as possible.
• Write down the responses in the format set out after each vignette set.
• Each respondent will only do two vignettes.

Responses to vignette

2.6 Vignette 1:

a) Please write down points from the respondent's description of the story.


b) Please rate the similarity between the original vignettes and the respondent’s description in their own words – circle the appropriate number.

 Mostly similar (3)
 Partly similar (2)
 Not at all similar (1)

Read to respondent: After reading the story to you in the first interview, we asked you the following question: “[Insert question for relevant vignette]?” To which you answered [Insert respondent’s answer].

When you answered this question did you think the person in the story was:

c) Younger than you (1) The same age as you (2) Older than you (3)

d) The same sex as you (1) The opposite sex to you (2)

e) With a different culture to you (1) with the same culture as you (2)

For c), d) and e), please read the responses to the respondent and circle ONE response.

2.7 Vignette 2:

a) Please write down points from the respondent's description of the story.
b) Please rate the similarity between the original vignettes and the respondent’s description in their own words – circle the appropriate number.
Mostly similar (3)
Partly similar (2)
Not at all similar (1)

Read to respondent: After reading the story to you in the first interview, we asked you the following question: “[Insert question for relevant vignette]?” To which you answered [Insert respondent’s answer].

When you answered this question did you think the person in the story was:

c) Younger than you (1) The same age as you (2) Older than you (3)
d) The same sex as you (1) The opposite sex to you (2)
e) With a different culture to you (1) with the same culture as you (2)

For c), d) and e), please read the responses to the respondent and circle ONE response.

Vignette sets: Choose the set that was included in this respondent's questionnaire

A1. Energy and cognition

Vignette 1: [Tara] has had to resign from work as her fatigue has started affecting her performance. She also has difficulties managing the home, and her husband has hired a housekeeper.

Question: Overall in the last 30 days how much of a problem did [name of person] have with energy and vitality?

Vignette 2: [Peter] does not recognise even close relatives and gets lost when he leaves the house unaccompanied. Even when prompted, he shows no recollection of events or recognition of relatives. He cannot be trusted with money as he does not recognise coins or notes and makes mistakes with simple counting.

Question: Overall in the last 30 days overall how much difficulty did [name of the person] have with concentrating or remembering things?
A2. Energy and cognition

[Anya] works on a farm and is up by 5am. Before leaving the house she fetches water from a well, which is some distance away, and takes the children to school. When she returns in the evening she cooks and does the household chores.

Overall in the last 30 days how much of a problem did [name of person] have with energy and vitality?

[Sandra] never needs to write anything down and remembers what she has to do. Over the last month, however, she has been very worried and anxious about the health of one of her children and has started to forget phone numbers and items from the grocery store. She enjoys learning new things and continues to be able to do this. Very occasionally she struggles with adding and dividing large numbers in her head.

Overall in the last 30 days overall how much difficulty did [name of the person] have with concentrating or remembering things?

B1. Mobility and Affect

[Sid] suffers from a mental illness and spends his days rocking in a chair. He never moves out of his chair except when physically assisted by another person.

Overall in the last 30 days, how much difficulty did [name of person] have with moving around?
In the last 30 days, how much difficulty did [name of person] have in vigorous activities, such as running 3 km (or equivalent) or cycling?

[Margaret] is happy most of the time but often worries about things in general, such as health, work, family, and losing the people she loves. Once or twice a month, she wakes up at night thinking about these things.

Overall in the last 30 days, how much of a problem did [name of person] have with distress, sadness or worry?
How much of the time during the past month did [name of person] feel happy and cheerful?

B2. Mobility and Affect

[Philip] goes walking every day for half an hour, one or two kilometres. He does not practice any strenuous sports as he feels out of breath when he walks very quickly or runs.
Overall in the last 30 days, how much difficulty did \[name of person\] have with moving around?
In the last 30 days, how much difficulty did \[name of person\] have in vigorous activities, such as running 3 km (or equivalent) or cycling?

[Karim] is always happy and positive even when things go wrong in his life, and never gets depressed. Though he occasionally worries about his hearing loss, he enjoys life and tries to make the most of it.

Overall in the last 30 days, how much of a problem did \[name of person\] have with distress, sadness or worry?
How much of the time during the past month did \[name of person\] feel happy and cheerful?

C1. Usual activity and hearing

[Carol] has lost hearing in both ears for low, middle and high pitched sounds. She wears a hearing aid which helps her hear sounds in her environment, but she does not understand speech clearly.

How much difficulty did [Carol] had hearing someone talking in a normal voice from across the room?
How much difficulty did [Carol] had hearing what is said in a conversation with some background noise?

[Marina] is an accountant in the local bank and does not miss work. However, she has periods of anxiety around one day per week, each lasting three to four hours. During these periods, she makes minor errors in the accounts and misses deadlines because she tends to postpones tasks.

Overall in the last 30 days, how much difficulty did [Marina] have with work or household activities?

C2. Usual activity and hearing

[Amanda] has diminished hearing in both ears. She has no problems communicating with others in a room if they speak in a loud voice. She has no problems watching television when the volume is turned up loud.

How much difficulty did [Amanda] had hearing someone talking in a normal voice from across the room?
How much difficulty did [Amanda] had hearing what is said in a conversation with some background noise?
[John] is a teacher and never misses work. He teaches the senior students for 6 hours each day, prepares lessons and corrects exam papers.

**Overall in the last 30 days, how much difficulty did [John] have with work or household activities?**

**D1: Pain and Relationships**

[Diana] has been deaf since childhood and uses sign language with her family and close friends. Since she needs to write things down to get people to understand her she avoids community gatherings. She occasionally gets angry with strangers but is able to quickly control her irritation.

**Overall in the last 30 days, how much difficulty did [name of person] have with personal relationship or participation in the community?**

[Ken] has a recurring pain in his foot which he feels when he walks for ten minutes or more. He walks to work and back (20 minutes each way) almost every day, but is thinking about taking the bus because of the pain.

**Overall in the last 30 days, how much pain or discomfort did [name of person] have?**

**In the last 30 days, how much difficulty did [name of person] have in dealing with conflicts and tensions with others?**

**D2: Pain and Relationships**

[Jeremy] plays on a local football team for fun, with practices or games two times a week. Other than that, he finds it difficult to make new friends and generally stays at home with his family.

**Overall in the last 30 days, how much difficulty did [name of person] have with personal relationship or participation in the community?**

**In the last 30 days, how much difficulty did [name of person] have in dealing with conflicts and tensions with others?**

[Tom] is free from any aches or pains. When he does hard physical labour too he does not get any pains as he has kept himself fit.

**Overall in the last 30 days, how much pain or discomfort did [name of person] have?**

**E1. Self-care and Breathing**

[Simon] requires assistance to wash, dress and feed himself. He is not able to make decisions about when he should do these activities.
Overall in the last 30 days, how much difficulty did [name of person] have with self-care, such as washing or dressing yourself?

In the last 30 days, how much difficulty did [name of person] have in taking care of and maintaining his/her general appearance (e.g. cleaning teeth, bathing, combing hair, dressing, etc.)

[Tom] has asthma and is on medication. He enjoys riding his bicycle twice or three times per week for two or three hours. He has attacks of wheezing once a month that go away half an hour after taking an injection.

In the last 30 days, how much of a problem did [name of person] have because of shortness of breath when climbing a steel hill or walking for 1 km.

In the last 30 days, how much of a problem did [name of person] have because of coughing or wheezing for 5 minutes or more at a time.

E2. Self-care and Breathing

[Sally] can put on clothes without assistance, but needs help with tying her shoelaces because she has a back problem that makes bending down impossible. She looks neat and tidy.

Overall in the last 30 days, how much difficulty did [name of person] have with self-care, such as washing or dressing yourself?

In the last 30 days, how much difficulty did [name of person] have in taking care of and maintaining his/her general appearance (e.g. cleaning teeth, bathing, combing hair, dressing, etc.)

[Trish] is very active and fit. She takes aerobic classes 3 times a week and goes for strenuous hikes at high altitudes once a month. She does not get breathless or have wheezing.

In the last 30 days, how much of a problem did [name of person] have because of shortness of breath when climbing a steel hill or walking for 1 km.

In the last 30 days, how much of a problem did [name of person] have because of coughing or wheezing for 5 minutes or more at a time.

F1. Vision and Sleep

[Norman] uses a magnifying glass to read small print and look at details on pictures. He also takes a while to recognise objects if they are too far from him.
In the last 30 days, how much difficulty did you think [name of person] have in seeing and recognizing a person she knows across the road (i.e. from a distance of about 20 meters)?

In the last 30 days, how much difficulty did you think [name of person] have in seeing and recognizing an object at arm's length or in reading?

[Mark] falls asleep every night within five minutes of going to bed. He sleeps soundly during the whole night and wakes up in the morning feeling well-rested.

In the last 30 days, how much difficulty do you think [name of person] has sleeping?
F2. Vision and Sleep

[Paula] can distinguish bright light from total darkness, and can see, large movements right next to her though she cannot recognize the moving object.

In the last 30 days, how much difficulty did you think [name of person] have in seeing and recognizing a person she knows across the road (i.e. from a distance of about 20 meters)?

In the last 30 days, how much difficulty did you think [name of person] have in seeing and recognizing an object at arm's length or in reading?

[Daniel] takes about an hour every night to fall asleep. When he goes to bed he thinks about problems at work so cannot fall asleep right away. He wakes up once or twice a night and takes 30 minutes to fall asleep again but two nights a week he wakes up in the middle of the night and cannot go back to sleep for the rest of the night.

In the last 30 days, how much difficulty do you think [name of person] has sleeping?

CI:

1- When you answered this vignette, did you identify yourself with this person or not at all?

2- Did you think about the person’s age, gender or other?
Income and expenditure

1. What is "Health Insurance"?

[If no clear answer, ask the following questions]

a. Does "Health Insurance" mean free health care?

b. Should people have to pay for "Health Insurance"?

c. Does "Health Insurance" pay for any medical service, no matter how expensive?
Introduction to Responsiveness Section Cognitive Interviews

*Note that depending on whether you administered responsiveness version A, B, C or D to the respondent, you will either start with question 1 or 2.*

Read to respondent: We need your help to improve the questionnaire and to make it easy for people to answer. In order to improve the questionnaire, I am going to ask you some more questions as well as about the meaning of certain words or phrases from the responsiveness section of the questionnaire.

1. Importance [Interviewer: for versions A and C, most/least]

I would like to start off by reviewing the first question that you answered the responsiveness section. This question was introduced as follows:

“In this section of the questionnaire we are going to ask you about what you think is important when you see [your child sees] a doctor or use a hospital, apart from getting cured.”

The types of things we brought to your attention were as follows: respectful treatment, confidentiality of personal information, choice of health care provider, convenient travel and short waiting times, involvement in decision, surroundings, contact with the outside world and clarity of communication. In the answer to this question, you said that [Interviewer: insert respondent’s answer for MOST IMPORTANT] was the most important and [Interviewer: insert respondent’s answer for the LEAST important] was the least important.

Now, thinking of all these things and what is important to you apart from getting cured, could you tell us, in your own words, if there is anything missing from this list we just read to you, and if so what?

- NO (5) Go to 3
- YES (1)

Specify if yes:
2. **Importance** [Interviewer: for versions B and D, rating of importance]

I would like to start off by reviewing the first question that you answered. This section was introduced as follows:

“In this section of the questionnaire we are going to ask you about what you think is important when you see [your child sees] a doctor or use a hospital, apart from getting cured.”

The types of things we asked you to rate from “not important” to “extremely important” were as follows: respectful treatment, confidentiality of personal information, choice of health care provider, convenient travel and short waiting times, involvement in decision, surroundings, contact with the outside world and clarity of communication.

Now, could you please tell us which of these items is the most important and which is the least important to you? [Interviewer: respondent may identify more than one item].

Specify:

Most important:__________________________

Least important:__________________________

2.1. Think of all these things and what is important to you apart from getting cured. Now tell us, in your own words, if there is anything missing from this list we just read to you, and if so what?

NO  (5) Go to 3

YES (1)

Specify if yes:


3. **Tobacco Campaign**

We asked you a question about tobacco campaigns. You responded that you
[Interviewer: chose the appropriate response]:

(a) were aware of a tobacco campaigns in your country

(b) were not aware of a tobacco campaigns in your country Go to 3.2

3.1. Can you explain why you thought that the ill effects of smoking were communicated [Interviewer insert the appropriate response: “not at all clearly, slightly clearly, moderately clearly, mostly clearly, completely clearly”] in the campaigns in your country

Specify:

3.2. Apart from tobacco campaigns, are you aware of any other health campaigns in your country, and if so, please describe them.

NO (5) Go to 4

YES (1)

Specify if yes:

4.
Other

Were there any other questions you wanted to be asked about your experience with or knowledge of health care in your country? If yes, please list these other questions.

NO (5) Go to 5 if inpatient, 6 if not inpatient

YES (1)

Specify if yes:

ONLY TO BE USED IF THE RESPONDENT ANSWERED INPATIENT SECTION

5. Contact with Outside World and Maintenance of Regular Activities

We asked you the following question about when you were in hospital: “During your [your child's] last stay in the hospital, how much of a problem was it to keep in contact with the outside world? Would you say it was a..”

To this question you answered ..... ...[Interviewer: refer to respondent’s answer]

Please could you describe what you the phrase “contact with the outside world” made you think about:

Specify:

[Interviewer: for the next section on vignettes each respondent answers questions about one vignette, depending on which version of the questionnaire they used (A, B, C or D)]
6. **Vignette for Set A only**

6.1. We are now going to ask you about those stories we read to you and asked you to rate. We are going to read you one story. After reading it, we would like you to describe the story in your own words. Here goes:

“[Leila] had pains in her mouth so she visited a dentist. The dentist told her that she needs to have an operation on her teeth and that he would book her in. Her doctor books her into a hospital that is about an hour from where she lives. She arrives there in the morning to have her operation. She waits until midday to be admitted.”

Now, please describe what happened in the story I just read to you in your own words. **Specify [Interviewer: please write down points from the respondent’s description of the story.]**

[[Interviewer: please rate the similarity between the original vignettes and the respondent’s description in their own words]

<table>
<thead>
<tr>
<th>Mostly similar</th>
<th>(3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partly similar</td>
<td>(2)</td>
</tr>
<tr>
<td>Not at all similar</td>
<td>(1)</td>
</tr>
</tbody>
</table>

After reading the story to you in the first interview, we asked you the following question: “Now, overall, how would you rate the amount of travelling time and the amount of time [Leila] waited before being attended to?” To which you answered **[Interviewer: insert respondent’s answer]**

6.2. When you answered this question did you think about how you would feel if what was described in the story happened to you?

- NO (5)
- YES (1)

6.3. When you listened to this story, did you imagine that the person in the story was:

**[Interviewer: circle one response for each option a, b and c]**

a) Younger than you (1) The same age as you (2) Older than you (3)

b) Poorer than you (1) With the same wealth as you (2) Wealthier than you

c) With a different culture to you (1) with the same culture as you (2)

7. **Vignette for Set B only**
7.1. We are now going to ask you about those stories we read to you and asked you to rate. We are going to read you one story. After reading it, we would like you to describe the story in your own words. Here goes:

“[Alexander] is very old. He has emphysema (which means he can’t breath properly) and can not walk more than 5 minutes without having to sit down. His wife, Anastasia, is now blind and doesn't move around the house by herself. So Alexander has to do the cooking and help guide her wherever she wants to go. A service comes to pick up Alexander every week so he can do the shopping and stop for an hour at his best friend's place. During that time, a person from the same service stays at home with Anastasia and cleans the apartment.” Now, please describe what happened in the story I just read to you in your own words.

Specify [Interviewer: please write down points from the respondent’s description of the story.]

[Interviewer: please rate the similarity between the original vignettes and the respondent’s description in their own words]

| Mostly similar | (3) |
| Partly similar  | (2) |
| Not at all similar | (1) |

After reading the story to you in the first interview, we asked you the following question: “While [Alexander] was caring for his wife, how much of a problem was it for [Alexander to maintain his regular activities, including work, family and community life.” To which you answered [Interviewer: insert respondent’s answer].

7.2. When you answered this question did you think about how you would feel if what was described in the story happened to you?

NO (5)
YES (1)

7.3. When you listened to this story, did you imagine that the person in the story was:

[Interviewer: circle one response for each option a, b and c]

a) Younger than you (1) The same age as you (2) Older than you (3)
b) Poorer than you (1) With the same wealth as you (2) Wealthier than you
c) With a different culture to you (1) with the same culture as you (2)
8. Vignette for Set C only

8.1. We are now going to ask you about those stories we read to you and asked you to rate. We are going to read you one story. After reading it, we would like you to describe the story in your own words. Here goes:

“[Alfredo] has a doctor, whom he consults regularly. Recently, friends advised him to consult a herbalist [substitute appropriate name for a type of alternative medicine provider] for a skin problem. When he asked for a referral, his doctor said that he would prefer to send him to a skin specialist he knew.” Now, please describe what happened in the story I just read to you in your own words.

Specify [Interviewer: please write down points from the respondent’s description of the story.]

[Interviewer: please rate the similarity between the original vignettes and the respondent’s description in their own words]

Mostly similar (3)
Partly similar (2)
Not at all similar (1)

After reading the story to you in the first interview, we asked you the following question: “Now, overall, how would you rate [Alfredo’s] experience of being able to choose to see the health care provider he went to?” To which you answered [Interviewer: insert respondent’s answer].

8.2. When you answered this question did you think about how you would feel if what was described in the story happened to you?

NO (5)
YES (1)

8.3. When you listened to this story, did you imagine that the person in the story was:

[Interviewer: circle one response for each option a, b and c]

a) Younger than you (1) The same age as you (2) Older than you (3)

b) Poorer than you (1) With the same wealth as you (2) Wealthier than you

c) With a different culture to you (1) with the same culture as you (2)
9. Vignette for Set D only

9.1. We are now going to ask you about those stories we read to you and asked you to rate. We are going to read you one story. After reading it, we would like you to describe the story in your own words. Here goes:

“[Haile] comes home from a day's work and turns on the radio to listen to the news. The news reported on the rise in deaths due to lung cancer in his country from last year and that it was caused by the rise in the numbers of smokers.” Now, please describe what happened in the story I just read to you in your own words.

Specify [Interviewer: please write down points from the respondent’s description of the story.]

[Interviewer: please rate the similarity between the original vignettes and the respondent’s description in their own words]

Mostly similar (3)
Partly similar (2)
Not at all similar (1)

After reading the story to you in the first interview, we asked you the following question: “Would you say that the ill effects of smoking are presented in a manner that is clear to [Haile]? To which you answered [Interviewer: insert respondent’s answer].

9.2. When you answered this question did you think about how you would feel if what was described in the story happened to you?

NO (5)
YES (1)

9.3. When you listened to this story, did you imagine that the person in the story was:

[Interviewer: circle one response for each option a, b and c]

a) Younger than you (1) The same age as you (2) Older than you (3)

b) Poorer than you (1) With the same wealth as you (2) Wealthier than you

c) With a different culture to you (1) with the same culture as you (2)
Coverage

1: If you recall, we asked you questions about whether you were ever told of having a disease by a medical professional, or maybe of taking some medications prescribed by a medical professional. Who did you think of as a medical professional?

READ ALL CHOICES AND RECORD ALL MENTIONED

a) Physician/ Person with Medical Degree (went to university)

b) Nurse/Person with a Nursing Degree (went to post-secondary level of school)

c) Anyone who works in a hospital/health center (no matter what their schooling)

d) Anyone who works in your community providing health services and medicines (no matter what their schooling)

e) Traditional healer (did not go to school to learn how to provide health care)

f) Other (specify)

2-We may have asked you, if you said you had a particular disease, whether you "had this condition anytime in the past 12 months". What exactly did this mean to you?

a) That you just got this condition in the last 12 months and did not have it before

b) That you had one or a few episodes of symptoms related to this condition during the last 12 months

c) That you experienced symptoms related to this condition most of the time during the last 12 months

d) That you may or may not have had symptoms related to this condition during the last 12 months, depending on treatment you were taking

e) Other (Specify)

3- When we asked "have you ever been told by a doctor or other medical professional that you have a certain disease", what did it mean to you:

a) That a doctor or other medical professional said you might have this disease, but did not say for sure that you have it.

b) That a doctor or other medical professional did an exam or ran some laboratory tests to see if you have a disease (but did not say for sure that you have it).
c) That a doctor or other medical professional advised you to see a specialist to check whether you have the disease (but did not say for sure that you have it).

d) That a doctor or other medical professional told you that you have a disease after doing any of the following: a physical examination, an interview of symptoms, laboratory tests, or other diagnostic procedures.

e) Other (Specify)

4- We may have asked you, if you said you had a particular disease, if you "have been taking any medications prescribed by a medical professional" for this condition. What did medication mean to you?

a) A remedy that a doctor gives to you, or prescribes for you to get from a pharmacy

b) A remedy that you or someone else in your community prepared at home

c) Only those remedies that you take orally?

d) Other (Specify)

5- Please tell me what a midwife means to you

a) A person who went to school to be trained in assisting women with their pregnancy and delivery

b) Any person who works in a hospital or health facility and assists women in delivery

c) Any person who assists women in delivery

d) Other (Specify)
Physical Activity

Q1 During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? Think about only those physical activities that you did for at least 10 minutes at a time.

What were you thinking of when you were evaluated vigorous activities?

Did you do these activities continuously or intermittently
Did you think about whether you did the activity for at least 10 minutes continuously

How much time in total did you usually spend on one of those days doing vigorous physical activities?

How did you calculate the total time you said?

Did you attempt to total for a usual day last week - if no - what did you do?

Q2 Again, think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days, did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or double tennis? Do not include walking.

What were you thinking of when you were evaluated moderate activities?

Did you do these activities continuously or intermittently
Did you think about whether you did the activity for at least 10 minutes continuously

How much time in total did you usually spend on one of those days doing moderate physical activities?

How did you calculate the total time you said?

Did you attempt to total for a usual day last week - if no - what did you do?

Q3 Next question (3303) is about the time you spent sitting while at work, at home, while doing course work and during leisure time. This includes time spent sitting at a desk, visiting friends, reading travelling on a bus or sitting or lying down to watch television.
How easy was it for you to think about the time you spent sitting across ALL the activities you do?

Record response

______________________________________________________________

Other aspects for cognitive testing?

How easy was it for you to think about the ALL the activities you did at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Very easy ……………………….very difficult

Would you prefer to think about each aspect of your life separately
At work, house work, transport/travel related, spare time?

Record response

______________________________________________________________

What does physical activity mean to you?

Record response

______________________________________________________________