Resources for Locating and Selecting Self-Report Measures of Physical Activity

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This appendix provides a concise list of resources that may assist researchers and practitioners who need to identify and select a self-report measure of physical activity for a variety of applications. The resources include websites, journal issues and articles, and textbooks which are classed into three areas: (1) locating measures, (2) narrowing a list of candidate measures, and (3) adapting existing measures or developing new measures. This appendix is intended to be a companion to the papers and resources cited elsewhere within this supplement.

To create this appendix we searched the published literature, reference lists, and websites to identify potential resources to include in this list. The initial search resulted in 59 resources. The authors reviewed each resource and limited the final list to resources that did not overlap with reviews and citations elsewhere in the supplement. While not completely comprehensive of all available journal articles, textbooks, and websites, this list is a targeted introduction to an ever expanding number of decision tools for researchers and practitioners on self-report measurement of physical activity.

Locating Measures—Where Can I Find Measures and Their Validity Information?

For studies of all ages:

- **Active Living Research (ALR):** ALR supports research to identify policy and environmental influences on physical activity. Included on the ALR website is a page with information about tools and measures suitable for researchers, practitioners, and community advocates. **Source:** Robert Wood Johnson Foundation. **Website:** http://www.active-livingresearch.org

- **National Collaborative on Childhood Obesity Research (NCCOR) Measures Registry:** NCCOR is a collaborative partnership among National Institutes of Health, the Centers for Disease Control and Prevention, the Robert Wood Johnson Foundation, and United States Department of Agriculture. The collaborative created a searchable registry of measures relevant to childhood obesity research that includes over 200 measures of individual level physical activity. The registry includes details about each measure, including domains measured, validity and reliability, and protocols for use. **Source:** National Collaborative on Childhood Obesity Research. **Website:** http://www.nccor.org/measures

For studies of adults:

- **A Collection of Physical Activity Questionnaires for Health-Research:** This journal supplement was created by the Physical Activity Epidemiology research group at the University of Pittsburgh and contains a collection of the physical activity questionnaires used in population research at this time. **Citation:** Pereira MA, FitzGerald SJ, Gregg EW, et al. A collection of physical activity questionnaires for health-related research. Kriska and Caspersen, Eds. Centers for Disease Control and Prevention. Med Sci Sports Exerc. 1997;29(6 Suppl):S1–205.

Deciding on a Measure—How Can I Begin to Filter the Measures and Information That I Find?

For studies of all ages:

- **Diet and Physical Activity Measurement Toolkit:** This toolkit is funded by the UK Medical Research Council and assists researchers with information on choosing a method for assessment of physical activity and sedentary behaviors. **Source:** Medical Research Council. **Website:** http://www.dapa-toolkit.mrc.ac.uk/index.html

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For studies of children:

Physical Activity Assessment-Tools and Validation Studies: The site provides detailed information about a selection of instruments to be used in studies of children, as well as guidance about how to select appropriate measurement tools of physical activity and sedentary behavior in child and adolescent populations. Source: Australian Child & Adolescent Obesity Research Network (ACAORN). Website: http://sydney.edu.au/medicine/acaorn/streams/activity/tools-validation/index.php

Physical Activity Measurement in Children 2-5 Years of Age: Provides tools and a list of measures for the measurement of physical activity of children from ages 2-5 years intended for use by those designing and implementing physical activity programs for this age group. Source: NSW Centre for Physical Activity and Health, University of Sydney. Website: http://sydney.edu.au/medicine/public-health/cpah/pdfs/2007_psa_measurement_farrell.pdf


Adapting or Developing New Measures—Where Can I Find Information About Creating Self-Report Instruments?


