

ULRR

Physical Activity Behavior, Health and Wellbeing Study - Questionnaire

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Physical Activity Behaviour, Health and Wellbeing Questionnaire

Operational Definitions

Physical Education is planned, progressive learning that is defined by a curriculum, timetabled during school time and delivered by qualified teachers.

Sport involves participating in or preparing for sport competitions e.g. hurling, athletic, football etc.

Physical Activity is any other bodily movement produced by skeletal muscle (Not Competitions) that result in energy expenditure including running, skipping, dancing, hopping etc. and can be done at different levels of effort.

Moderate Physical Activity makes your heart rate and breathing rate faster than normal. You may also sweat a little. Brisk walking and jogging are good examples.

Vigorous Physical Activity makes your heart rate much faster and you have to breath deeper and faster than normal. You will probably sweat. Playing football or tennis are good examples.

Sedentary Behaviour is any waking behaviour that requires a low amount of energy such as prolonged sitting, reclining or lying down. Watching TV, sitting while talking on the phone or listening to music, or playing games on the computer are examples of sedentary behaviour.

Physical Fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living.

Abbreviations

MVPA - Moderate to Vigorous Physical Activity

NA - Not Applicable

Section 1 Demographics

Q1.1 **STOP.** Please ask your teacher for your School Roll Number and input it below before continuing on with the survey.

School Roll Number (1)

Q1.2 What is your gender?

- Male (1)
 - Female (2)
 - Rather not say (3)
 - Other (4)
-

Q1.3 What age are you?

	Years	Months
1 (1)	▼ 11 years (1 ... 16 years (6)	▼ 0 month (1 ... 11 months (12)

Q1.4 What year group are you in?

2nd Year (1)

3rd Year (2)

Q1.5 Where do you live?

Town/City (1)

Village/Countryside (2)

Q1.6 What is your Nationality?

- American (1)
 - Brazilian (2)
 - British (3)
 - Chinese (4)
 - French (5)
 - German (6)
 - Indian (7)
 - Irish (8)
 - Italian (9)
 - Latvian (10)
 - Lithuanian (11)
 - Northern Irish (12)
 - Polish (13)
 - Romanian (14)
 - Slovakian (15)
 - Spanish (16)
 - Ukrainian (17)
 - Other (18)
-

Q1.7 Does your family own a car, van or truck?

- No (1)
 - Yes, one (2)
 - Yes, two or more (3)
-

Q1.8 Do you have your own bedroom for yourself?

- No (1)
 - Yes (2)
-

Q1.9 How many computers do your family own (including laptops and tablets, not including game consoles and smartphones)

- None (1)
 - One (2)
 - Two (3)
 - More than two (4)
-

Q1.10. How many bathrooms (room with a bath/shower or both) are in your home?

- None (1)
 - One (2)
 - Two (3)
 - More than 2 (4)
-

Q1.11 Does your family have a dishwasher at home?

No (1)

Yes (2)

Q1.12 How many times did you and your family travel out of Ireland for a holiday/vacation last year?

Not at all (1)

Once (2)

Twice (3)

More than twice (4)

Section 2 Physical Activity Behaviour

Physical Activity is any other bodily movement produced by skeletal muscle (Not Competitions) that result in energy expenditure including running, skipping, dancing, hopping etc. and can be done at different levels of effort.

We are trying to find out about your level of physical activity from the last 7 days (in the last week). This includes sports or dance that make you sweat or make your legs feel tired, or games that make you breathe hard, like tag, skipping, running, climbing, and others

Remember:

There is no right or wrong answers, this is not a test. Please answer all the questions as honestly and as accurately as you can - this is very important.

Q2.1 Physical Activity in your **spare time**: Have you done any of the following activities in the past 7 days (last week)? If yes, how many times? Please select one answer for each activity below:

	No (1)	1-2 times (2)	3-4 times (3)	5-6 times (4)	7 times or more (5)
Adventure Activities (e.g., orienteering, canoeing). (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aerobics (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Athletics (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Badminton (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baseball or Rounders (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Basketball (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Camogie (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cycling (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dance (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gaelic Football (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gymnastics (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Handball (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hockey (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Horse Riding (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hurling (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Martial Arts (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rowing (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rugby (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Running (19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skateboarding (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skipping (21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soccer (22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Squash (23)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swimming (24)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tag Rugby (25)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tennis (26)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Volleyball (27)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking (28)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight Training (29)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (30)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.2 In the last 7 days, during your physical education (PE) classes, how often were you very active (playing hard, running, jumping, throwing)?

- I don't do PE (1)
 - Hardly ever (2)
 - Sometimes (3)
 - Quite Often (4)
 - Always (5)
-

Q2.3 In the last 7 days, what did you normally do at lunch (besides eating lunch)?

- Sat down (talking, reading or doing some schoolwork) (1)
 - Stood around or walked around (2)
 - Ran or played a little bit (3)
 - Ran around and played quite a bit (4)
 - Ran and played hard most of the time (5)
-

Q2.4 In the last 7 days, on how many days right after school (End of school day up until 6pm), did you do sports, dance or play games in which you were very active?

- None (1)
 - 1 time last week (2)
 - 2 or 3 times last week (3)
 - 4 times last week (4)
 - 5 times last week (5)
-

Q2.5 In the last 7 days, on how many evenings (6pm onwards), did you do sports, dance or play games in which you were very active?

- None (1)
 - 1 time last week (2)
 - 2 or 3 times last week (3)
 - 4 or 5 times last week (4)
 - 6 or 7 times last week (5)
-

Q2.6 On the last weekend (last Saturday and last Sunday), how many times did you do sports, dance or play games in which you were very active?

- None (1)
 - 1 time (2)
 - 2 - 3 times (3)
 - 3 - 4 times (4)
 - 6 or more times (5)
-

Q2.7 Which one of the following describes you best for the last 7 days? Please read all five statements before deciding on the one that describes you:

- All or most of my free time was spent doing things that involve little physical effort (1)
- I sometimes (1-2 times per week) did physical things in my free time (e.g., played sports, went running, swimming, bike riding, did aerobics) (2)
- I often (3 or 4 times last week) did physical things in my free time (3)
- I quite often (5 or 6 times last week) did physical things in my free time (4)
- I very often (7 or more times last week) did physical things in my free time (e.g., played sports, went swimming, running, bike riding, did aerobics etc.) (5)

Q2.8 Mark how often you did physical activity (playing sports, games, doing dance or any other physical activity) for each day last week:

	None (1)	Little Bit (2)	Medium (3)	Often (4)	Very Often (5)
Monday (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturday (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.9 Were you sick in the last 7 days or did anything prevent you from doing your normal physical activities?

Yes (1)

No (2)

Please read the following statements before answering question 2.10 and 2.11 below.

Physical activity is any bodily movement produced by skeletal muscle that results in energy expenditure and includes; weight training, aerobics, jogging, dancing, hurling, football, athletics, swimming, brisk walking, washing the car, walking, or cycling to school, etc.

It can be done at different levels of effort:

Moderate Effort makes your heart rate and breathing rate faster than normal. You may also sweat a little. Brisk walking and jogging are good examples.

Vigorous Effort makes your heart rate much faster and you have to breath deeper and faster than normal. You will probably sweat. Playing football or tennis are good examples).

Please try to think carefully and be as accurate as possible with your answers. For these next two questions, add up all the time you spend in physical activity each day. Only include activities of either MODERATE or VIGOROUS effort (as described above).

Q2.10 **Over the past 7 days**, on how many days were you physically active for a total of at least 60 minutes per day?

- 0 days (1)
 - 1 day (2)
 - 2 days (3)
 - 3 days (4)
 - 4 days (5)
 - 5 days (6)
 - 6 days (7)
 - 7 days (8)
-

Q2.11 Over a **typical or usual week**, on how many days are you physically active for a total of at least 60 minutes per day?

- 0 days (1)
 - 1 days (2)
 - 2 days (3)
 - 3 days (4)
 - 4 days (5)
 - 5 days (6)
 - 6 days (7)
 - 7 days (8)
-

Please read the following statements before answering questions 2.12 and 2.13.

Sedentary Behaviour is any waking behaviour that requires a low amount of energy such as prolonged sitting, reclining or lying down. Watching TV, sitting while talking on the phone or listening to music, or playing games on the computer are examples of sedentary behaviour.

Please differentiate between school days (Q2.12) and weekend days (Q2.13). For weekdays (Q2.12) please consider the time before and after school. For weekends (Q2.13) please consider the time on Saturday and Sunday.

If you did two activities at the same time (e.g. 1 hour “Reading for fun” AND simultaneously listened to music), then only count the time for the main activity (e.g. write down 1 hour “Reading for fun”, but nothing for “Listening to music”).

Q2.12 On an average weekday (before and after school), for how long did you:

	0 Minutes per Day (1)	About 15 minutes per Day (2)	About 30 minutes per Day (3)	About 1 hour per Day (4)	About 2 hours per Day (5)	About 3 hours per day (6)	About or more than 4 hours per Day (7)
Watch TV (including DVD's) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a computer for fun (n (e.g. chatting, emailing, surfing the internet, watching clips/movies) or playing sedentary games on a game console (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a tablet or smartphone for fun (e.g. chatting, emailing, surfing the Internet) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do homework/being tutored using a computer/tablet (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do homework/being tutored without using a computer/tablet (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read for fun (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music/audio books (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Travel with modes of transportation like bus, car or train (e.g. to school) (8)

Sit during meals (9)

Do crafts or sedentary hobbies (e.g. card/board games) (10)

Hanging out/chatting with friends (11)

Playing a musical instrument (e.g. piano) (12)



Q2.13 On an average weekend day (Saturday and Sunday), for how long did you:

	0 Minutes per Day (1)	About 15 minutes per Day (2)	About 30 minutes per Day (3)	About 1 hour per Day (4)	About 2 hours per Day (5)	About 3 hours per day (6)	About or more than 4 hours per Day (7)
Watch TV (including DVD's) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a computer for fun (n (e.g. chatting, emailing, surfing the internet, watching clips/movies) or playing sedentary games on a game console (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a tablet or smartphone for fun (e.g. chatting, emailing, surfing the Internet) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do homework/being tutored using a computer/tablet (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do homework/being tutored without using a computer/tablet (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read for fun (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music/audio books (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Travel with modes of transportation like bus, car or train (e.g. to school) (8)

Sit during meals (9)

Do crafts or sedentary hobbies (e.g. card/board games) (10)

Hanging out/chatting with friends (11)

Playing a musical instrument (e.g. piano) (12)

Q2.14 During my free time on most days...

- I am sure I will not be physically active (1)
 - I probably will not be physically active (2)
 - I may or may not be physically active (3)
 - I probably will be physically active (4)
 - I am sure I will be physically active (5)
-

Q2.15 How do you feel about going to school? I enjoy going to school:

- Disagree a lot (1)
 - Disagree a little (2)
 - Neither agree nor disagree (3)
 - Agree a little (4)
 - Agree a lot (5)
-

Q2.16 How do you feel about PE class? I enjoy PE:

- Disagree a lot (1)
 - Disagree a little (2)
 - Neither agree nor disagree (3)
 - Agree a little (4)
 - Agree a lot (5)
-

Q2.17 In the last week I have been...

	No (1)	Yes (2)
Physically active with school friends (1)	<input type="radio"/>	<input type="radio"/>
Physically active with friends in my neighborhood (2)	<input type="radio"/>	<input type="radio"/>
Physically active with other friends (3)	<input type="radio"/>	<input type="radio"/>

Q2.18 During a typical week, how often...

	None (1)	Once (2)	Sometimes (3)	Almost Everyday (4)	Everyday (5)
Do you encourage your friends to do physical activities or play sports? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do your friends encourage you to do physical activities or play sports? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do your friends do physical activities or play sports with you? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do your friends tell you that you are doing well at physical activities or sport? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.19 During a typical week, how often has a member of your household (for example, your father, mother, guardian, brother, sister, grandparent or other relative):

	None (1)	Once (2)	Sometimes (3)	Almost Everyday (4)	Everyday (5)
Encouraged you to do physical activities or play sport (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Done a physical activity or played sports with you? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided transportation to a place where you can do physical activities or sports? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watched you participate in physical activities or sports? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Told you that you are doing well in physical activities or sports? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.20 Do you have difficulty walking 100 meters (the length of a rugby pitch) on level ground, even if you use any equipment or receive assistance?

- Cannot do at all (1)
 - A lot of difficulty (2)
 - Some difficulties (3)
 - No difficulties (4)
-

Q2.21 Please indicate your level of agreement with the below statements:

	Disagree a lot (1)	Disagree a little (2)	Neither agree nor disagree (3)	Agree a little (4)	Agree a lot (5)
I can be physically active during my free time on most days (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can ask my parent or other adult to do physically active things with me (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be physically active during my free time on most days even if it is very hot or cold outside (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be physically active during my free time on most days even if I could watch TV or play video games instead (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can ask my best friend to be physically active with me during my free time on most days (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I can be physically active during my free time on most days even if I have to stay at home (6)

I have the coordination I need to be physically active during my free time on most days (7)

I can be physically active during my free time on most days no matter how busy my day is. (8)

Q2.22 Please select the most appropriate statement for you:

- I dont feel that I am very good when it comes to games and sports (1)
- I do very well at all kinds of games and sports (2)

Skip To: Q2.23 If Q2.22 Please select the most appropriate statement for you: = I dont feel that I am very good when it comes to games and sports

Skip To: Q2.24 If Q2.22 Please select the most appropriate statement for you: = I do very well at all kinds of games and sports

Q2.23 I dont feel I am very good when it comes to games and sports

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.25 If Q2.23 I dont feel I am very good when it comes to games and sports = Sort of true for me

Skip To: 2.251 If Q2.23 I dont feel I am very good when it comes to games and sports = Really true for me

Q194 Q2.24 I do very well at all kinds of games and sports

- Sort of true for me (1)
- Really true for me (2)

Q2.25 Please select the most appropriate statement for you:

- I wish I could be a lot better at games and sports (1)
- I feel that I am good enough at games and sports (2)

Skip To: Q2.26 If Q2.25 Please select the most appropriate statement for you: = I wish I could be a lot better at games and sports

Skip To: Q2.27 If Q2.25 Please select the most appropriate statement for you: = I feel that I am good enough at games and sports

Q2.26 I wish I could be a lot better at games and sports:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.28 If Q2.26 I wish I could be a lot better at games and sports: = Sort of true for me

Skip To: Q2.28 If Q2.26 I wish I could be a lot better at games and sports: = Really true for me

Q2.27 I feel that I am good enough at games and sport:

- Sort of true for me (1)
 - Really true for me (2)
-

Q2.28 Please select the most appropriate statement for you:

- I would struggle to feel comfortable playing a game or sport I have never tried (1)
- I think i could easily participate in a sport I have never done before (2)

Skip To: Q2.29 If Q2.28 Please select the most appropriate statement for you: = I would struggle to feel comfortable playing a game or sport I have never tried

Skip To: Q2.30 If Q2.28 Please select the most appropriate statement for you: = I think i could easily participate in a sport I have never done before

Q2.29 I would struggle to feel comfortable playing a game or sport I have never tried:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.31 If Q2.29 I would struggle to feel comfortable playing a game or sport I have never tried: = Sort of true for me

Skip To: Q2.31 If Q2.29 I would struggle to feel comfortable playing a game or sport I have never tried: = Really true for me

Q2.30 I think I could easily participate in a sport I have never done before:

- Sort of true for me (1)
 - Really true for me (2)
-

Q2.31 Please select the most appropriate statement for you:

- I feel I am not as good as others my age at games and sports (1)
- I feel I am better than others my age at games and sports (2)

Skip To: Q2.32 If Q2.31 Please select the most appropriate statement for you: = I feel I am not as good as others my age at games and sports

Skip To: Q2.33 If Q2.31 Please select the most appropriate statement for you: = I feel I am better than others my age at games and sports

Q2.32 I feel I am not as good as others my age at games and sports:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.34 If Q2.32 I feel I am not as good as others my age at games and sports: = Sort of true for me

Skip To: Q2.34 If Q2.32 I feel I am not as good as others my age at games and sports: = Really true for me

Q2.33 I feel I am better than others my age at games and sports:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.34 If Q2.33 I feel I am better than others my age at games and sports: = Really true for me

Q160 Q2.34 Please select the most appropriate statement for you:

- I prefer to watch games or sports (1)
- I prefer to play games or sports (2)

Skip To: Q2.36 If Q2.34 Please select the most appropriate statement for you: = I prefer to watch games or sports

Skip To: Q2.36 If Q2.34 Please select the most appropriate statement for you: = I prefer to play games or sports

Q2.35 I prefer to watch games or sports:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.37 If Q2.35 I prefer to watch games or sports: = Sort of true for me

Skip To: Q2.37 If Q2.35 I prefer to watch games or sports: = Really true for me

Q2.36 I prefer to play games or sports

- Sort of true for me (1)
- Really true for me (2)

Q2.37 Please select the most appropriate statement for you:

- I dont do well straight away in a new game or sport (1)
- I do well at a new game or sport straight away (2)

Skip To: Q2.38 If Q2.37 Please select the most appropriate statement for you: = I dont do well straight away in a new game or sport

Skip To: Q2.39 If Q2.37 Please select the most appropriate statement for you: = I do well at a new game or sport straight away

Q2.38 I don't do well straight away in a new game or sport:

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.40 If Q2.38 I don't do well straight away in a new game or sport: = Sort of true for me

Skip To: Q2.40 If Q2.38 I don't do well straight away in a new game or sport: = Really true for me

Q2.39 I do well at new games and sports straight away

- Sort of true for me (1)
 - Really true for me (2)
-

Q2.40 Please select the most appropriate statement for you:

- I am among the last to be chosen for games and sports (1)
- I am usually one of the first to be chosen for games and sports (2)

Skip To: Q2.41 If Q2.40 Please select the most appropriate statement for you: = I am among the last to be chosen for games and sports

Skip To: Q2.42 If Q2.40 Please select the most appropriate statement for you: = I am usually one of the first to be chosen for games and sports

Q2.41 I am among the last to be chosen for games and sports

- Sort of true for me (1)
- Really true for me (2)

Skip To: Q2.42 If Q2.41 I am among the last to be chosen for games and sports = Sort of true for me

Skip To: Q2.42 If Q2.41 I am among the last to be chosen for games and sports = Really true for me

Q168 Q2.42 I am usually one of the first to be chosen for games and sports.

- Sort of true for me (1)
 - Really true for me (2)
-

Section 3 Health

You were provided with instructions and asked to measure your height (in centimeters) and weight (in kilograms) at home. Please note your measurements below:

Q3.1 What is your height? (Please indicate your height in centimeters. Please insert numbers only, do not insert the letters "cm" beside the numbers)

Q3.2 What is your weight? (Please indicate your weight in kilograms. Please insert numbers only, do not insert the letters "kg" beside the numbers)

Q3.3 Your general fitness is:

	Very Poor (1)	Poor (2)	Average (3)	Good (4)	Very good (5)
Please select a number between 1-5 (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3.4 Your cardiovascular fitness (capacity to do exercise for instance running for a long time) is:

	1. Very Poor (1)	2. Poor (2)	3. Average (3)	4. Good (4)	5. Very good (5)
Please select a number between 1-5 (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3.5 Your muscular strength is:

	1. Very Poor (1)	2. Poor (2)	3. Average (3)	4. Good (4)	5. Very good (5)
Please select a number between 1-5 (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3.6 Your speed/agility is:

	1. Very Poor (1)	2. Poor (2)	3. Average (3)	4. Good (4)	5. Very good (5)
Please select a number between 1-5 (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3.7 Your flexibility is:

	1. Very Poor (1)	2. Poor (2)	3. Average (3)	4. Good (4)	5. Very good (5)
Please select a number between 1-5 (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3.8 In the last 6 months, how often have you had the following? Please select one answer for each row.

	About everyday (1)	More than once a week (2)	About every week (3)	About every month (4)	Rarely or never (5)
Headache (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stomach ache (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Backache (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability or bad temper (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling dizzy (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling low (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling nervous (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulties in getting to sleep (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

Section 4 Wellbeing

Below are some statements about how you feel and how you think. Please tick the box that best describes your experience of each over the last 2 weeks.

Q4.1 I've been feeling optimistic about the future

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

=Q4.2 I've been feeling useful

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.3 I've been feeling relaxed

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.4 I've been feeling interested in other people

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.5 I've had energy to spare

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.6 I've been dealing with problems well

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.7 I've been thinking clearly

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.8 I've been feeling good about myself

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.9 I've been feeling close to other people

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.10 I've been feeling confident

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.11 I've been able to make up my own mind about things

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.12 I've been feeling loved

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.13 I've been interested in new things

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.14 I've been feeling cheerful

- None of the time (1)
 - Rarely (2)
 - Some of the time (3)
 - Often (4)
 - All of the time (5)
-

Q4.15 Please use the slider below to indicate your life satisfaction. The top of the slider "100" is the best possible life for you and the bottom "0" is the worst possible life for you. In general, where on the slider do you feel you stand at the moment?

0 10 20 30 40 50 60 70 80 90 100

Life Satisfaction ()	
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