

# INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE for WHEELCHAIR USERS (IPAQ-WU)

We are interested in finding out about the kinds of physical activities that wheelchair users do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do 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.

Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

## **PART 1: JOB-RELATED PHYSICAL ACTIVITY**

The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you do. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in Part 3.

1. Do you currently have a job or do any unpaid work?

Yes

No →

**Skip to PART 2: TRANSPORTATION**

The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include traveling to and from work.

2. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, or heavy construction **as part of your work**? Think about only those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ **days per week**

No vigorous job-related physical activity



**Skip to question 4**

3. How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

4. Again, think about only 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 **as part of your work**? Please do not include wheeling.

\_\_\_\_\_ **days per week**

No moderate job-related physical activity



**Skip to question 6**

5. How much time did you usually spend on one of those days doing **moderate** physical activities as part of your work?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

6. During the **last 7 days**, on how many days did you **wheel** for at least 10 minutes at a time **as part of your work**? Please do not count any wheeling you did to travel to or from work.

\_\_\_\_\_ **days per week**

No job-related wheeling → **Skip to PART 2: TRANSPORTATION**

7. How much time did you usually spend on one of those days **wheeling** as part of your work?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

## **PART 2: TRANSPORTATION PHYSICAL ACTIVITY**

These questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

8. During the **last 7 days**, on how many days did you **travel in a motor vehicle** like a train, bus, car, or tram?

\_\_\_\_\_ **days per week**

No traveling in a motor vehicle → **Skip to question 10**

9. How much time did you usually spend on one of those days **traveling** in a train, bus, car, tram, or other kind of motor vehicle?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

Now think only about the **handcycling** and **wheeling** you might have done to travel to and from work, to do errands, or to go from place to place.

10. During the **last 7 days**, on how many days did you **handcycling** for at least 10 minutes at a time to go **from place to place**?

\_\_\_\_\_ **days per week**

No handcycling from place to place → **Skip to question 12**

11. How much time did you usually spend on one of those days to **handcycle** from place to place?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

12. During the **last 7 days**, on how many days did you **wheel** for at least 10 minutes at a time to go **from place to place**?

\_\_\_\_\_ **days per week**

No wheeling from place to place → ***Skip to PART 3: HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY***

13. How much time did you usually spend on one of those days **wheeling** from place to place?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

### ***PART 3: HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY***

This section is about some of the physical activities you might have done in the **last 7 days** in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

14. Think about only 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 **vigorous** physical activities like heavy lifting, chopping wood or shoveling snow, **in the garden or yard**?

\_\_\_\_\_ **days per week**

No vigorous activity in garden or yard → ***Skip to question 16***

15. How much time did you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

16. Again, think about only 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** activities like carrying light loads, sweeping, washing windows, and raking **in the garden or yard**?

\_\_\_\_\_ **days per week**

No moderate activity in garden or yard → ***Skip to question 18***

17. How much time did you usually spend on one of those days doing **moderate** physical activities in the garden or yard?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

18. Once again, think about only 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** activities like carrying light loads, washing windows, scrubbing floors and sweeping **inside your home**?

\_\_\_\_\_ **days per week**

No moderate activity inside home → **Skip to PART 4: RECREATION, SPORT AND LEISURE-TIME PHYSICAL ACTIVITY**

19. How much time did you usually spend on one of those days doing **moderate** physical activities inside your home?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

#### **PART 4: RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY**

This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

20. Not counting any wheeling you have already mentioned, during the **last 7 days**, on how many days did you **wheel** for at least 10 minutes at a time **in your leisure time**?

\_\_\_\_\_ **days per week**

No wheeling in leisure time → **Skip to question 22**

21. How much time did you usually spend on one of those days **wheeling** in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

22. Think about only 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 **vigorous** physical activities like aerobics, fast wheeling/racing, fast handcycling, or fast swimming **in your leisure time**?

\_\_\_\_\_ **days per week**

No vigorous activity in leisure time → **Skip to question 24**

23. How much time did you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

24. Again, think about only 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 handcycling at a regular pace, swimming at a regular pace, and doubles wheelchair tennis **in your leisure time**?

\_\_\_\_\_ **days per week**

No moderate activity in leisure time



***Skip to PART 5: TIME SPENT SITTING***

25. How much time did you usually spend on one of those days doing **moderate** physical activities in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

**This is the end of the questionnaire, thank you for participating.**