



pathways

a study of
breast cancer
survivorship

Physical Activity Self-Administered Baseline Questionnaire

If you have any questions about this form please call the Pathways
Study Coordinating Center toll-free number: 1-866-206-2979

INTERVIEWER ID:

DATE: / /
MONTH DAY YEAR

SELF-ADMINISTERED:

1 ☐ YES

0 ☐ NO

COMMENTS: _____

January 2007 Version

ENROLLMENT ID LABEL

STUDY ID BARCODE LABEL

FOR OFFICE USE:

CODER ID: DATE: _____

REVIEWER ID: DATE: _____

COMMENTS: _____

DATA ENTRY DATE: _____

COMMENTS: _____

PHYSICAL ACTIVITY QUESTIONNAIRE BASELINE

PART 1. JOB OR WORK RELATED ACTIVITIES (INCLUDING REGULARLY SCHEDULED VOLUNTEER ACTIVITIES)

1. Were you employed in the past six months?

1 ☐ YES

0 ☐ NO

8 ☐ DON'T KNOW

9 ☐ REFUSED

2. Did you do any weekly volunteer activity in the past six months?

1 ☐ YES

0 ☐ NO → IF NO TO BOTH 1 AND 2, GO TO PART 2

8 ☐ DON'T KNOW

9 ☐ REFUSED

3. How many days per week did you do paid work and/or volunteer activity?

1 ☐ 1-3 DAYS

2 ☐ 4-5 DAYS

3 ☐ MORE THAN 5 DAYS

8 ☐ DON'T KNOW

9 ☐ REFUSED

4. How many hours per day did you do paid work and/or volunteer activity?

1 ☐ 0-4 HOURS

2 ☐ 5-8 HOURS

3 ☐ MORE THAN 8 HOURS

8 ☐ DON'T KNOW

9 ☐ REFUSED

5. In a usual day of paid and/or volunteer activity in the past six months, how often did you spend time...(Circle a response)	Never or less than 1 hour	1 – 2 hours	More than 2 hours to 4 hours	More than 4 hours to 6 hours	More than 6 hours to 8 hours	More than 8 hours
a. Sitting	1	2	3	4	5	6
b. Standing	1	2	3	4	5	6
c. Walking	1	2	3	4	5	6
d. Lifting, carrying, or pushing heavy items (20 pounds or more)	1	2	3	4	5	6
e. Stooping or bending	1	2	3	4	5	6
f. Doing heavy manual work	1	2	3	4	5	6

PART 2. OTHER ACTIVITIES

The following sections ask about activities that you have done outside of paid or regular volunteer work in the past six months. For each activity, you are asked how often you did the activity (frequency), how much time you usually (on average) spent doing the activity each time you did it (duration), and how hard you worked physically (intensity).

Please circle a response under frequency for each activity listed. If you choose “Never or less than once per month” for an activity, *you do not* need to answer the questions on duration and intensity for that activity. **For activities that you did at least once a month in the past six months, answer both the DURATION and INTENSITY for that activity. Only count the time actually spent doing the activity. (For example, sitting by the pool does not count as swimming.)**

SECTION A. ACTIVITIES IN THE PAST SIX MONTHS NOT RELATED TO REGULAR PAID OR VOLUNTEER WORK

A1. HOUSEHOLD CHORES

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
HOUSEHOLD CHORES	6. On average, how often in the past six months did you do this activity?					7. Each time you did this activity, how much time did you usually spend doing it?				8. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Routine cleaning, such as dusting, changing bed linens, vacuuming, sweeping, watering indoor plants, cleaning bathroom and kitchen sinks and counters	1	2	3	4	5	1	2	3	4	1	2	3
b. Major cleaning, such as cleaning a garage, car, rugs, or windows, scrubbing floors or walls	1	2	3	4	5	1	2	3	4	1	2	3
c. Grocery shopping	1	2	3	4	5	1	2	3	4	1	2	3
d. Other shopping	1	2	3	4	5	1	2	3	4	1	2	3
e. Doing laundry, ironing	1	2	3	4	5	1	2	3	4	1	2	3
f. Preparing meals, baking, cleaning up from meals	1	2	3	4	5	1	2	3	4	1	2	3

A2. CARE-GIVING ACTIVITIES

Remember, if you circle *“never or less than once a month,”* you do not need to indicate DURATION or INTENSITY for that activity.

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
CARE-GIVING ACTIVITIES	9. On average, how often in the past six months did you do this activity?					10. Each time you did this activity, how much time did you usually spend doing it?				11. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Taking care of infants and toddlers (consider only time actually spent bathing, feeding, holding, carrying, and playing)	1	2	3	4	5	1	2	3	4	1	2	3
b. Taking care of young children (aged 3–5 years old)	1	2	3	4	5	1	2	3	4	1	2	3
c. Taking care of elderly or disabled people	1	2	3	4	5	1	2	3	4	1	2	3
d. Walking the dog	1	2	3	4	5	1	2	3	4	1	2	3
e. Grooming, caring for, and playing with large animals, such as big dogs, horses, or farm animals	1	2	3	4	5	1	2	3	4	1	2	3

A3. HOME AND YARD MAINTENANCE

Remember, if you circle *“never or less than once a month,”* you do not need to indicate DURATION or INTENSITY for that activity.

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
HOME AND YARD MAINTENANCE	12. On average, how often in the past six months did you do this activity?					13. Each time you did this activity, how much time did you usually spend doing it?				14. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Painting inside or outside of house, or wall papering	1	2	3	4	5	1	2	3	4	1	2	3
b. Carpentry	1	2	3	4	5	1	2	3	4	1	2	3
c. Moving or rearranging furniture	1	2	3	4	5	1	2	3	4	1	2	3
d. Mowing lawn with a riding mower	1	2	3	4	5	1	2	3	4	1	2	3
e. Mowing lawn, walking behind a power mower	1	2	3	4	5	1	2	3	4	1	2	3
f. Light yard work, such as weeding, planting, cultivating a garden, pruning or trimming bushes or trees, vacuuming leaves, sweeping outside, raking or edging yard, watering yard or plants	1	2	3	4	5	1	2	3	4	1	2	3
g. Heavy yard work, such as spading, digging, filling in a garden, chopping wood, using a non-power push lawnmower, laying bricks, shoveling snow	1	2	3	4	5	1	2	3	4	1	2	3

SECTION B. RECREATIONAL ACTIVITIES INCLUDING SPORTS, EXERCISE, DANCE, HOBBIES, GAMES, AND SOCIAL ACTIVITIES**B1. SPORTS, EXERCISE, AND HOBBIES**

Remember, if you circle *“never or less than once a month,”* you do not need to indicate DURATION or INTENSITY for that activity.

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
SPORTS, EXERCISE, AND HOBBIES	15. On average, how often in the past six months did you do this activity?					16. Each time you did this activity, how much time did you usually spend doing it?				17. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Running or jogging (including on a treadmill)	1	2	3	4	5	1	2	3	4	1	2	3
b. Swimming laps	1	2	3	4	5	1	2	3	4	1	2	3
c. Bicycle riding (including stationary bikes), touring or racing, road or mountain biking	1	2	3	4	5	1	2	3	4	1	2	3
d. Stairmaster, elliptical runner	1	2	3	4	5	1	2	3	4	1	2	3
e. Aerobic dance or exercise class	1	2	3	4	5	1	2	3	4	1	2	3
f. Sit-ups, push-ups, calisthenics, floor exercise, or core strengthening exercises	1	2	3	4	5	1	2	3	4	1	2	3
g. Yoga, stretching, Tai Chi, Pilates	1	2	3	4	5	1	2	3	4	1	2	3
h. Cross-country skiing, rowing (including indoor machines)	1	2	3	4	5	1	2	3	4	1	2	3
i. Downhill skiing, ice skating, rollerblading	1	2	3	4	5	1	2	3	4	1	2	3
j. Hiking or backpacking	1	2	3	4	5	1	2	3	4	1	2	3

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
SPORTS, EXERCISE, AND HOBBIES	15. On average, how often in the past six months did you do this activity?					16. Each time you did this activity, how much time did you usually spend doing it?				17. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
k. Walking for exercise or pleasure at a <u>brisk pace</u> (20 minutes per mile). <i>Do not count if this is time spent walking the dog.</i>	1	2	3	4	5	1	2	3	4	1	2	3
l. Walking for exercise or pleasure at a <u>slow pace</u> . <i>Do not count if this is time spent walking the dog.</i>	1	2	3	4	5	1	2	3	4	1	2	3
m. Weight lifting, free weights, circuit training (e.g. at a gym)	1	2	3	4	5	1	2	3	4	1	2	3
n. Volleyball	1	2	3	4	5	1	2	3	4	1	2	3
o. Tennis, racquet ball, squash	1	2	3	4	5	1	2	3	4	1	2	3
p. Soccer, basketball	1	2	3	4	5	1	2	3	4	1	2	3
q. Baseball, softball	1	2	3	4	5	1	2	3	4	1	2	3
r. Golf (not using a cart)	1	2	3	4	5	1	2	3	4	1	2	3
s. Golf (using a cart), bowling	1	2	3	4	5	1	2	3	4	1	2	3
t. Horseback riding	1	2	3	4	5	1	2	3	4	1	2	3
u. Fly fishing, hunting	1	2	3	4	5	1	2	3	4	1	2	3
v. Social, folk dancing	1	2	3	4	5	1	2	3	4	1	2	3
w. Jazz, ballet, modern, tap, hip hop, ethnic dance	1	2	3	4	5	1	2	3	4	1	2	3

B2. OTHER RECREATIONAL ACTIVITIES

Remember, if you circle *“never or less than once a month,”* you do not need to indicate DURATION or INTENSITY for that activity.

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
OTHER RECREATIONAL ACTIVITIES	18. On average, how often in the past six months did you do this activity?					19. Each time you did this activity, how much time did you usually spend doing it?				20. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Arts & crafts projects (such as knitting, quilting, model building, drawing, painting, stained glass)	1	2	3	4	5	1	2	3	4	1	2	3
b. Reading, writing, being on a computer other than at work	1	2	3	4	5	1	2	3	4	1	2	3
c. Socializing, visiting with friends, talking on the phone	1	2	3	4	5	1	2	3	4	1	2	3
d. Attending religious, social or service club meetings, sporting events, concerts, movies, or shows	1	2	3	4	5	1	2	3	4	1	2	3
e. Watching TV, videos (while not doing other activities)	1	2	3	4	5	1	2	3	4	1	2	3
f. Playing board or card games	1	2	3	4	5	1	2	3	4	1	2	3

B3. ACTIVITIES RELATED TO TRANSPORTATION

Remember, if you circle “*never or less than once a month,*” you do not need to indicate DURATION or INTENSITY for that activity.

ACTIVITY	FREQUENCY					DURATION				INTENSITY		
ACTIVITIES RELATED TO TRANSPORTATION	21. On average, how often in the past six months did you do this activity?					22. Each time you did this activity, how much time did you usually spend doing it?				23. When you did this activity, did your heart rate and breathing increase?		
	Never or less than 1 time per month	1-3 times per month	1-2 times per week	3-5 times per week	More than 5 times per week	Less than 15 min.	15-30 min.	31-60 min.	61-90 min.	Not at all or very little	A moderate amount	A large amount
a. Walking to the bus, to work, to do errands. <i>Do not count time already counted in other walking.</i>	1	2	3	4	5	1	2	3	4	1	2	3
b. Climbing up stairs (1 flight or about 10 stairs takes about 30 seconds)	1	2	3	4	5	1	2	3	4	1	2	3
c. Driving or riding in a vehicle to work, for errands, to go places	1	2	3	4	5	1	2	3	4	1	2	3
d. Riding a bicycle or using rollerblades for transportation. <i>Do not count time already counted in other biking or rollerblading.</i>	1	2	3	4	5	1	2	3	4	1	2	3