



HCHS/SOL COMPASS Ancillary Study (AS#2015.12) QxQs

NHLBI grant: Ancillary to HCHS/SOL: Cardiometabolic Outcomes in Multi-ethnic Physical Activity & Sedentary Behavior Study ([R01 HL136266](#); Y Mossavar-Rahmani, RC Kaplan, & V Ramachandran)

CEP - Eligibility and Participation Checklist QxQ

PAE\PAS - Physical Activity Form QxQ



HCHS/SOL COMPASS Eligibility/Participation Checklist CEP – QxQ

General Instructions

The first section on page one of the Eligibility/Participation Checklist (CEP) is completed at the time of initial contact with potential SOL COMPASS participants or on subsequent contact occasions if eligibility is not obtained at the time of initial contact.

The second section is completed the day of the study visit. The purpose of these sections is to track each study visit component and to ensure completeness of each component.

QxQ Instructions

Section 1: Participation Status for Individual

Q0a-c This section is administrative information that should not be read aloud to the potential SOL COMPASS participant.

Q1 Eligibility Screening Status for Individual: “Has a doctor ever told you that you have diabetes?”

This question is used to determine if the individual is eligible to participate in SOL COMPASS. If the individual answers, “Yes”, he/she is ineligible and continue with the closing script. ***

Women who report gestational diabetes would be eligible if the diabetes naturally resolved itself after pregnancy. Participants who have had a history of diabetes, but are no longer diabetic after gastric bypass surgery would not be eligible;

If the individual states that he/she has never had a doctor tell him/her that they have diabetes, he/she is considered potentially eligible for SOL COMPASS. Record “No” for Q1 and move to next eligibility question.

Q2 Eligibility Screening Status for Individual: “Can you walk one block without help?”

This question is used to determine if the individual is eligible to participate in SOL COMPASS. If the individual answers, “No”, he/she is ineligible. The definition of “help” may be interpreted differently by each participant.

If the individual states that he/she requires the help of a wheelchair for mobility, he/she is considered ineligible. Record “No” for Q2 and read the closing script.

If the individual states that he/she requires the help of another mobility device, such as a walker or crutches, to walk one block, he/she is considered eligible. Record “Yes” for Q2 and continue with the script.

Q3 Participation Screening Status for Individual: “Would you like to participate in SOL COMPASS?”

This question is used to determine if the individual is interested in participating in SOL COMPASS. If the individual answers, "No", he/she refuses to participate. Record "No" for Q3 and read the closing script.

If the individual states that he/she is interested in participating, then record "Yes" for Q3 and continue to schedule appointment.

Q4 Individual Participation Status:

This section is for administrative purposes only. It is a status code for the individual level eligibility.

- (1) Unable to contact, status unknown- NO contact has been made and his/her individual eligibility status is unknown. Further attempts may be made by phone when the recruiter calls back to schedule the HCHS/SOL Visit 2 and/or a COMPASS staff will follow up with the individual when they complete the HCHS/SOL Visit 2.
- (2) Refuses to participate, status unknown- The individual refuses to participate before section 1 is completed.
- (3) Ineligible- Section 1 is completed and the individual is ineligible due to a "Yes" response to Q1 or a "No" response to Q2.
- (4) Eligible but refuses to participate- Section 1 is completed. The individual is eligible due to a "No" response to Q1 and a "Yes" response to Q2 but he/she refuses to participate (Q3= "No").
- (5) Eligible and agrees to participate- Section 1 is completed. The individual is eligible due to a "No" response to Q1 and a "Yes" response to Q2 and he/she agrees to participate (Q3= "Yes"). Continue with the script and go to questions 4a, 4b, and 5 to record the appointment information.

Q4a Appointment Date (mm/dd/yyyy):

Set appointment date and record with two digit month, two digit day, and four digit year.

Q4b Appointment Time:

Set appointment time and record with two digit hour and two digit minute. Record in 24 hour time.

Section 2: Visit Checklist

Q5 Appointment Information:

- (1) With parent study V2- The SOL COMPASS study visit will be completed the same day as the HCHS/SOL Visit 2.
- (2) With other ancillary study- The SOL COMPASS study visit will be completed at a separate in-person visit conducted during another ancillary study visit.
- (3) Separate in-person visit- The SOL COMPASS study visit will be completed at a separate COMPASS only visit.
- (4) Phone - The SOL COMPASS study visit will be completed by phone.

(5) Home visit- The SOL COMPASS study visit will be completed by an off-site, in-home visit.

Q6 Physical Activity (PAE):

- (a) The box should be checked indicating that the questionnaire is complete.
- (b) The staff ID of the interviewer who administered the questionnaire should be recorded.

If a questionnaire is not completed, a notelog should be made explaining why and what kind of follow up is needed.

Q7 Actical issued:

- (a) The box should be checked to indicate that the participant is being issued an actical.
- (b) Serial #: Record the serial number of the actical being issued to the participant.
- (c) Feedback Form (CFE): The box should be checked indicating that the questionnaire is complete.
- (d) Date out: Record the date that the actical is assigned to the participant.
- (e) Date in: Record the date that the actical is returned
- (f) Returned by mail or in-person: The correct box should be checked indicating the method that the actical device was returned.
- (g) Record the Staff ID of the person who is giving the actical to the participant and the Staff ID of the person who is collecting the actical from the participant at the end of the 8 days.

If the participant returns the actical and it is determined that the data collected is unusable, he/she will be reissued an actical and asked to repeat the 8 days of wear time.

Q8-10 Actical reissued:

This section is completed only in the event that an actical is reissued up to a maximum of three (3) reissues.

- (a) The box should be checked to indicate that the participant is being issued an actical.
- (b) Serial #: Record the serial number of the actical being issued to the participant.
- (c) Feedback Form (CFE): The box should be checked indicating that the questionnaire is complete.
- (d) Date out: Record the date that the actical is assigned to the participant.
- (e) Date in: Record the date that the actical is returned
- (f) Returned by mail or in-person: The correct box should be checked indicating the method that the actical device was returned.
- (g) Record the Staff ID of the person who is giving the actical to the participant and the Staff ID of the person who is collecting the actical from the participant at the end of the 8 days.

Q11 Additional Comments/Notes:

This section should be used to clarify reasons for an incomplete study visit and/or to provide additional information needed to facilitate follow-up with the participant.



HCHS/SOL Question by Question Instructions Physical Activity Form (PAE/PAS), Version A

General Instructions

The Physical Activity questionnaire provides an overall assessment of the physical activity level of the participant and provides information regarding which activities are generally completed. This modified version of Global Physical Activity Questionnaire (GPAQ) comprises four parts of the original GPAQ. The purpose of the questionnaire is to provide common instruments that can be used to obtain internationally comparable data on health-related physical activity. Although the original GPAQ could be self-administered or administered by telephone, an interviewer will be used for the HCHS/SOL.

Background on GPAQ

Physical activity is a major independent modifiable risk factor which has a protective effect for cardiovascular disease, ischaemic stroke, type 2 diabetes, colon cancer, and breast cancer and is also associated with other important health outcomes including mental health, injuries, falls, and obesity.

Surveillance of population levels of physical activity levels using a standardized protocol is an important and necessary part of a public health response to current concerns regarding physical activity levels. Surveillance of physical activity in populations groups is most often undertaken using a self-reported questionnaire as these are relatively inexpensive and relatively easy to administer compared to objective measurement techniques. However, until recently less than a handful of countries regularly collected robust data on physical activity to monitor trends over time. This is at least partly due to the lack of consensus on what measurement instrument should be used.

Given the increased global interest in the role of physical activity to prevent chronic disease, and the lack of data that is useful both to inform within-country public health efforts, and for inter-country comparisons, the WHO developed a Global Physical Activity Questionnaire (GPAQ) for physical activity surveillance in developing countries. The GPAQ has undergone a research program which shows that it is valid and reliable but also adaptable to incorporate cultural and other differences. For more information see: <http://www.who.int/chp/steps/GPAQ/en/index.html>.

Using GPAQ

The GPAQ as used by the HCHS/SOL has four parts and focuses on habitual activities. The first part focuses on work-related physical activities. The responses to this part examine both moderate and vigorous activities. The second part focuses on walking or bicycling for transportation. The third part examines leisure or recreational activities and like the work-related PA part, the responses to this part are divided in moderate and vigorous activities. The fourth part is on sedentary behaviors, asking the participant to estimate hours and minutes sedentary behaviors, but does not include time spent sleeping.

The GPAQ form includes the questions as well as interviewer clarification and interviewer prompts to help in the administration of the questionnaire. Each section has question(s) regarding time spent doing the activity on a typical day when the activity is done. This may be difficult for the participant to recall.

Attempt to “force” an answer for all questions, but if this fails record the response meaning “don’t know/refused” by inserting equals sign(s) (=) into all fields. For example, for a time response one would record “[] [] Hr [] [] Min” and for number of days use “[] Days a week”.

The section on “leisure/recreational” includes questions regarding specific vigorous and moderate intensity physical activities. If the participant answers “yes” to participation in these types of activities, the interviewer reads the list of activities and the participant chooses all that apply to her/him. There is also an “other” category and the interviewer writes in the activity on the blank.

Question by Question Instructions

Q1 This question asks about vigorous intensity activity at work. Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time. For example, carrying bundles of roofing shingles up a ladder, chopping wood, shoveling gravel or sand are vigorous activity, but would only be reported if the activity is carried out for 10 minutes or more and not if the participant simply carried the bundle one time.

Interviewer can also clarify that work includes paid and unpaid work as well as course work and volunteer work unrelated to the person’s home. For example building a bookshelf for you own use at home would not be considered in this category, but building the bookshelf for a church would be considered volunteer work. Examples of unpaid work (volunteer work) could be building houses for Habitat for Humanity, yard maintenance for a church, officiating local soccer games. Work does not include housework around the participant’s own house or apartment or getting to and from work.

Q2 Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.

Q3 The question is seeking the amount of activity that the participant engages in on a typical day when he/she is active and during a typical week. If the participant has trouble answering this question, he/she can be prompted to recall his/her previous week’s activity so long as they also confirm that the previous week is representative of his/her normal week of activity. The time must be entered as number of hours (0-24) plus minutes (0-59). Thus, if the response is “about a half an hour”, the entry is 00 Hr 30 Min. A response of “65 minutes” would be entered as 01 Hr 05 Min. Note the use of leading zeroes. An entry of less than 00 Hr 10 Min is not allowed. If the participant replies “none” or “less than 10 minutes” or gives a time less than 10 minutes, enter 00 Hr 00 Min.

Q4 This question asks about moderate-intensity activity at work. Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time. Examples of moderate-intensity work include landscaping, carpentry, and plumbing.

Interviewer can also clarify that work includes paid and unpaid work as well as course work and volunteer work. Work does not include housework around the participant’s own house or apartment.

Q5 Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.

- Q6 The question is seeking the amount of activity that the participant engages in on a typical day when he/she is active and during a typical week. If the participant has trouble answering this question, he/she can be prompted to recall his/her previous week's activity so long as they also confirm that the previous week is representative of his/her normal week of activity. See Q3 instructions for entry of time. Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.
- Q7 Interviewer should clarify that the question refers only to the walking or bicycling that the participant does for at least 10 minutes at a time to get to and from work places. Work place includes both paid and volunteer work.
- Q8 Interviewer should clarify that the question refers only to the walking the participant does for at least 10 minutes at a time.
- Q9 The question is seeking the amount of time spent walking or bicycling for transportation that the participant engages in on a typical day when he/she walks or cycles during a typical week. If the participant has trouble answering this question, he/she can be prompted to recall his/her previous week's walking or cycling activity following confirmation that the previous week is representative of his/her normal week of walking or cycling. See Q3 instructions for entry of time.

Interviewer should clarify that the question refers only to the walking the participant does for at least 10 minutes at a time.

- Q10 Interviewer should clarify that vigorous intensity physical activities make a person breathe much harder than normal. If the participant still does not understand the concept of vigorous activity, then other examples can be obtained from Q11.
- Q11 The interviewer should ask the participant to signify which of the following list of vigorous activities he/she does. If weight lifting is chosen, then be sure the person understands this is hard intense weight training, usually completed daily for an hour or more, and not a simple fitness weight training program. The fitness-type of weight training is classified as moderate. If volleyball is chosen, probe to be sure this is competitive volleyball (either indoor or outdoor) and not simply a group of individuals getting together to "hit the ball around". Also, lap swimming should be "hard", like the person is training for competition.
- Q12 Interviewer should clarify that the question refers to those vigorous physical activities that the participant does for at least 10 minutes at a time.
- Q13 The question is seeking the amount of activity that the participant engages in on a typical day when he/she is vigorously active and during a typical week. If the participant has trouble answering this question, he/she can be prompted to recall his/her previous week's activity so long as they also confirm that the previous week is representative of his/her normal week of vigorous activity. See Q3 instructions for entry of time.

Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.

Q14 Interviewer should clarify that moderate intensity physical activities make a person breathe somewhat harder than normal, but not like vigorous intensity physical activities.

If the participant still does not understand the concept of moderate activity, then other examples can be obtained from Q15.

Q15 The interviewer should ask the participant to signify which of the following list of moderate intensity activities he/she does. If weight training is chosen, then be sure the person understands this refers to a simple fitness weight training program, usually completed 2-3 times a week for about 30-45 minutes. Any type of hard, intense weight training is classified as vigorous. Moderate-intensity volleyball does not include competitive volleyball and moderate-intensity lap swimming does not include competition.

Q16 Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.

Q17 The question is seeking the amount of activity that the participant engages in on a typical day when he/she is moderately active and during a typical week. If the participant has trouble answering this question, he/she can be prompted to recall his/her previous week's activity so long as they also confirm that the previous week is representative of his/her normal week of moderate activity. See Q3 instructions for entry of time.

Interviewer should clarify that the question refers to those physical activities that the participant does for at least 10 minutes at a time.

Q18 Interviewer should clarify that participant should include time spent lying down (awake) as well as time spent sitting. The instructions for entry of time are as in Q.3 except that there is no exclusion of values less than 00 Hr 10 Min.

An average time per day is being sought. If the participant cannot answer because the pattern of time spent sitting varies widely from day to day, ask: "If this past week is typical of your usual patterns, how much time in total did you spend sitting on Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday?". Then, total the number of hours and minutes up and divide by seven.

Saturday	_____ Hr.	_____ Min.
Sunday	_____ Hr.	_____ Min.
Monday	_____ Hr.	_____ Min.
Tuesday	_____ Hr.	_____ Min.
Wednesday	_____ Hr.	_____ Min.
Thursday	_____ Hr.	_____ Min.
Friday	_____ Hr.	_____ Min.
Total	_____ Hr.	_____ Min.
Total / 7	_____ Hr.	_____ Min.

Definitions

Work: includes both paid and unpaid work, volunteer work, study/training, household chores, farming and harvesting food/crops, fishing or hunting for food, seeking employment, and any other unpaid work that you do outside your home. Work does not include unpaid work completed around the home, like housework, yard work, general maintenance, and caring for your family.

Transportation: The usual way the participant travels to and from the work place, shopping, to market, to place of worship. The focus is on walking and bicycling, and does not include walking or bicycling for leisure, or motorized transport.

Leisure/Recreational Activities: These activities include sports, fitness, individual activities (walking and cycling), and other activities completed for fun or health. Activities completed as part of work or transport, are not included.

Vigorous Physical Activity: Physical activities of high intensity; greater than 6 METs. Participation in these activities results in high heart rates and breathing rates. The participant is usually aware of her/his heart rate (can usually feel the heart pounding) or breathing, and typically cannot carry on a normal conversation while participating at this intensity. The participant usually tires from these activities in as little as 5-10 minutes, or can sustain these activities for 30 minutes or more if physically trained. These may include things like heavy lifting, climbing up stairs, running, or soccer.

Moderate Physical Activity: Physical activities of 3 to 6METs. These make the participant breathe somewhat harder than normal. These activities can be typically completed with the participant being able to complete an active conversation. Moderate intensity activities may include activities like carrying light loads, brisk walking or cycling, dance, or weightlifting.

Sedentary Behaviors: These behaviors include sitting or reclining at work, at home, getting to and from places, or with friends including time spent (sitting at a desk, sitting with friends, traveling in a car, bus, train, reading, playing cards, watching television, movies or videos), but do not include time spent sleeping.