

Physical Activity Screener for Adults

Online Administration Protocol

Pre and Post Survey

Planning & Preparation

- The screeners are formatted online and can be taken on a phone, tablet, or computer.
- Test each link before you need to use them in programming.
- If there are technical issues, please contact your MFF evaluator.

When to Administer

- This screener should only be used with adults ages 18 and older.
- Schedule 20 minutes at the beginning of the first session and 20 minutes during the last session to have participants complete surveys. It's important to provide time within the session to get better completion rates.
- Send links to participants at the beginning of the allotted in-session time in an E-mail or through the virtual platform, like a chat or message function.

Matched Pairs

- To the greatest extent possible, the goal is to collect pre- and post-screeners from the same participants. This isn't always doable but do your best whenever possible. Matched surveys allow us to reduce the variability in the data and make more precise comparisons with fewer subjects.
- Demographic data is collected on both the pre-and post-surveys, which is how we match pre-and post-surveys to the same participant. This way participants' names are not collected, to help ensure their privacy. As a result, it's very important for the demographic data to be completed accurately.

Administration

- To ensure that data collection is not jeopardized it is important to administer the surveys consistently to all groups and to remain neutral in presenting the survey and answering any questions that arise.
- If multiple people will be administering surveys, they should all be trained on appropriate and consistent administration.
- We can't assume participants can read the screener on their own, so **please read items and responses aloud** to the group.
- When you administer the survey, do not prompt by telling them what the words or phrases mean.
- Tell participants to select the best answer for them, but that they can leave the answer blank if they don't know which response to choose.
- They will be able to move forward with the survey if they have an unanswered question by using the forward arrows after each question.
- Have a copy of the survey available for yourself to be able to read questions and answer options from.

Introduction

- You should include an introduction at the beginning when you send out the link. The introduction is brief and conveys a neutral perspective. An abbreviated introduction is also included at the beginning of the online survey.
- Text in italics can be read aloud.

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Pre and Post Survey

Now we're going to fill out a survey. **Please click the link I just sent to open the survey.** You should see an instructions page. We are trying to find out about your level of physical activity in the last week. Please make sure to read every question carefully and choose only one response per question, unless otherwise noted. There are no right or wrong answers so please answer all of the questions as honestly and accurately as you can. Your answers are voluntary and will be kept private.

Please click the blue button with the arrow to get to the next page.

In answering the following questions, 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. I will now read all questions and answers on the survey out loud. Please let me know if you need help or have a question.

- Question 1a is...
- Click on the number of days, ranging from 0 to 7, in the drop-down menu that best describes you.
- For question 1b, please type in the total time you usually spend doing this activity on **one of those days in either hours or minutes**. For example, if you were usually active for 1 hour and 15 minutes each day, you would type "1" in the top text box after hours, and you would type in "15" in the bottom text box next to minutes.
- Please only report the usual time spent on **1 day, not a total for the week**.
- When you have finished answering this question, click on the blue arrow at the bottom of the screen. [Follow this procedure for all items about moderate activity, walking, and sitting.]
- Now it's time to tell us about yourself.
- First is ethnicity. Please select either Hispanic/Latino or Non-Hispanic/Latino. There is a "prefer not to answer" option as well.
- Next is race. If you identify with more than one option, you may choose multiple races. If you do not see an option you identify with, please choose "not listed" and type your answer in the text box.
- Then we have options for gender including female, male, not listed, and prefer not to answer.
- For your birthday, choose the **month and day** of the month (not year) you were born from the drop-down menu.
- For your age, choose in the drop-down menu from 18 to 99.
- When you have finished answering the last question on this page, click on the blue arrow at the bottom of the screen.
- Thank you for taking the time to complete this survey. Once you see the screen that says, "Thanks for taking this survey!" You may exit your browser.

Returning Completed Surveys

Participant survey responses are automatically recorded through Qualtrics® XM and sent to MFF. No further action is needed to submit.