Group: ❑ Doer ❑ Non-Doer

**Barrier Analysis Questionnaire : Physical Activity**

**for use with boys and girls between the ages of 12 and 17**

**Behavior Statement**

Boys and girls between the ages of 12 and 17 do at least 60 minutes of a variety of **physical activity** daily.

**Demographic Data**

Interviewer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Questionnaire No.: \_\_\_\_\_Date: \_\_\_/\_\_\_/\_\_\_

Community: \_\_\_\_\_\_\_\_\_\_\_\_\_

Scripted Introduction:

Hi, my name is\_\_\_\_\_\_\_\_\_; and I am part of a study team looking into what young people do to stay healthy and fit. The study includes a discussion of this issue and will take about 15 minutes. I would like to hear your views on this topic. You are not obliged to participate in the study and no services will be withheld if you decide not to. Likewise, if you chose to be interviewed you will not receive any gifts, special services or remuneration. Everything we discuss will be held in strict confidence and will not be shared with anyone else.

Would you like to participate in the study? [If not, thank them for their time.]

**Section A - Doer/Non-doer Screening Questions**

**1. How old are you?**

❑ a. 12 to 17 years old

❑ b. Younger than 12 years or older than 17 years old

❑ c. Don’t Know / Won’t say 🡪 *End interview and look for another respondent*

**2. Yesterday, did you do any type of very intense physical activity**?

❑ a. Did intense physical activity such as brisk walking, sports, running, working in fields, lifting and carrying items, or intensive housework.

❑ b. Did not do any physical activity or only light activity such as walking slowly, cooking or washing dishes.

❑ c. Don’t Know / Won’t say 🡪 *End interview and look for another respondent*

**3. For how long yesterday did you do this physical activity/these physical activities**?

❑ a. At least 60 minutes

❑ b. Fewer than 60 minutes

❑ c. Don’t Know / Won’t say 🡪 *End interview and look for another respondent*

**DOER /NON-DOER CLASSIFICATION TABLE**

|  |  |  |
| --- | --- | --- |
| **DOER**(all of the following) | **Non-Doer**(any ONE of the following) | **Do Not Interview**(any ONE of the following) |
| Question 1 = a  | Question 1 = a | Question 1 = b or c |
| Question 3 = a  | Question 3 = b  | Question 3 = c |
| Question 4 = a  | Question 4 = b  | Question 4 = c |

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**Section B – Research Questions**

**Behavior Explanation** (as needed)

In thefollowing questions I am going to be talking about physical activity when I say this I mean brisk walking, sports, running, working in fields, lifting and carrying items, intensive housework, or similar intensive physical activity.

*(Perceived Self-efficacy)*

**1a. *Doers***: What makes it ***easier*** for you to spend 60 minutes per day in physical activity?

**1b.** ***Non-doers***: What would make it ***easier*** for you to spend 60 minutes per day in physical activity?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Self-efficacy)*

**2a. *Doers***: What makes it ***difficult*** for you to spend 60 minutes per day in physical activity?

**2b.** ***Non-doers***: What would make it ***difficult*** for you to spend 60 minutes per day in physical activity?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Positive Consequences)*

**3a.** ***Doers:*** What are the ***advantages*** of doing at least 60 minutes of physical activity every day?

**3b. *Non-doers:*** What would be the ***advantages*** of doing at least 60 minutes of physical activity every day?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Negative Consequences)*

**4a.** ***Doers:*** What are the ***disadvantages*** of doing at least 60 minutes of physical activity every day?

**4b. *Non-doers:*** What would be the ***disadvantages*** of doing at least 60 minutes of physical activity every day?

 ***(Write all responses below. Probe with “What else?”)***

*(Perceived Social Norms )*

**5a. *Doers:*** Do most of the people that you know approve of you doing at least 60 minutes of physical activity every day?

**5b.** ***Non-doers***: Would most of the people that you know approve of you doing at least 60 minutes of physical activity every day?

❑ a. Yes

❑ b. Possibly

❑ c. No

 *(Perceived Social Norms )*

**6a.** ***Doers:*** Who are the people that ***approve*** of you doing at least 60 minutes of physical activity every day?

**6b.** ***Non-doers:*** Who are the people that ***would approve*** of you doing at least 60 minutes of physical activity every day?

 ***(Write all responses below. Probe with “Who else?”)***

*(Perceived Social Norms )*

**7a.** ***Doers:*** Who are the people that ***disapprove*** of you doing at least 60 minutes of physical activity every day?

**7b.** ***Non-doers:*** Who are the people that ***would disapprove*** of you doing at least 60 minutes of physical activity every day?

 ***(Write all responses below. Probe with “Who else?”)***

*(Perceived Access)*

**8a.** ***Doers:*** How difficult is it to find the time to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

**8b. *Non-doers:*** How difficult would it be to find the time to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

❑ a. Very difficult

❑ b. Somewhat difficult

❑ c. Not difficult at all.

**9b *Doers:*** How difficult is it to get the things you need to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

**9b. *Non-doers:*** How difficult would it be to get the things you need to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

❑ a. Very difficult

❑ b. Somewhat difficult

❑ c. Not difficult at all.

*(Perceived Cues for Action / Reminders)*

**10a. *Doers:*** How difficult is it to remember to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

**10b. *Non-doers:*** How difficult do you think it would be to remember to do at least 60 minutes of physical activity every day? Very difficult, somewhat difficult, or not difficult at all?

❑ a. Very difficult

❑ b. Somewhat difficult

❑ c. Not difficult at all.

*(Perceived Susceptibility / Perceived Risk)*

**11.** ***Doers* *and Non-doers:*** How likely is it that you will have health problems such as heart problems, diabetes, or high blood pressure? Very likely, somewhat likely or not likely at all?

❑ a. Very likely

❑ b. Somewhat likely

❑ c. Not likely at all

*(Perceived Severity)*

**12.** **Doers and Non-doers:** How serious would it be if you had health problems such as heart problems, diabetes or high blood pressure? Very serious, somewhat serious, or not serious at all?

❑ a. Very serious

❑ b. Somewhat serious

❑ c. Not serious at all

*(Action Efficacy)*

**13. Doers and Non-doers** How likely is it that you will have heart problems, diabetes or high blood pressure if you do at least 60 minutes of physical activity every day? Very likely, somewhat likely or not likely at all?

❑ a. Very likely

❑ b. Somewhat likely

❑ c. Not likely at all

*(Perception of Divine Will)[[1]](#footnote-2)*

**14a.*****Doers:***Do you think that **God (or the gods) approves** of you doing at least 60 minutes of physical activity every day?

**14b. *Non-doers****:* Do you think that **God (or the gods) would approve** of you doing at least 60 minutes of physical activity every day?

❑ a. Yes

❑ b. No

*(Policy)*

**15. *Doers and Non-doers*:** Are there any community laws or rules in place that make it more likely that you do at least 60 minutes of physical activity every day?

❑ a. Yes

❑ b. No

*(Culture)*

**16. Doers and Non-doers:** Are there any cultural rules or taboos that support you doing at least 60 minutes of physical activity every day?

❑ a. Yes

❑ b. No

*Now I am going to ask you a question totally unrelated to the topic we’ve been discussing.*

*(Question on Universal Motivators)*

**17. Doers and Non-doers:** What is the one thing you desire most in life?

***THANK THE RESPONDENT FOR HIS OR HER TIME!***

1. and/or – Do you think it’s God’s Will that you (or your child or whoever the problem effects) gets [**put the problem/illness here**]? [↑](#footnote-ref-2)