

The New Zealand Physical Activity Questionnaire Short Form (NZPAQ-SF) is a surveillance tool that assesses three dimensions of physical activity (frequency, duration, and intensity). It is a modified version of the International Physical Activity Questionnaire-Short (IPAQ-Short) and is relevant and culturally appropriate to the New Zealand context.

Instructions for Use

The NZPAQ-SF can be administered by a face-to-face interview, telephone interview, or pen-and-paper questionnaire. Participants are asked to recall the time spent performing physical activity for brisk walking and moderate/vigorous activities. The optional last question indicates stage of activity behaviour change. For face-to-face interviews, the questionnaire is administered showing the particular showcards at the relevant times. Time to complete the questionnaire ranges from 1-20 min. Translations are available in Samoan and Tongan.

Validity and Reliability

Self-report methods have the inherent problem of overestimating physical activity levels. At present, validation data are only available for the face-to-face mode of the NZPAQ-SF. Correlation of NZPAQ-SF with heart rate monitoring was moderate but rated better than the IPAQ-Long. NZPAQ-SF correlated relatively well with the NZPAQ-LF, especially at lower and higher activity levels. For more information, see: (1) McLean, G et al. (2004) The New Zealand Physical Activity Questionnaires: Report on the validation and use of the NZPAQ-LF and NZPAQ-SF self-report physical activity survey instruments, SPARC; or (2) Maddison R et al. (2007) Int J Behav Nutr Phys Act, 4:62. No reliability study has been conducted to date on the NZPAQ-SF. However, the NZPAQ-SF was based closely on the IPAQ-Short which has shown acceptable reliability.

Previous Usage

NZPAQ-SF has been used extensively in New Zealand research and evaluation, including the 2004/05 and 2007/08 New Zealand Health Surveys.

Population

Appropriate for adults only (<15 years).

Settings

- Physical activity surveillance
- Community health interventions

Advantages

- Brief, can be administered under 5 min
- Low cost
- Nationwide comparative data are available

Disadvantages

- Appropriate for adults only
- Subjective estimate of physical activity behaviour (self-report bias)
- Does not collect information on types of physical activity or sedentary behaviour

Access Information

The NZPAQ-SF questionnaire can be downloaded from the SPARC website:

<http://www.sparc.org.nz/filedownload?id=fb6d0867-1ff6-4f35-aabd-968e02722fd8>