**Table 1: Practical applications for self-report PA measures**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Measure** | **Number of items** | **Content/****Domains** | **Method of administration** | **Recall period** | **Response format** | **Range of scores** | **Score interpretation** | **Availability of normative data** | **Cross-cultural validation** |
| BPAQ | 16 | Work related, leisure time and sport activities | Self-administered | Not clear | Multiple choice answers | Not clear | No scoring interpretation | Not reported | Not reported |
| IPAQ-LF | 27 | Job related activities, transportation related activities, housework related activities, leisure time activities and sitting activities | Self-completed, telephone administered | Last 7 days | Number of days, number of hours and number of minutes spent active | NA | Metabolic equivalents week/minutes | NA | Multiple languages available with evidence for cross cultural validity |
| IPAQ-SF | 7 | Moderate, vigorous intensity physical activity, walking and sitting activities | Self-completed, telephone administered | Last 7 days | Number of days, number of hours and number of minutes spent active | NA | Metabolic equivalents week/minutes | NA | Multiple languages available with evidence for cross cultural validity |
| IPAQ-E | 4 | Moderate, vigorous intensity physical activity, walking and sitting activities | Self-administered | Last 7 days | Number of days, number of hours and number of minutes spent active | NA | Metabolic equivalents week/minutes, caution should be used when converting to METs for older adults | NA | Available in English and Swedish |
| PASE | 12 | Activities during leisure time,occupational and household settings | Self-complete or telephone | Last 7 days | Multiple choice | 0-400+ | No scoring interpretation | Not reported | Some studies reported translations, but these are not freely available |
| SQUASH | 14 | Commuting activities, activity at work or school, household activities, leisure time activities and sports | Self-administered | Usual week in the past months | Days per week, average time per day, intensity of activity | NA | Total time spent physically active over 2.0METS in a week | Not reported | Original in Dutch, English, Turkish and Japanese available although cross-cultural validation only reported in Japanese version |

NA = not applicable

**Table 2: Psychometrics (MSK populations)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Measure** | **Floor, ceiling effects** | **Reliability** | **Validity** | **Responsiveness** | **Minimally important differences** | **Generalizability** | **Used in RCTs** |
| Baecke | 0 | ICC=0.87 females with hip disorders (14), ICC=0.77 LBP (22) | Correlation to accelerometers=0.30-0.49 females with hip disorders (14), correlation to accelerometers= 0.18 LBP (22) | 0 | 0 | 0 | (23) |
| IPAQ-LF | 0 | ICC=0.65, SEM=2668 METS-minute/week, SDC=1115 METS-minute/week, THR and/or TKR (31), ICC=0.83 AS (32), ICC=0.77 females with FM (33), ICC= 0.37 LBP (22) | Correlation to accelerometer = 0.43 THR and/or TKR (31), correlation to accelerometer = 0.38 AS (32), concordance correlation with accelerometer= 0.04 females with FM (33), compared to accelerometer, individual overestimate in IPAQ-LF RA (38), correlation to accelerometer =0.33 LBP (22) | 0 | 0 | 0 | (42) |
| IPAQ-SF | 0 | ICC=0.76 THR, ICC=0.87 TKR (36). ICC=0.51 THR and/or TKR (31). SEM=2487METS-minute/week, SDC= 1039METS-minute/week THR and/or TKR (31), ICC=0.64, SEM=3532, SDC=9791 in a hip, knee, foot and hand OA sample (37) | Correlation toaccelerometer = 0.29 THR and/or TKR (31), correlation to PASE=0.61 hip OA (40), correlation to accelerometer =0.40 RA (41), correlation to PASE=0.56 (37) | ES=-0.14,SRM=-0.21, RR=0.12 in a hip, knee, foot and hand OA sample (37) | 0 | 0 | (43 - 48) |
| IPAQ-E | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PASE | 0 | ICC=0.77 hip OA (40), ICC=0.77 TKA men, ICC=0.58 TKA women (66), ICC=0.77 THR (60), ICC=0.68, SEM=46.7, SDC=129.6 in a hip, knee, foot and hand OA sample (37), SEM=31, SDC=87 hip OA (67), SEM=32-35%, SDC=89-97% TKR (67), SEM=23% THR (60)  | Correlation with accelerometer = 0.30 hip OA (67), correlation with accelerometer = 0.45 TKR men =0.06 TKR women (66), correlation with accelerometer = 0.27 THR (60) | ES= -0.16, SRM=0.21 and RR= 0.09 in a hip, knee, foot and hand OA sample (37) | 0 | 0 |  (40, 43, 70–76) |
| SQUASH | 0 | ICC= 0.89 AS (32), Spearman’s correlation=0.57 THR (84) | Correlation to accelerometer =0.35 AS (32), correlation to accelerometer ranged= r=0.28-0.49 Knee OA (89), correlation to accelerometer =0.20-0.67 THA (84) | 0 | 0 | 0 | (86, 90, 91) |

Key: Effect size = ES, ICC = intraclass correlation, responsiveness ratio = RR, smallest detectable change = SDC, standard error of the measurement = SEM, standard responsiveness measure = SRM, LBP = low back pain, TKR = total knee replacement, THR = total hip replacement, OA = Osteoarthritis, AS = Ankylosing Spondylitis, FM = Fibromyalgia RA = Rheumatoid Arthritis, 0 = no existing evidence.