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Physical Activity Questionnaire for Adolescents (PAQ-A)**

Availability:	Freely available at: Physical Activity Questionnaire for Adolescents Link
Classification:	Supplemental for Mitochondrial Disease Has been validated and used in a patient population of adolescents with cerebral palsy and correlated with GMFM.
Short Description of Instrument:	The PAQ-A (a slightly modified version of the PAQ-C with the “recess” item removed) is a self-administered, 7-day recall instrument. It was developed to assess general levels of physical activity for high school students in grades 9 to 12 and approximately 14 to 19 years of age. The PAQ-A can be administered in a classroom setting and provides a summary physical activity score derived from eight items, each scored on a 5-point scale. Physical Activity can be assessed with a validated Physical Activity Questionnaire for children (PAQ-C, age 8-13 y) or teens (PAQ-A, age 14-16 y). This questionnaire is a 7-day recall self-report tool which has scores from 0 (no PA)- 5(high PA). Participants record weekly PA across a wide range of activities and sports. The PAQ-C and PAQ-A show good internal consistency. The PAQ-A has acceptable validity.
Scoring:	<ol style="list-style-type: none"> 1). <i>Item 1 (Spare time activity)</i> <ul style="list-style-type: none"> - Take the mean of all activities (“no” activity being a 1, “7 times or more” being a 5) on the activity checklist to form a composite score for item 1. 2). <i>Item 2 to 7 (PE, lunch, right after school, evening, weekends, describes you best)</i> <ul style="list-style-type: none"> - The answers for each item start from the lowest activity response and progress to the highest activity response - Simply use the reported value that is checked off for each item (the lowest activity response being a 1 and the highest activity response being a 5). 3). <i>Item 8</i> <ul style="list-style-type: none"> - Take the mean of all days of the week (“none” being a 1, “very often” being a 5) to form a composite score for item 8. 4). <i>Item 9</i> <ul style="list-style-type: none"> - Can be used to identify students who had unusual activity during the previous week, but this question is NOT used as part of the summary activity score. 5). How to calculate the final PAQ-A activity summary score <ul style="list-style-type: none"> - Once you have a value from 1 to 5 for each of the 8 items (items 1 to 8) used in the physical activity composite score, you simply take the mean of these 8 items, which results in the final PAQ-A activity summary score.

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References:	<p>Health Foundation of South Florida website PAQ-A Manual</p> <p>Int J Behav Nutr Phys Act. 2011 Jan 2;8:1. doi: 10.1186/1479-5868-8-1. An assessment of self-reported physical activity instruments in young people for population surveillance: Project ALPHA. Biddle SJ¹, Gorely T, Pearson N, Bull FC.</p> <p>BMC Public Health. 2009 Mar 24;9:86. doi: 10.1186/1471-2458-9-86. Cross sectional study of childhood obesity and prevalence of risk factors for cardiovascular disease and diabetes in children aged 11-13. Rees A¹, Thomas N, Brophy S, Knox G, Williams R.</p> <p>Med Sci Sports Exerc. 2008 Apr;40(4):767-72. doi: 10.1249/MSS.0b013e3181620ed1. Measuring activity in children and adolescents using self-report: PAQ-C and PAQ-A. Janz KF¹, Lutuchy EM, Wenthe P, Levy SM.</p> <p>Dev Med Child Neurol. 2007 Jun;49(6):450-7. Physical and sedentary activity in adolescents with cerebral palsy. Maher CA¹, Williams MT, Olds T, Lane AE.</p>
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