



### Social Support and Exercise Questionnaire

ID: \_\_\_\_\_  
Visit: Pre-randomization  05  
6 month  08  
18 month  10  
Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Below is a list of things people might do or say to someone who is trying to exercise regularly. If you not trying to exercise, then some of the questions may not apply to you., but please read and give an answer to every question.

Please rate each question *twice*. Under *family*, rate how often anyone living in your household has said or done what is described during the last three months. Under *friends*, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write one number from the following rating scale in each space:

none	rarely	a few times	often	very often	does not apply
1	2	3	4	5	9

#### During the past three months, my family or friends:

	Family	Friends
1. Exercised with me.....	_____	_____
2. Offered to exercise with me.....	_____	_____
3. Gave me helpful reminders to exercise (“Are you going to exercise tonight?”).....	_____	_____
4. Gave me encouragement to stick with my exercise program. ....	_____	_____
5. Changed their schedule so we could exercise together.....	_____	_____
6. Discussed exercise with me. ....	_____	_____
4. Complained about the time I spend exercising.....	_____	_____
8. Criticized me or made fun of me for exercising. ....	_____	_____
9. Gave me rewards for exercising (bought me something or gave me something I like). ....	_____	_____
10. Planned for exercise on recreational outings. ....	_____	_____
11. Helped plan activities around my exercise. ....	_____	_____
12. Asked me for ideas on how <i>they</i> can get more exercise. ....	_____	_____
13. Talked about how much they liked to exercise.....	_____	_____

Reviewed by (staff ID): _____
Entered by (staff ID): _____

## **Social Support and Exercise Questionnaire Overview**

This self-administered questionnaire is designed to capture information about the social support the participant has to help them increase their physical activity level. It is administered at baseline (any time prior to randomization) and at the 6 and 18 month follow-up visits.

### **Administration Instructions**

Using a blue or black pen, check the appropriate box to designate which visit this form (#48) was administered: Pre-randomization, 6, or 18 month. Only one box should be marked.

Instruct participant to fill out the form in blue or black pen. Participants should be encouraged to answer every question.

Explain how the two columns for “family” and “friends” are to be used. Each question should be answered twice: once for family members and once for friends. Some participants may find it easier to go through the questions once thinking about family members and filling out the first column, and then go through the questions again thinking about friends and filling out the second column.

Stress the fact that the “friends” category also includes co-workers.

### **Coding Instructions**

No coding is required.

### **Review Instructions**

Page 1 should have an ID label attached.

Check to be sure only the numbers 1, 2, 3, 4, 5, and 9 were used. (no answers like “1.5” or “1-2”).

Check to be sure all items were completed. Make sure that each item is filled out for both friends and family. If any items were not completed, confirm with participant that they meant to skip the item. Participants are allowed to decline to answer any of the questions.

Also follow up with participant for any form where “does not apply” was coded frequently.