

## Comparison Chart of Physical Activity Instruments

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Instrument's name	Global Physical Activity Questionnaire (GPAQv2)	International Physical Activity Questionnaire (IPAQ)
<b>Author(s)</b>	World Health Organisation (WHO)	International Physical Activity Questionnaire (IPAQ) Group
<b>Link</b>	<a href="http://www.who.int/chp/steps/GPAQ/en/index.html">http://www.who.int/chp/steps/GPAQ/en/index.html</a>	<a href="http://www.ipaq.ki.se/index.htm">http://www.ipaq.ki.se/index.htm</a>
<b>Main Topic</b>	Physical Activity	Physical Activity
<b>Objectives</b>	Designed for physical activity surveillance.	To obtain internationally comparable data on health-related physical activity. The short version is designed primarily for national and regional surveillance systems. The long version is often required in research work or for evaluation purposes.
<b>Domains/categories covered</b>	<ul style="list-style-type: none"> <li>- Recreational activities</li> <li>- Activity at work;</li> <li>- Travel to and from places</li> <li>- Sedentary behaviour</li> </ul> <p>Reported as Median METmin/week</p>	<ul style="list-style-type: none"> <li>- Leisure time physical activity</li> <li>- Domestic and gardening (yard) activities</li> <li>- Work-related physical activity</li> <li>- Transport-related physical activity</li> <li>- Sedentary</li> </ul> <p>Reported as Median METmin/week</p>
<b>Population Targeted</b>	<p>Age range of 18-75 years</p> <p>This instrument has mainly been developed for use in developing countries.</p>	<p>Age range of 15-69 years</p> <p>IPAQ can be used with confidence in developed countries or in urban samples in developing countries, but with some caution in rural or low literacy samples from developing countries.</p>
<b>Time recall</b>	A typical week	Last 7 days
<b>Number of items</b>	16 Questions	7 Questions (Short version) 27 Questions (Long version)
<b>Time of completion</b>	No information available	No information available
<b>Administration mode</b>	<ul style="list-style-type: none"> <li>a. Face-to-face interviews in paper format (Validated),</li> <li>b. Telephone interviews (Not validated)</li> </ul>	<ul style="list-style-type: none"> <li>a. Telephone interviews</li> <li>b. Self-Administered</li> </ul>
<b>Language (Available translations)</b>	Available in several languages, including English (validated).	<p>Available in about 17 languages*</p> <p>*The Questionnaire version (short - long version) and the administration mode available may differ depending of the language.</p>
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<b>Conditions of use</b>	Free access	Free access
<b>References</b>	Armstrong.T and Bull.F.(2006) Development of the World Health Organization Global Physical Activity Questionnaire (GPAQ). Journal of Public Health, 14 (2) :66-70.	<a href="http://www.ipaq.ki.se/publications.htm">http://www.ipaq.ki.se/publications.htm</a>
<b>Additional Comments</b>	N/A	N/A