

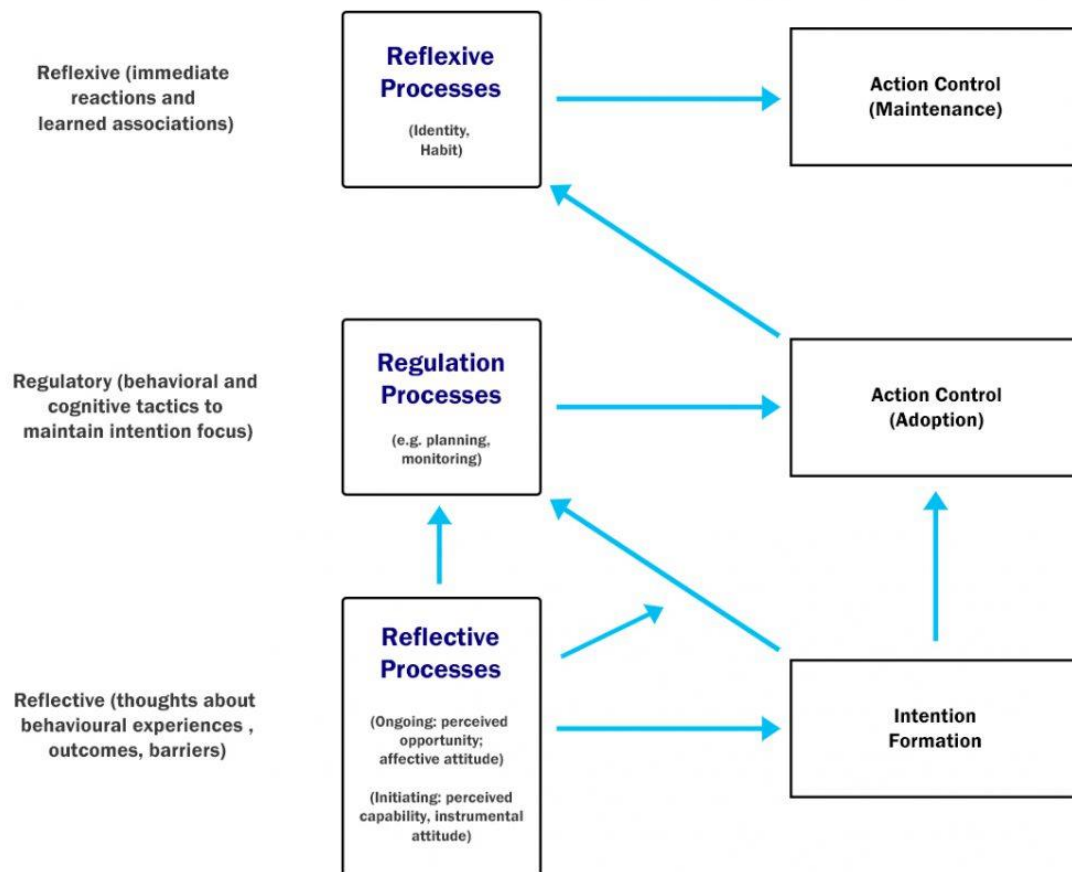
M-PAC Applied to Dog Walking – Sample Questionnaire



**University
of Victoria**

Table of Contents

Behavioural Measurement for Dog Walking	3
Regular Leisure-Time Dog Walking Definition	3
Attitude towards Regular Dog Walking - Instrumental Attitude (Rhodes & Courneya, 2003).....	3
Attitude towards Regular Dog Walking - Affective Attitude (Ajzen, 2000; Rhodes & Courneya, 2003)	3
Perceived Capability (Rhodes et al., 2006; Williams & Rhodes, 2016; Burell, et al., 2018).....	4
Perceived Opportunity (Rhodes et al., 2006; Burell, Allan, Williams, & Johnston, 2018)	4
Intention (Courneya, 1994).....	5
Behavioural Regulation (Sniehotta, Schwarzer, Scholz, & Schuz, 2005)	5
Automaticity (Gardner, Abraham, Lally, & De Bruijn, 2012)	6
Identity (Wilson & Muon, 2008, Sparks & Shepherd, 1992).....	7
References.....	8



Behavioural Measurement for Dog Walking

For this section, measurement of the target behaviour is at the discretion of the researcher. Below are suggestions for measures of dog walking behaviour:

- Modified instrument (eg., Godin & Shephard, 1985; Brown & Rhodes, 2006)
- Pedometry
- Accelerometry
- Other recall measures

Regular Leisure-Time Dog Walking

The following questions ask you to rate how you feel about regular leisure-time dog walking. We define regular leisure-time dog walking as accumulating at least 30 minutes of walking daily during your free time with your dog. Pay careful attention to the words at each end of the scales and circle the number that best represents how you feel about regular dog walking.

Attitude towards Regular Dog Walking - Instrumental Attitude (Rhodes & Courneya, 2003)

Instructions: We are going to ask you about your beliefs regarding regular dog walking for the next XX (*behavioral assessment period*).

Please select ONE answer that best applies for the following statement.

Over the next XX (*behavioral assessment period*), engaging in dog walking on a regular basis would be:

	Extremely Disagree	Quite Disagree	Slightly Disagree	Neutral	Slightly Agree	Quite Agree	Extremely Agree
1. Wise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Beneficial	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Attitude towards Regular Dog Walking - Affective Attitude (Ajzen, 2000; Rhodes & Courneya, 2003)

Instructions: We are going to ask you about your beliefs regarding regular dog walking for the next XX (*behavioral assessment period*).

Please select ONE answer that best applies for the following statement.

Over the next XX (*behavioral assessment period*), engaging in dog walking on a regular basis would be:

	Extremely Disagree	Quite Disagree	Slightly Disagree	Neutral	Slightly Agree	Quite Agree	Extremely Agree
1. Enjoyable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Exciting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Pleasant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Perceived Capability (Rhodes, Blanchard, & Matheson, 2006; Williams & Rhodes, 2016; Burell, Allan, Williams, & Johnston, 2018)

Please select ONE answer that best applies for the following statement.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I am physically able to <i>walk my dog regularly</i> if I wanted to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am confident that I am capable of <i>walking my dog regularly</i> if I had to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I am certain that I am capable of <i>walking my dog regularly</i> if I had to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Perceived Opportunity (Rhodes, Blanchard, & Matheson, 2006; Burell, Allan, Williams, & Johnston, 2018)

Please select ONE answer that best applies for the following statement.

1. I have the opportunity to <i>walk my dog regularly</i> if I wanted to over the next XX (<i>behavioral assessment period</i>)					
	1	2	3	4	5
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
2. I lack the opportunity to <i>walk my dog regularly</i> over the next XX (<i>behavioral assessment period</i>) even if I were really motivated to do so					

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. There are many places where I can *walk my dog regularly if I had to*

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Intention (Courneya, 1994)

1. I intend to engage in dog walking _____ times during per week during the next XX (*specify behavioral assessment period*).

Behavioural Regulation (Sniehotta, Schwarzer, Scholz, & Schuz, 2005)

Please select ONE answer that best applies for each of the following statements.

1. I kept track of my *dog walking* in a diary or log over the last month

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. I set short-term (daily or weekly) goals for regular *dog walking* last month

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. I made plans concerning "when", "where", "what" and "how" I was going to engage in regular *dog walking* over the past week

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. I made detailed plans regarding what to do if something interfered with my plans to engage in *dog walking* over the past week

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

5. I reserved time in my daily schedule for regular *dog walking* over the past week

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

6. If I did not reach a goal for regular *dog walking* last month, I analyzed what went wrong

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Automaticity (Gardner, Abraham, Lally, & De Bruijn, 2012)

Please select ONE answer that best applies for each of the following statements.

Remember, regular *dog walking* is defined as accumulating at least 30 minutes of walking daily during your free time with your dog.

1. I engage in *dog walking* automatically

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. I engage in *dog walking* without having to consciously remember it

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. I engage in *dog walking* without thinking

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. I engage in *dog walking* before I realize I am doing it

1	2	3	4	5
---	---	---	---	---

Strongly Disagree Disagree Neutral Agree Strongly Agree

Identity (Wilson & Muon, 2008, Sparks & Shepherd, 1992)

Please select ONE answer that best applies for each of the following statements.

1. I consider myself someone who is physically *active with my dog*

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. When I describe myself to others, I usually include being *physically active with my dog*

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. Others see me as someone who *walks my dog regularly*

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. *Regular dog walking* fits the way I want to live

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

References

- Burrell, A. M. G., Allan, J. L., Williams, D. M., & Johnston, M. (2018). What do self-efficacy items measure? Examining the discriminant content validity of self-efficacy items. *British Journal of Health Psychology, 23*(3), 597-611.
- Courneya, K. (1994). Predicting repeated behavior from intention: The issue of scale correspondence. *Journal of Applied Social Psychology, 24*(7), 580-594.
- Gardner, B., Abraham, C., Lally, P., & de Bruijn, G.-J. (2012). Towards parsimony habit measurement: Testing the convergent and predictive validity of an automaticity subscale of the Self-Report Habit Index. *International Journal of Behavioral Nutrition and Physical Activity, 9*, 102.
- Rhodes, R. E., Blanchard, C. M., & Matheson, D. H. (2006). A multicomponent model of the theory of planned behaviour. *British Journal of Health Psychology, 11*(1), 119–137.
- Rhodes, R. E., & Courneya, K. S. (2003). Investigating multiple components of attitude, subjective norm, and perceived control: An examination of the theory of planned behaviour in the exercise domain. *British Journal of Social Psychology, 42*(1), 129–146.
- Sniehotta, F. F., Schwarzer, R., Scholz, U., & Schüz, B. (2005). Action planning and coping planning for long-term lifestyle change: Theory and assessment. *European Journal of Social Psychology, 35*(4), 565-576.
- Sparks, P., & Shepherd, R. (1992). Self-identity and the theory of planned behavior: Assessing the role of identification with green consumerism. *Social Psychology Quarterly, 55*(4), 388-399.
- Williams, D. M., & Rhodes, R. E. (2016). The confounded self-efficacy construct: Conceptual analysis and recommendations for future research. *Health Psychology Review, 10*(2), 113–128.
- Wilson, P. M., & Muon, S. (2008). Psychometric properties of the exercise identity scale in a university sample. *International Journal of Sport and Exercise Psychology, (905)*, 115–131.