

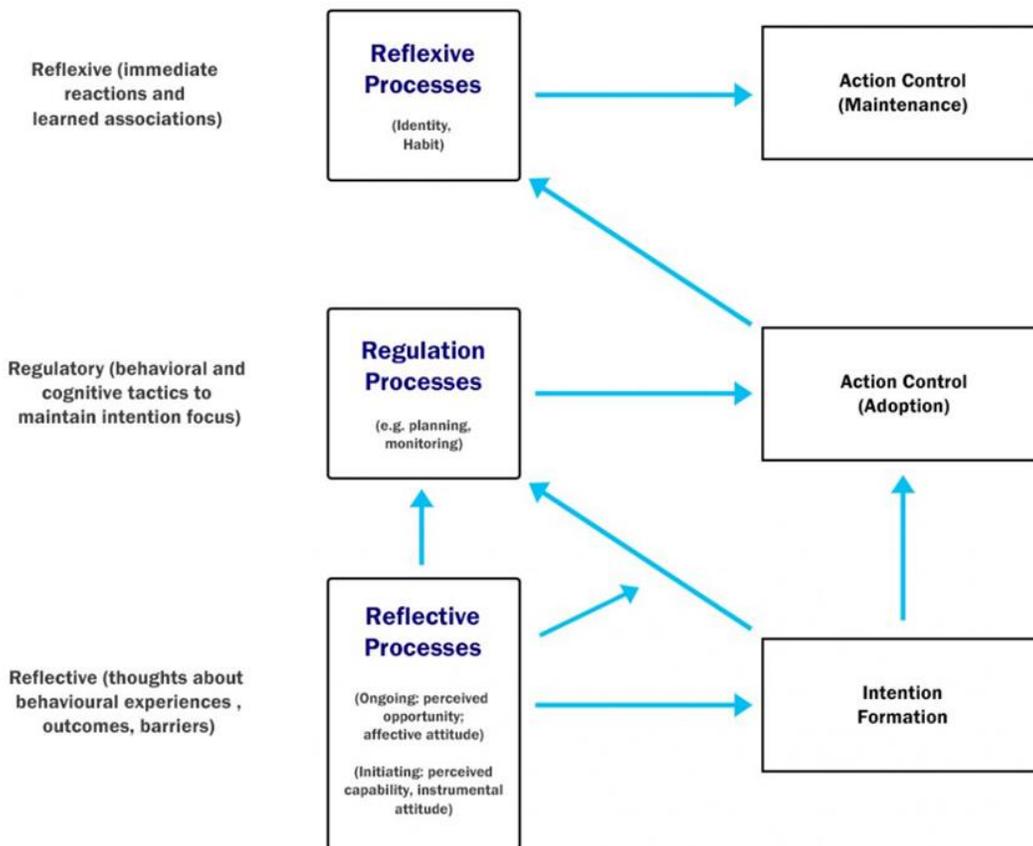
M-PAC Applied to Parental Support of Child Physical Activity – Sample Questionnaire (based on Rhodes et al. in press)



**University
of Victoria**

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Support of Your Child's Physical Activity

The following questions ask you to rate how you feel about supporting your child's moderate-to-vigorous physical activity. Keep in mind that if you have more than one child, please think about the child whose birthday is coming up next.

As per the WHO Global Recommendations on Physical Activity for Health, we define **Child Moderate-to-Vigorous Physical Activity** as your child engaging in at least 60 minutes a day of activities that take physical effort and require you to breathe more than normal (e.g., hiking, skateboarding, cycling, running). We define **Parental Support of your Child's Moderate-to-Vigorous Physical Activity** as encouraging your child's participation in sport and physical activity on a regular basis; driving or supporting transportation for your child to engage in sport and physical activity; and playing sport or engaging in physical activity with your child. Please pay careful attention to the words at the end of each of the scales and circle the number that best reflects how you feel about physical activity.

Parental Support of Child Physical Activity (Davison, Cutting, & Birch, 2003)

The following questions are going to ask about your support now with regards to your child's physical activity. Please choose the response that best represents your beliefs.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I go out of my way to enroll my child in sports and other activities that get him/her to be physically active (e.g., After school programs, programs at the YMCA)	<input type="radio"/>				
2. I often drive or take my child to places where he/she can be active (e.g., parks, playground, sport games or practices).	<input type="radio"/>				
3. I often watch my child participate in sporting activities (e.g., watch your child perform at a softball game or a dance recital).	<input type="radio"/>				
4. I often organize family outings that involve physical activity (e.g., going for a walk or a bike ride, going ice skating).	<input type="radio"/>				
5. I frequently exercise or do something active with my child.	<input type="radio"/>				
6. I use my behavior to encourage my child to be physically active	<input type="radio"/>				

Regular Support of Child Physical Activity – Perceived Capability and Opportunity (Rhodes, Blanchard, & Matheson, 2006; Williams & Rhodes, 2016)

These next questions will ask about how much control you have to regularly support your child's physical activity. Remember, as per the Canadian Physical Activity guidelines, we define regular Child Physical Activity as your child participating in at least 60 minutes a day of moderate to vigorous activity. Please read the questions carefully and choose the number that best represents your beliefs.

If I was fully committed and extremely motivated...

	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
1. I have the ability to support my child's physical activity over the next six weeks	<input type="radio"/>				
2. I am capable of supporting my child's physical activity over the next six weeks.	<input type="radio"/>				
3. I have enough skill to support my child's physical activity over the next six weeks	<input type="radio"/>				
4. I will have an opportunity to support my child's physical activity over the next six weeks	<input type="radio"/>				
5. There are enough openings in my schedule to support my child's physical activity over the next six weeks	<input type="radio"/>				
6. I have access to what I need to support my child's physical activity over the next six weeks	<input type="radio"/>				

Behavioural Regulation of Supporting Your Child's Physical Activity (Sniehotta, Schwarzer, Scholz, & Schuz, 2005)

The following questions ask you about your behaviours in regards to tracking and planning your child's physical activity. Please pay careful attention to the words at the end of each of the scales and choose the number that best reflects your attitude towards your child's physical activity.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I kept track of the support I provided for my child's physical activity in a diary or log over the last month.	<input type="radio"/>				
2. I set short-term (daily or weekly) goals for how I could support my child's physical activity last month.	<input type="radio"/>				
3. I made regular plans concerning "when", "where", "how", and "what" kind of support I could provide for my child's physical activity last month.	<input type="radio"/>				
4. I made plans regarding what to do if something interfered with my support of my child's physical activity last month.	<input type="radio"/>				
5. I reserved time in my daily schedule for supporting my child's leisure-time physical activity.	<input type="radio"/>				
6. If I did not reach a parental support goal for my child's physical activity, I analyzed what went wrong.	<input type="radio"/>				

Parental Support of Your Child's Physical Activity – Identity (Wilson & Muon, 2008)

The following questions are going to ask about your support with regards to your child's physical activity. Please choose the response that best represents your beliefs. We define Child Physical Activity as your child engaging in at least 60 minutes a day of moderate to vigorous activity. We define Parental Support of your Child's Physical Activity as encouraging your child's participation in sport and physical activity, driving or supporting transportation for your child to engage in sport and physical activity, and playing sport or engaging in physical activity with your child.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I consider myself a supportive parent for my child's physical activity	<input type="radio"/>				
2. When I describe myself to others, I usually include my involvement in supporting my child's physical activity	<input type="radio"/>				
3. Others see me as someone who regularly supports my child's physical activity	<input type="radio"/>				

Parental Support of Your Child's Physical Activity – Habit (Gardner, Abraham, Lally, & de Bruijn, 2012)

The following questions are going to ask about your support with regards to your child's physical activity. Please choose the response that best represents your beliefs. We define Child Physical Activity as your child engaging in at least 60 minutes a day of moderate to vigorous activity. We define Parental support of your child's physical activity as encouraging your child's participation in sport and physical activity, driving or supporting transportation for your child to engage in sport and physical activity, and playing sport or engaging in physical activity with your child.

Regular support of my child's physical activity is something...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I do automatically	<input type="radio"/>				
2. I do without having to consciously remember	<input type="radio"/>				
3. I do without thinking	<input type="radio"/>				
4. I start doing it before I realize I am doing it	<input type="radio"/>				

Intention to Support Regular Child Physical Activity (Courneya, 1994)

1. I intend to engage in support of my child's regular physical activity ___ times per week over the next XX (*behavioural assessment period*).

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