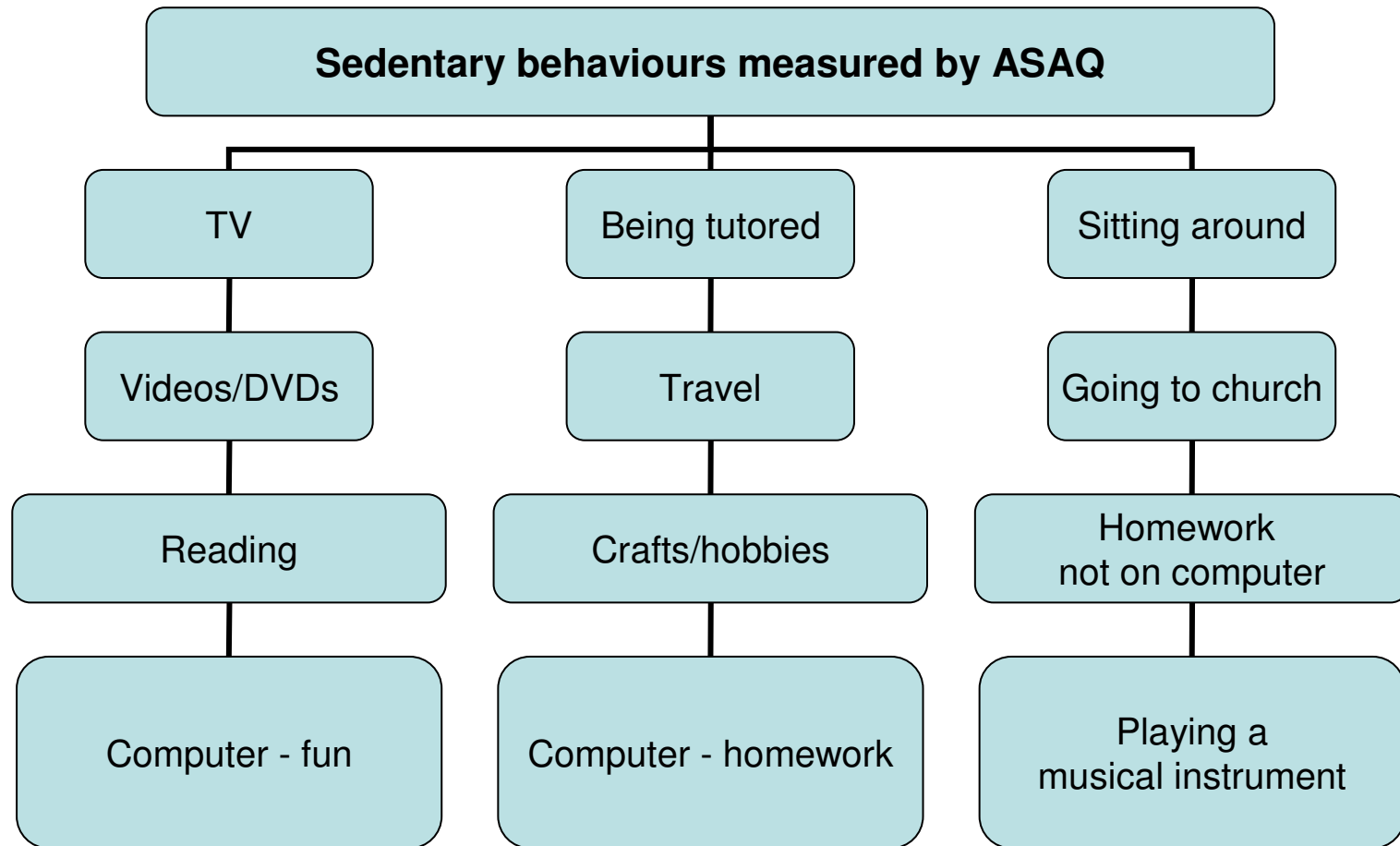


# **The Adolescent Sedentary Activity Questionnaire (ASAQ)**

# Assessing sedentary behaviours using the Adolescent Sedentary Activity Questionnaire (ASAQ)



# Key adolescent sedentary behaviours



# Other things to consider...

- ✓ Place
  - Where does the sedentary activity occur?
  - In what environment?
  
- ✓ Social context
  - Who is the sedentary activity usually done with?
  - Individually, with friends?
  
- ✓ Purpose
  - What is the reason for participation? Relaxation, educational, social, cultural, travel?

# Key dimensions of a sedentary activity self-report instrument

## ✓ Type

- TV
- Computer (work/fun)
- Reading
- Travelling
- Playing musical instrument
- Going to church/Saturday school
- Videos/DVDs
- Homework general
- Being tutored
- Crafts/hobbies
- Sitting around

# Key dimensions of a sedentary activity self-report instrument

- ✓ **Frequency**

- How often each week is spent on these activities?

- ✓ **Duration**

- How long do you participate in this activity?

(best for adolescents to report in minutes)

# Key considerations for a sedentary behaviours self-report instrument

- habitual sedentariness
- comprehensive detail
- not excessive demands on students

# How does ASAQ measure up?

Instrument	Reliability (ICC)	Validity (value & measure)	Dimensions measured	Sensitivity to change	Burden	Cost to researcher
(Hardy, Booth, Okely, 2007)	0.57-0.86	Good face validity	Type Frequency Duration	High	30 mins to complete High level of prompting & instruction	Low printing, High entering & cleaning



# Strengths of ASAQ

- Major sedentary activities are captured
- Every day of the week is recorded
- Frequency, Time (duration), and Type

# Outcome measures from ASAQ

- Time spent in sedentary activity stratified by dimension
- Proportion meeting small screen recreation recommendations (< 2 hours per day in small screen recreation)
- Categories of sedentary activity:
  1. Small screen entertainment (TV, videos/DVDs, computer for fun)
  2. Educational (homework with/without computer, being tutored, Saturday school)
  3. Travel (sitting in a vehicle)
  4. Cultural (reading, doing crafts or hobbies, playing instrument)
  5. Social (sitting around chatting with friends, going to church).

# Uses of ASAQ data

- Epidemiology
- Policy makers
- School staff
- Local government