

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**SCAFFOLD**

# Processes of change questionnaire

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Physical activity or exercise includes activities such as walking briskly, jogging, cycling, swimming or any other activity in which the exertion is at least as intense as these activities.

The following experiences can affect the exercise habits of some people. Think of any similar experiences you may currently have or have had during the past month. Then rate how frequently the event occurs. Please circle the number that best describes your answer for each experience.

How frequently does this occur?

1 = never

2 = seldom

3 = occasionally

4 = often

5 = repeatedly

1	Instead of remaining inactive I engage in some physical activity.	1	2	3	4	5
2	I tell myself I am able to be physically active if I want to.	1	2	3	4	5
3	I put things around my home to remind me to be physically active.	1	2	3	4	5
4	I tell myself if I try hard enough I can be physically active.	1	2	3	4	5
5	I recall information people have personally given me on the benefits of physical activity.	1	2	3	4	5
6	I make commitments to be physically active.	1	2	3	4	5
7	I reward myself when I am physically active.	1	2	3	4	5
8	I think about information from articles and advertisements on how to make physical activity a regular part of my life.	1	2	3	4	5
9	I keep things around my place of work that remind me to be physically active.	1	2	3	4	5
10	10 I find society changing in ways that make it easier to be physically active.	1	2	3	4	5
11	Warnings about the health hazards of inactivity affect me emotionally.	1	2	3	4	5
12	Dramatic portrayals of the evils of inactivity affect me emotionally.	1	2	3	4	5
13	I react emotionally to warnings about an inactive lifestyle.	1	2	3	4	5
14	I worry that inactivity can be harmful to my body.	1	2	3	4	5
15	I am considering the idea that regular physical activity would make me a healthier, happier person to be around.	1	2	3	4	5
16	I have someone I can depend on when I am having problems with physical activity.	1	2	3	4	5
17	I read articles about physical activity in an attempt to learn more about it.	1	2	3	4	5
18	I try to set realistic physical activity goals for myself rather than set myself up for failure by expecting too much.	1	2	3	4	5
19	I have a healthy friend who encourages me to be physically active when I don't feel up to it.	1	2	3	4	5
20	When I am physically active, I tell myself that I am being good to myself by taking care of my body.	1	2	3	4	5
21	The time I spend being physically active is my special time to relax and recover from the day's worries, not a task to get out of the way.	1	2	3	4	5
22	I am aware of more and more people encouraging me to be physically active these days.	1	2	3	4	5
23	I do something nice for myself for making efforts to be more physically active.	1	2	3	4	5
24	I have someone who points out my rationalisations for not being physically active.	1	2	3	4	5
25	I have someone who provides feedback about my physical activity.	1	2	3	4	5
26	I remove things that contribute to my inactivity.	1	2	3	4	5

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27	I am the only one responsible for my health, and only I can decide whether or not I will be physically active.	1 2 3 4 5
28	I look for information related to physical activity.	1 2 3 4 5
29	I avoid spending long periods of time in environments that promote inactivity.	1 2 3 4 5
30	I feel that I would be a better role model for others if I were regularly physically active.	1 2 3 4 5
31	I think about the type of person I will be if I am physically active.	1 2 3 4 5
32	I notice that more businesses are encouraging their employees to be physically active by offering fitness courses and time off to work out.	1 2 3 4 5
33	I wonder how my inactivity affects those people who are close to me.	1 2 3 4 5
34	I realise that I might be able to influence others to be healthier if I would be more physically active.	1 2 3 4 5
35	I get frustrated with myself when I am not physically active.	1 2 3 4 5
36	I am aware that many health clubs now provide babysitting services to their members.	1 2 3 4 5
37	Some of my close friends might be more physically active if I would.	1 2 3 4 5
38	I consider the fact that I would feel more confident in myself if I were regularly physically active.	1 2 3 4 5
39	When I feel tired I make myself be physically active anyway because I know I will feel better afterwards.	1 2 3 4 5
40	When I'm feeling tense, I find physical activity a great way to relieve my worries.	1 2 3 4 5

Source: Marcus & Forsyth 2009