BEAT Institute 2012
Self-Report Measures of Physical Activity and Nutrition Environments
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The goal of this course is to provide an overview of self-report measures of physical activity and nutrition environments that will enable participants to incorporate these measures into their own research. The course will introduce fellows to the principles of survey development, questionnaire design and item development. Fellows will learn about the purposes and types of existing survey instruments that have been tested for their psychometric properties. Fellows will be exposed to the range of issues to consider when (1) developing new or selecting among existing survey instruments; (2) administering surveys; and (3) analyzing survey data. Finally, opportunities for future methodological and applied research will be discussed.

PRE-INSTITUTE HOMEWORK

- Readings

The following articles will expose fellows to examples of survey instruments that have undergone reliability testing, a systematic adaptation of an instrument, and a study examining the mismatch between perceived and objective measures of the built environment.


- Homework  -  Developing a survey instrument for your study

Identifying the desired parameters of a survey will assist you in prioritizing and choosing among existing surveys, as well as identifying when modification of existing items or development of new items is required. For the study that you are working on as part of your job or educational training (e.g., dissertation), describe the following:

1. The purpose of the survey that you plan to conduct
2. The target population (e.g., age, race, income) and setting
3. Desired mode and length of time to complete the survey (be realistic)
4. The domains of measures you would like to include in the survey, with brief justification. Examples of broad domains are presented in Table 1 of the Saelens BE and Glanz K AJPM 2009 article and in Table 2 of the Brownson RC et al. AJPM 2009 article - both from the course readings.

5. For one of the domains of interest for your study, review 1-3 existing instruments that have included item(s) within the domain. Briefly evaluate their suitability for your study based on your descriptions from #1-3 above. Note: Surveys that would be nice to include in your review are the NEWS-Abbreviated (NEWS-A) survey or Physical Activity Neighborhood Environment Scale (PANES) for adults and the NEWS-Youth (NEWS-Y) survey. These surveys have been the most widely used and tested in the area of “perceived activity environments.” All are available for download at http://sallis.ucsd.edu.