

Exercise Behavior

This tool used to measure Exercise Behavior is available through SMRC (Self-Management Resource Center).

Link to PDF of Exercise Behavior scale and information about the scale provided by SMRC:

<https://www.selfmanagementresource.com/docs/pdfs/English - exercise.pdf>

References

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, Outcome Measures for Health Education and other Health Care Interventions. Thousand Oaks CA: Sage Publications, 1996, pp.25,37-38.

Characteristics

The Exercise Behavior scale is a 6-item scale used to gain insight into how much time a patient spends doing various forms of exercise in the past week. Patients circle the number (0-4) that corresponds with how much time they spent doing the certain exercise during the past week (0=none, 2=30-60 minutes, etc). Question #1 asks the patient how long they spent doing stretching or strengthening exercises. Questions #2-5 ask the patient how long they spent doing aerobic exercise of different types. Question #6 on the scale is an opportunity for patients to write in another form of aerobic exercise that was not listed in questions 2-5. Healthcare providers score the results of the scale in two categories: stretching/strengthening and aerobic exercise. To evaluate exercise behaviors, each category is translated into minutes/week from patient responses. In a study of 1,127 subjects with chronic disease, the mean for the stretching/strengthening category was 40.1 (SD =54.8). In a study of 1,130 subjects with chronic disease, the mean for the aerobic exercise category was 90.6 (SD =90.9). Higher scores indicate better exercise behaviors.

Reliability and Validity

In a study of 1,127 subjects with chronic disease, the stretching/strengthening (minutes/week) test-retest reliability was .56. In a study of 1,130 subjects with chronic disease, the aerobic exercise test-retest reliability (minutes/week) was .72. The validity of the questionnaire was measured by content and structural analysis.

Access and Cost Information

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