Arab Teens Lifestyle Study (ATLS) Questionnaire

Dear participant,

The purpose of this questionnaire is to study the lifestyle and physical activity of young people. Therefore, we would like you to answer the following questions as accurately as possible by ticking the box that represents your choice. What we are asking for is your activity in a typical (usual) week. All information provided will be treated with strict confidentiality and used only for research purposes.

Name: …………………………………………………………… Date: ……………………………

1) Study Level (grade): 7 8 9

2) Age (in years) ……

3) Weight (kg) ……

4) Height (cm) ……

5) Waist circumference (cm) ……

PART ONE: Physical Activit/Inactivity

6) How many times per week do you regularly walk?
   - None
   - 3 times
   - 6 times
   - Once
   - 4 times
   - 7 times or more
   - Twice
   - 5 times

7) If you regularly walk, what is the pace of your walk?
   - Slow
   - Moderate
   - Fast

8) If you regularly walk, how many minutes do you walk each time?
   Number of minutes: ………

9) How many times per DAY you use the stairs in school, home, or elsewhere? (one floor of stair counts as 1 time)
   - None
   - 3 times
   - More than 5
   - If more than 5 times, how many? ……………………
   - Once
   - 4 times
   - 7 times or more
   - Twice
   - 5 times

10) How many times per week do you regularly jog or run?
    - None
    - 3 times
    - 6 times
    - Once
    - 4 times
    - 7 times or more
    - Twice
    - 5 times

11) If you regularly jog or run, how many minutes do you do each time?
    Number of minutes: ………

12) How many times per week do you regularly cycle (either on an outdoor or a stationary cycle)?
    - None
    - 3 times
    - 6 times
    - Once
    - 4 times
    - 7 times or more
    - Twice
    - 5 times
13) If you use an outdoor or a stationary cycle regularly, how many minutes do you cycle each time?
Number of minutes: ……

14) How many times per week do you regularly swim?
None ☐  3 times ☐  6 times ☐  1
Once ☐  4 times ☐  7 times or more ☐  2
Twice ☐  5 times ☐  3

15) If you regularly swim, how many minutes do you swim each time?
Number of minutes: ……

16) How many times per week do you regularly engage in moderate intensity sports (e.g. volleyball, table tennis, bowling, badminton, aerobic dance or other similar activities)?
None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐

17) If you regularly play moderate intensity sports, how many minutes do you play each time?
Number of minutes: ……

18) How many times per week do you regularly play high intensity sports (e.g. soccer, rugby, hockey, netball, basketball, handball, athletics, tennis, squash, etc.)?
None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐

19) If you regularly play high intensity sports, how many minutes do you play each time?
Number of minutes: ……

20) How many times per week do you participate in self defence sports (e.g. kick-boxing, judo, karate, taekwondo, etc.)?
None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐

21) If you participate in self defence sports regularly, how many minutes do you do each time?
Number of minutes: ……

22) How many times per week do you regularly do weight training or body building?
None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐
23) If you regularly do weight training and body building, how many minutes do you do it each time?
Number of minutes: ……

24) How many times per week do you engage in household work (e.g. gardening, vacuuming, washing, car cleaning)?

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25) If you do household work, how many minutes does it take per day?
Number of minutes: ……

26) Do you do any other physical activities or sports other than those mentioned earlier?

Yes ☐  No ☐
If you answered ‘No’, please go to question 30.
If you answered ‘Yes’, please continue with question 27.

27) Which physical activities or sports do you do regularly? (Refer to question 26)

…………………………………………………………………………………………………………
…………………………………………………………………………………………………………
…………………………………………………………………………………………………………

28) How many times per week do you do these activities or sports?

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29) How many minutes do you do such activities each time?
Number of minutes: ……

30) Where do you normally do your physical activities or sports?

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<th>Home</th>
<th>Park or public area</th>
<th>Club</th>
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<tr>
<td>School</td>
<td>Park or public area</td>
<td>Sports or recreation centre</td>
<td>Other places</td>
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31) With whom do you normally do your physical activities or sports?

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<th>Alone</th>
<th>School peers</th>
<th>Other relatives</th>
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<td>Friends</td>
<td>School peers</td>
<td>Parents</td>
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32) When do you usually do your physical activities or sports?

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<th>Morning</th>
<th>Afternoon</th>
<th>After evening meal</th>
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<td>Evening</td>
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33) If you participate in physical activities or sports regularly, what are the main reasons for that?

Health ☐  Social ☐  Competition ☐
To lose weight ☐  Recreation ☐  Others *(please give details)* ☐

34) If you don’t participate in physical activities or sports regularly, what are the main reasons for that?

No time ☐  No suitable facilities ☐  Others *(please give details)* ☐
Not important ☐  Health reasons ☐

35) On average, how long do you watch TV and/or DVD/Video per day?

½ hour or less ☐  3 hours ☐  More than 5 hours ☐
1 hour ☐  4 hours ☐  If more than 5 hours, how many? .................
2 hours ☐  5 hours ☐

36) On average, how long do you spend on the computer and/or the internet per day?

½ hour or less ☐  3 hours ☐  More than 5 hours ☐
1 hour ☐  4 hours ☐  If more than 5 hours, how many? .................
2 hours ☐  5 hours ☐

37) On average, how many hours do you sleep in a day?

3 hours ☐  6 hours ☐  9 hours or more ☐
4 hours ☐  7 hours ☐
5 hours ☐

PART TWO: Dietary Habits

38) How many times per week do you have your breakfast?

I don’t have breakfast ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐

39) How many times per week do you drink sugary drinks /soft drinks (e.g. Coke, Pepsi, 7up, Sports drink)?

None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐

40) How many times per week do you eat vegetables (fresh or cooked)?

None ☐  3 times ☐  6 times ☐
Once ☐  4 times ☐  7 times or more ☐
Twice ☐  5 times ☐
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<td>41) How many times per week do you eat fresh fruit?</td>
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<td>42) How many times per week do you have dairy products (e.g. milk, yogurt, cheese)?</td>
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<td>43) How many times per week do you eat fast food (e.g. burgers, sausage, pizza, or Arabic shawarma, inside or outside your home?)</td>
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<td>44) How many times per week do you eat french fries and/or potato chips?</td>
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<td>45) How many times per week do you eat cakes, biscuits, donuts, or similar food?</td>
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<td>46) How many times per week do you eat sweets and/or chocolates?</td>
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<td>47) How many times a week do you drink energy drinks (e.g. Red Bull, Power Horse)?</td>
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Thank you for completing this questionnaire and taking part in this research.