

International Physical Activity Questionnaire

The International Physical Activity Questionnaire (IPAQ) is a population surveillance tool which was originally designed as a cross country instrument to compare estimates of physical activity. It should be taken into account that the questionnaire has high variance and in small studies might not be able to detect changes in levels of physical activity at an individual level.

(Bauman, A. Personal communication, October 2008)

The IPAQ is available at the following web link <http://www.ipaq.ki.se/index.htm> where short- and long-form downloadable questionnaires can be accessed along with a downloadable scoring protocol.

Additional Reading

Macfarlane DJ, Lee CC, Ho EY, Chan KL et al
Reliability and validity of the Chinese version of IPAQ (short, last 7 days)
J Sci Med Sport. 2007; 10:45-51