SYNTHETIC EXAMPLE

IPAQ short form

IPAQ short form - synthetic example

CLIENT
John Doe

ADMINISTERED
Example date

RESPONSE MODE
Self-report

VIGOROUS MET-MINUTES/WEEK

12920 / 13440

DEMO SYNTHETIC



12920/13440

MODERATE MET-MINUTES/WEEK

6066 / 6720

DEMO SYNTHETIC



6066/6720

WALKING MET-MINUTES/WEEK

4248 / 5544

DEMO SYNTHETIC



4248/5544

What this report lays out

- Source instrument: IPAQ short form
- Item count: 15 items
- Response format: Hours and minutes entered next, Dont know/Not sure
- Respondent: Self-report

CLINICIAN REVIEW REQUIRED

This document demonstrates Lirena's report design using fictional data. It does not represent a scored IPAQ result, cannot establish a diagnosis, and must not be placed in a clinical record.

IPAQ short form is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

A report designed for clinical review

Synthetic IPAQ short form example. The gauges and rows use this instrument's groups and range. They are not a client record.

REVIEW

IPAQ short form is completed by Self-report. Response options: Hours and minutes entered next, Dont know/Not sure. Reference period not sourced. The result is for clinician review.

CONTEXT

Walking, moderate activity and vigorous activity use MET values 3.3, 4.0 and 8.0. MET-minutes multiply that value by the effective days and the effective minutes on one of those days. A duration under 10 minutes is recoded to zero for that activity. Daily minutes above 240 are truncated to 240. A combined raw daily duration of 960 minutes or more across the three activities is not scored. Sitting is reported in minutes and is not part of the total. Categories are inactive, minimally active and HEPA active. Hours entered as 15, 30, 45, 60 or 90 stay hours. Item groups: Vigorous MET-minutes/week (membership on the scoring rule, 0.0 to 13440.0); Moderate MET-minutes/week (membership on the scoring rule, 0.0 to 6720.0); Walking MET-minutes/week (membership on the scoring rule, 0.0 to 5544.0); Sitting minutes on a week day (membership on the scoring rule, 0 to 1440); Activity category (membership on the scoring rule, 1 to 3). The implemented range is 0.0 to 25704.0.

BOUNDARY

IPAQ short form is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

REPORT PRINCIPLE

Show the evidence, the version, and the boundary. Leave diagnosis and formulation with the clinician.

IPAQ short form response pattern

Synthetic responses for IPAQ short form. The table uses this instrument's groups and range. It is not a client record and does not reproduce official item wording.

ITEM	GROUP	SYNTHETIC RESPONSE
1	Vigorous MET-minutes/week	**Hours and minutes entered next**
2	Moderate MET-minutes/week	**Dont know/Not sure**
3	Walking MET-minutes/week	**Hours and minutes entered next**
4	Vigorous MET-minutes/week	**Dont know/Not sure**
5	Moderate MET-minutes/week	**Hours and minutes entered next**
6	Walking MET-minutes/week	**Dont know/Not sure**
7	Vigorous MET-minutes/week	**Hours and minutes entered next**
8	Moderate MET-minutes/week	**Dont know/Not sure**
9	Walking MET-minutes/week	**Hours and minutes entered next**
10	Vigorous MET-minutes/week	**Dont know/Not sure**
11	Moderate MET-minutes/week	**Hours and minutes entered next**
12	Walking MET-minutes/week	**Dont know/Not sure**
13	Vigorous MET-minutes/week	**Hours and minutes entered next**
14	Moderate MET-minutes/week	**Dont know/Not sure**
15	Walking MET-minutes/week	**Hours and minutes entered next**

Synthetic IPAQ short form values only. Not a client record.

Source-led by design

Lirena separates published methodology, product implementation, and clinical approval. A citation does not by itself authorize administration or prove a software scoring rule.

INSTRUMENT

This entry is the short last-7-days self-administered form, revised August 2002. It is not a VO2 test, step count, or treatment plan. The long form is a different instrument.

ADMINISTRATION

IPAQ short form is completed by Self-report. Response options: Hours and minutes entered next, Dont know/Not sure. Reference period not sourced. The result is for clinician review.

CLINICAL BOUNDARY

IPAQ short form is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

METHODOLOGY

Walking, moderate activity and vigorous activity use MET values 3.3, 4.0 and 8.0. MET-minutes multiply that value by the effective days and the effective minutes on one of those days. A duration under 10 minutes is recoded to zero for that activity. Daily minutes above 240 are truncated to 240. A combined raw daily duration of 960 minutes or more across the three activities is not scored. Sitting is reported in minutes and is not part of the total. Categories are inactive, minimally active and HEPA active. Hours entered as 15, 30, 45, 60 or 90 stay hours. Item groups: Vigorous MET-minutes/week (membership on the scoring rule, 0.0 to 13440.0); Moderate MET-minutes/week (membership on the scoring rule, 0.0 to 6720.0); Walking MET-minutes/week (membership on the scoring rule, 0.0 to 5544.0); Sitting minutes on a week day (membership on the scoring rule, 0 to 1440); Activity category (membership on the scoring rule, 1 to 3). The implemented range is 0.0 to 25704.0.

SELECTED REFERENCES

1. April 2004 scoring guidelines
IPAQ group. Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ) - Short Form. April 2004.

2. PhenX protocol 661901
PhenX Toolkit. Protocol 661901, International Physical Activity Questionnaire - Short Form.

3. IPAQ scoring page
IPAQ group. IPAQ score.

4. IPAQ paper
Craig CL et al. International Physical Activity Questionnaire: 12-country reliability and validity. Med Sci Sports Exerc. 2003;35(8):1381-1395.