

Testing the Neighbourhood Physical Activity Questionnaire (N-IPAQ): Online

Internet questionnaires have several advantages over paper and pencil questionnaires:^{1 2}



VS.



- Low cost
- Ability to embed pictures, videos, or sound
- Increased researcher control
- Instant feedback and monitoring

The reliability and validity of the N-IPAQ was tested* online among Canadians by comparing to neighbourhood walkability (Walk Score®).

Reliability

Results at time 1



Results at time 2

Validity



Self reported PA



Walk Score®

The N-IPAQ is a reliable and valid questionnaire that can be easily administered online to measure self-reported neighbourhood PA.

*For more information:

Frehlich, L., Blackstaffe, A., & McCormack, G. R. (2019). Test-Retest Reliability and Walk Score® Neighbourhood Walkability Comparison of an Online Perceived Neighbourhood-Specific Adaptation of the International Physical Activity Questionnaire (IPAQ). *Int J Environ Res Public Health*, 16(11). doi:10.3390/ijerph16111917

References:

- 1) ITU. (2017). International Telecommunication Union. Statistics.
- 2) Jones, T. L., Baxter, M. A., & Khanduja, V. (2013). A quick guide to survey research. *Annals of the Royal College of Surgeons of England*, 95(1), 5-7.



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