

ERASMUS+ COOPERATION PARTNERSHIPS IN SPORT

“FIT-BALKANS”

Project n° 101049997_Fit-Balkans

QUESTIONNAIRE WP3 SECOND QUESTIONNAIRE



DISCLAIMER

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Fit-Balkans

Fit-Balkans is a project funded by the European Commission for the promotion of physical activity among young women in Balkans. Fit-Balkans aims to improve the subjective well-being of young women aged 18 to 30 in the Balkans by promoting physical activity. The project will be conducted in five case cities: Athens, Greece; Plovdiv, Bulgaria; Bucharest, Romania; Nis, Serbia, and Shtip, North Macedonia. The project has three objectives.

This questionnaire is the second of the two surveys, and its objective is to assess the impacts of interventions on the participants in Fit-Balkans survey. This question has five main parts: mobility behaviour, physical activity, nutrition, and well-being. This questionnaire will take 20 minutes of your time.

Fit-Balkans Questionnaire

ID number _____

City _____

Mobility Attributes

1. During the past six months, what is your most dominant mode of transportation for non-commuting trips (including shopping, entertainment, and purposeless trips)?

- ☐ On foot
- ☐ By bicycle
- ☐ By scooter
- ☐ By motorbike
- ☐ By bus/metrobus/microbus/trolleybus/BRT
- ☐ By metro/light rail train/tram
- ☐ By personal/household car
- ☐ By taxi (including taxi app, uber, etc.)
- ☐ By care-share/car-pool/organizational bus

2. During the past six months, what is your most dominant mode of transportation for commuting trips in the last six months?

- ☐ On foot
- ☐ By bicycle
- ☐ By scooter
- ☐ By motorbike
- ☐ By bus/metrobus/microbus/trolleybus/BRT

- ☐ By metro/light rail train/tram
- ☐ By personal/household car
- ☐ By taxi (including taxi app, uber, etc.)
- ☐ By care-share/car-pool/organizational bus

3. In the last six months, how often do you use public transportation?

- ☐ Never ☐ rarely ☐ a few times per month ☐ a few times per week ☐ Everyday

International Physical Activity Questionnaire

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions ask about the time you have spent being physically active during the past 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous activities that you did during the past 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did with a minimum duration of 10 minutes.

4. During the past 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ days per week

- ☐ No vigorous physical activities  Skip to question 5

5. How much time did you usually spend doing vigorous physical activities on average per day?

_____ minutes per day

- ☐ Don't know/Not sure

Think about all the moderate activities that you did during the past 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did with a minimum duration of 10 minutes.

6. During the past 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ days per week

- ☐ No moderate physical activities  Skip to question 7

7. How much time did you usually spend doing moderate physical activities on average per day?

_____ minutes per day

- ☐ Don't know/Not sure

Think about the time you spent walking during the past 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

8. During the past 7 days, on how many days did you walk for at least 10 minutes at a time?

_____ days per week

☐ No walking



Skip to question 9

9. How much time did you usually spend walking on average per day?

☐ _____ minutes per day

☐ Don't know/Not sure

The last question is about the time you spent sitting on weekdays during the past 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

10. During the past 7 days, how much time did you spend sitting on average per day?

_____ minutes per day

☐ Don't know/Not sure

11. During the last 7 days, how much time did you spend on screening (using a smartphone, TV, e-book- tablet, etc.)?

_____ minutes per day during weekdays

_____ minutes per day during the weekend

Nutrition Questions

For answering these questions, please consider your nutrition habits during the past six months.

12. How would you consider your eating habits in general?

☐ Not healthy at all ☐ Not really healthy ☐ Somewhat Healthy ☐ Very healthy ☐ Extremely healthy

13. How many meals per day do you eat on a typical day?

☐ One meal ☐ Two meals ☐ Three meals ☐ One to two meals ☐ Two to three meals ☐ Three or more meals

14. How many glasses of water do you drink on a typical day?

☐ less than 2 glasses ☐ 2-4 glasses ☐ 5-7 glasses ☐ 8 or more glasses

15. How many times per week do you eat junk food?

_____ per week

16. What time approximately do you have your main meals on a typical day?

a) Breakfast_____

b) Lunch_____

c) Dinner_____

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the past 2 weeks

| Statements | None of the time | Rarely | Some of the time | Often | All of the time |
|--|---------------------------|--------|------------------------|-------|-----------------------|
| 17. I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| 18. I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| 19. I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| 20. I've been feeling interested in other people | 1 | 2 | 3 | 4 | 5 |
| 21. I've had energy to spare | 1 | 2 | 3 | 4 | 5 |
| 22. I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| 23. I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| 24. I've been feeling good about myself | 1 | 2 | 3 | 4 | 5 |
| 25. I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| 26. I've been feeling confident | 1 | 2 | 3 | 4 | 5 |
| 27. I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |
| 28. I've been feeling loved | 1 | 2 | 3 | 4 | 5 |
| 29. I've been interested in new things | 1 | 2 | 3 | 4 | 5 |
| 30. I've been feeling cheerful | 1 | 2 | 3 | 4 | 5 |

31. Weight _____ kg (at the end of your participation in the project)

32. How would you describe your health/health status?

- ☐ Very bad
☐ Bad
☐ Fair
☐ Good
☐ Very good

Intervention

33. For how long did you participate in the intervention of this project? _____ days

34. In your opinion, how effective was participation in the intervention in promoting your wellbeing?

- ☐ Very weak
- ☐ Weak
- ☐ Fair
- ☐ Effective
- ☐ Very effective

35. In your opinion, how effective was participation in the intervention in promoting your physical health?

- ☐ Very weak
- ☐ Weak
- ☐ Fair
- ☐ Effective
- ☐ Very effective

36. After your participation in the project, do you consider continuing the lifestyle you have started as a part of the intervention?

- ☐ Yes
- ☐ No

There are four interventions within the framework of Fit-Balkans

37. Mobility ☐

- a) I would like to increase 20% of walking time ☐
- b) I would like to increase 20% of biking time ☐
- c) I would like to increase 20% of walking and biking time (combined) ☐

38. Sitting time ☐

In addition to one mobility intervention, I reduce my sitting time by 20%

39. Screen time ☐

In addition to one mobility intervention, I reduce my screen time by 20%

40. Nutrition ☐

In addition to one mobility intervention, I change my nutrition habits:

- a) I try to adjust my eating times ☐
- b) I increase the amount of water I drink daily ☐
- c) I reduce the portion size ☐

This is the end of the questionnaire. Thank you for participating.