Sahlqvist, S; Song, Y; Bull, F; Adams, E; Preston, J; Ogilvie, D; iConnect consortium, ; , COLLABORATORS; Brand, C; Bull, F; Cooper, A; Day, A; Mutrie, N; Ogilvie, D; Powell, J; Preston, J; Rutter, H (2011) Effect of questionnaire length, personalisation and reminder type on response rate to a complex postal survey: randomised controlled trial. BMC medical research methodology, 11. p. 62. ISSN 1471-2288 DOI: https://doi.org/10.1186/1471-2288-11-62

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### Overview of items included in the long and short versions of the questionnaires

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Details</th>
<th>Long</th>
<th>Short</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Items based on the ALPHA questionnaire [24]</strong></td>
<td><strong>23 items</strong></td>
</tr>
<tr>
<td>A</td>
<td>Perceptions of the neighbourhood environment</td>
<td></td>
<td>33 Likert scale items</td>
<td>23 items</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Type of residence (4 items)</td>
<td>- Type of residence (4 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Distance to facilities (8 items)</td>
<td>- Distance to facilities (8 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Neighbourhood walking and cycling infrastructure (4 items)</td>
<td>- Neighbourhood walking and cycling infrastructure (2 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Maintenance of infrastructure (3 items)</td>
<td>- Maintenance of infrastructure (2 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Neighbourhood safety (6 items)</td>
<td>- Neighbourhood safety (5 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Neighbourhood attractiveness (4 items)</td>
<td>- Neighbourhood attractiveness (2 items)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Walking and cycling connectivity (4 items)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Route-specific questions</td>
<td></td>
<td>1 item</td>
<td>Remaining unchanged</td>
</tr>
<tr>
<td></td>
<td>Usual travel mode</td>
<td></td>
<td>Usual mode of travel between home or workplace and city</td>
<td>Remaining unchanged</td>
</tr>
<tr>
<td></td>
<td>Purpose of travel</td>
<td></td>
<td>1 item</td>
<td>Remaining unchanged</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>What are your main reasons for travelling between these destinations?</td>
<td>Remaining unchanged</td>
</tr>
<tr>
<td></td>
<td>Perceptions of the route</td>
<td></td>
<td>11 Likert scale items</td>
<td>Reduced to 7 items</td>
</tr>
<tr>
<td></td>
<td>Adapted from</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Attitudes towards walking and cycling

**B**  
**Intra-individual constructs**  
Based on constructs of TPB [11]  
All questions asked separately for walking for recreation, walking for utility, cycling for recreation and cycling for utility

- Habit (2 items)  
- Enjoyment (2 items)  
- Subjective norm (2 items)  
- Behavioural control (2 items)  
- Attitude (2 items)  
- Social norms (1 item)  
- Intention (2 items)

- Habit (1 item)  
- Intention (1 item)

### Travel

**C**  
**Vehicle access**  
No. of vehicles in household  
1 item  
Remained unchanged

- Cars in household  
- Type of cars in household  
1 item  
Information on vehicle road tax, fuel type, engine size, age for up to four vehicles  
Remained unchanged

**Travel behaviour**  
1-day recall  
For each journey made the previous day:  
Purpose; origin and destination; start and end time; modes used; time (min) spent travelling and the distance (miles) travelled for each mode; no. of companion travellers  
Remained unchanged

- 7-day recall  
Record no. of trips made for six trip purposes (to and from work; to and from school or college; in the course of work or employer’s business; shopping,  
Omitted
leisure or visiting friends or relatives; personal business), the mode used (walking, cycling, bus or coach, rail or underground, car, taxi or other) for each of these trip purposes, and the total time (min) spent in each mode for each trip purpose

<table>
<thead>
<tr>
<th>Physical activity</th>
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</thead>
</table>
| **D** Activities at home | RPAQ | Average time spent watching TV, DVD or video  
Average time spent using a computer  
Average no. times climbed stairs | Omitted |
| **E** Activity at work or place of study | RPAQ | Employment status  
Occupation  
Travel to and from work (distance to work, trip time, trip frequency)  
Work postcode  
Facilities at work (8 items; yes/no) | Remained unchanged |
| **F** Recreational activity | RPAQ | Record no. of sessions of recreational activities (7 options ranging from ‘none’ to ‘every day’  
Record average time (minutes) per session for each activity | Replaced with IPAQ [13]  
Past 7-day recall of PA  
No. of days and time (minutes) spent in moderate-, vigorous-intensity PA and walking  
Numbers of hours spent sitting per day |

<table>
<thead>
<tr>
<th>Demographics</th>
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<tbody>
<tr>
<td><strong>G</strong> Demographics</td>
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</tbody>
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