



## INFORMATION SHEET

### Assessment of physical activity in South African adults

Hi. My name is Rebecca, and I along with my colleagues from the University of the Witwatersrand would like to take a few minutes of your time to ask you to participate in our project. We are interested in looking at what level of physical activity South African adults are partaking in and we would like to measure physical activity objectively and subjectively.

If you agree to take part in our study, we would appreciate it if you would assist us with our research by filling out the accompanying physical activity questionnaire (PAQ). This will be the subjective measure of physical activity. The PAQ asks questions on the amount of physical activity you generally participate on a weekly basis. The PAQ takes approximately 20 minutes to complete. For the same week we would like you to wear a small device called an actical accelerometer. The actical measures physical activity objectively. The actical is about the size of a bottle cap and is worn on the hip and attached by a waistband. The actical is small enough to wear under clothes. We would like you to wear the actical for seven days and only take it off when you shower, bathe or swim or when you go to sleep. After you have completed the week of wearing the actical we will arrange to collect the device from you. The questionnaires are anonymous and the information that is obtained from the PAQ as well as the actical will be kept strictly confidential. We would then also like to measure your height, weight and your waist and hip circumference. These measurements will only take a few minutes.

We would like to emphasize that participation is completely voluntary and if you wish to withdraw from the study you may do so at any time. The data will be made available to you should you be interested in the outcomes of the study.

Thank you for considering participation in this study. Please read the information sheet carefully before signing the consent form\*. If you have any queries, please contact myself Rebecca.

Tel: 011 7172358, Email: [Rebecca.Meiring@wits.ac.za](mailto:Rebecca.Meiring@wits.ac.za).

\*If you have any doubts to your rights as a subject please feel free to contact Anisa Keshav, Wits Research Office, 10<sup>th</sup> Floor Senate House, East Campus: Tel: 011-7171234 Fax: 011-717-1265  
Email [anisa.keshav@wits.ac.za](mailto:anisa.keshav@wits.ac.za)

