

Appendix Sitting 2

Occupational sitting and physical activity questionnaire (OSPAQ)

What can you use this tool for?

The occupational sitting and physical activity questionnaire (OSPAQ) measures the amount of time a person spends sitting, standing, walking or doing heavy labour/ physically demanding tasks at work.

How do you use this questionnaire?

This questionnaire can be delivered either by an online survey platform or a paper based survey.

You can use the OSPAQ without further calculations and simply use the proportion of time during a typical work day that employees say they spend sitting and in physical activity (Item 3a-d).

You can also work out the minutes that employees spend sitting and in physical activity by following the instructions on how to score this questionnaire.



The Occupational Sitting and Physical Activity Questionnaire (OSPAQ)

1. How many hours did you work in the last 7 days?

_____ hours

2. During the last 7 days, how many days were you at work?

_____ days

3. How would you describe your **typical** work day in the last 7 days? (this involves only your work day, and does not include travel to and from work, or what you did in your leisure time)

a. Sitting (including driving) _____%

b. Standing _____%

c. Walking _____%

d. Heavy labour or physically demanding tasks _____%

Total _____%

Make sure this adds up to 100%

Source: Chau, JY, et al. Validity of the occupational sitting and physical activity questionnaire. Medicine and Science In Sports & Exercise. 2011, 44: 118-25.

How do you analyse the results?

Outcome	Calculation*
Minutes sitting at work per week	Item 1 × Item 3a
Minutes sitting per workday	(Item 1 ÷ Item 2) × 60 × Item 3a
Minutes standing at work per week	Item 1 × Item 3b
Minutes standing per workday	(Item 1 ÷ Item 2) × 60 × Item 3b
Minutes walking at work per week	Item 1 × Item 3c
Minutes walking per workday	(Item 1 ÷ Item 2) × 60 × Item 3c
Minutes doing heavy labour at work per week	Item 1 × Item 3d
Minutes doing heavy labour per workday	(Item 1 ÷ Item 2) × 60 × Item 3d

* Items 3 a-d must be converted from a percentage to a decimal ie. 95% is 0.95

Assessing program impact i.e., did your program affect sitting and physical activity at work?

You can determine your program’s impact on participants’ sitting and physical activity at work by asking them to complete the OSPAQ before and after the program.

Calculate the group averages for sitting, standing, walking and heavy labour before and after the program. Enter the results in a table like the one shown below to get an overview of your program outcomes

Outcome	Before: Measurement 1 (Group average)	After: Measurement 2 (Group average)	Difference (Measurement 2 – Measurement 1)
Sitting (%)			
Sitting (minutes at work per week)			
Sitting (minutes per workday)			
Standing (%)			
Standing (minutes at work per week)			
Standing (minutes per workday)			
Walking (%)			
Walking (minutes at work per week)			
Walking (minutes per workday)			
Heavy labour (%)			
Heavy labour (minutes at work per week)			
Heavy labour (minutes per workday)			



What do the results mean?

Changes in sitting time of approximately 10% or more suggest that your program is having an impact on participant's behaviour that is comparable to results from published 'sit less, move more' studies.