

GAQ (GEMS Activity Questionnaire) protocol

1.1.1 Physical Activity by Self-report

Physical Activity measured by self-report is completed by using the Gems Activity Questionnaire (GAQ). The GAQ is a modification of the Self-Administered Physical Activity Checklist (SAPAC), which had been validated and assessed for test-retest reliability on the same-day.

The GAQ is completed by the girl with the assistance of a field center staff. The questionnaire contains a checklist of 36 common physical activities which asks the girl whether she engaged in those activities on the previous day and the duration (none, less than 15 minutes, or 15 minutes or more). The girl is also asked whether she usually engages in those activities (none, a little, a lot). In addition, the girl is asked whether she usually engages in seven sedentary activities and their duration (none, less than 30 minutes, 30 minutes-1 hour, 1-3 hours, more than 3 hours).

Usual activity is assessed in addition to the previous day's activities because U.S. adolescents tend to engage in little moderate or vigorous physical activity on a daily basis [149], and some physical activity may be missed on a checklist covering only a single day.