

OPAC blocking

Scoring

Factor 1: Negative social appraisals. Take the total of items 2, 7, and 12

Factor 2: Poor Physical health. Take the total of items 13, 8, and 3

Factor 3: Voices. Take the total of items 15, 5, and 10.

Factor 4: Mind Too Preoccupied. Take the total of items 4, 9, and 14.

Factor 5: Negative feelings towards exercise. Take the total of items 11, 6, and 1.

A total score can be computed by adding the score from each item.

Name:

Date:

These questions are about the things that might stop us from being physically active.
Please circle the answers that best fit for you.

Questions:

		Do not agree	Agree a little	Agree moderately	Agree a lot	Totally agree
1	I can't change anything so there's no point in exercising	0	1	2	3	4
2	I will look weird if I try to exercise	0	1	2	3	4
3	Being physically active will hurt	0	1	2	3	4
4	My mind is preoccupied which makes it too hard to focus on doing exercise	0	1	2	3	4
5	Voices stop me from doing the physical activity I want to do	0	1	2	3	4
6	It's unsafe to exercise when you're overweight	0	1	2	3	4
7	I'm worried about what other people will think of me so I avoid the activity I would like to do	0	1	2	3	4
8	If I exercise my body might not be able to cope	0	1	2	3	4
9	My mind is preoccupied so I don't even think about exercise	0	1	2	3	4
10	My voices make me feel so bad exercise feels pointless	0	1	2	3	4
11	Exercising is not my thing	0	1	2	3	4
12	If I exercise with others I'll look like the odd one out	0	1	2	3	4
13	I can't exercise because of my health condition	0	1	2	3	4
14	I'm not physically active because I'm not myself at the moment	0	1	2	3	4
15	The voices make me feel frightened to do the exercise I want	0	1	2	3	4