

OSCA promoting

Scoring

Factor 1: Purpose. Take the total of items 11, 4, and 16

Factor 2: Poor physical health. Take the total of items 8, 15, 22, and 3

Factor 3: Defeatist beliefs. Take the total of items 2, 17, and 10

Factor 4: Unaware of time passing. Take the total of items 18, 12, and 5

Factor 5: Low mood. Take the total of items 19, 6, and 13

Factor 6: Television. Take the total of items 21, 7, and 14

Factor 7: Sitting to steady mind. Take the total of items 20, 1, and 9

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

Name:

Date:

These questions are about the things that might encourage us to sit or lie down during the day time. 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 need to be still to manage my feelings	0	1	2	3	4
2	I'll always be like this so there's no point trying to change	0	1	2	3	4
3	I have to sit down because of my physical health	0	1	2	3	4
4	There is no point in getting up	0	1	2	3	4
5	When I'm sitting I'm not paying attention to time passing	0	1	2	3	4
6	I can't get motivated to do anything	0	1	2	3	4
7	Watching TV keeps me company	0	1	2	3	4
8	It's painful to get up so I stay sitting	0	1	2	3	4
9	I need to sit down to prepare myself for what's going to happen	0	1	2	3	4
10	Getting up won't change anything	0	1	2	3	4
11	There is nothing to motivate me to stand up	0	1	2	3	4
12	When I'm sitting I don't realise I've been still for so long	0	1	2	3	4
13	I'm mentally exhausted so I can't do any movement	0	1	2	3	4
14	Watching TV helps me to block out horrible thoughts	0	1	2	3	4
15	I get short of breath if I move around	0	1	2	3	4
16	I sit down a lot because I'm not worth making the effort	0	1	2	3	4
17	I might fail so I won't try doing anything new	0	1	2	3	4
18	I sit or lie down for a long time because I don't notice time passing	0	1	2	3	4
19	My low mood makes me feel too tired to do anything	0	1	2	3	4
20	I need to sit down to think things through	0	1	2	3	4
21	Watching TV makes me feel happier	0	1	2	3	4
22	I'm not steady on my feet so sitting or lying down is better	0	1	2	3	4