

Oxford Physical Activity Cognitions (OPAC)

Blocking Physical Activity Assessment



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

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