

Oxford Physical Activity Cognitions (OPAC)

Promoting Physical Activity Assessment



Instructions: These questions are about the things that might encourage us to be active during the day time. Please circle the answers that best fit for you.

Statement	Do not agree	Agree a little	Agree moderately	Agree a lot	Totally agree
Being physically active will do me good mentally	0	1	2	3	4
Other people are counting on me to do the activity	0	1	2	3	4
When I think about physical activity it reminds me of positive feelings	0	1	2	3	4
Physical activity makes me feel better physically	0	1	2	3	4
I exercise because others are expecting me to	0	1	2	3	4
I feel great after physical activity	0	1	2	3	4
I know that I can enjoy being active	0	1	2	3	4
If I exercise I will be less of a burden on other people	0	1	2	3	4
I feel empowered by exercise	0	1	2	3	4
I know that I'll feel better after doing it	0	1	2	3	4