

Oxford Sedentary Cognitions Assessment (OSCA)

Blocking Sedentary Behaviour



Instructions: These questions are about the things that encourage us to stand up 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
I will feel better if I get up	0	1	2	3	4
I need to get up to do my list of chores	0	1	2	3	4
I have responsibilities so I have to get up	0	1	2	3	4
I stand up more because there is someone who encourages me to move more often	0	1	2	3	4
I get up because I have something to do that matters to me	0	1	2	3	4
I must get through my list of things I have to do	0	1	2	3	4
I get up to do things because I don't like letting people down	0	1	2	3	4
I get up when I'm looking forward to seeing someone	0	1	2	3	4
I get up because I have something satisfying to do	0	1	2	3	4
I get up because I have a sense of purpose	0	1	2	3	4
I get up because other people are counting on me	0	1	2	3	4
I can help other people when I stand up and move	0	1	2	3	4