

healthy lifestyle

Initial Interview Sheet for Participants

(This interview sheet is a guide only. Use a conversational approach. Please check your State or Territory for Mental Health Privacy Act).

Date: _____

Name: _____

Phone: _____

Introduce yourself, your role as a facilitator, how long you have been involved in the program, etc. Mention the fact that you have also been a participant.

1. How did you come to hear about this course?

This helps establish a person's possible understanding of the program and how far you need to explain it. It also helps to ascertain the kind of support network the person may or may not have.

2. What are your expectations in doing the course?

This will help to establish whether the person has chosen the course that meets their needs. At this point you may discuss in broad outline some of the issues covered. This will further assist in establishing appropriateness.

3. What are your apprehensions?

4. Tell me briefly about your current situation.

Keep it brief.

5. Attendance – Are you able, as far as you know, to attend all sessions and commit to exercising three times a week?

This is important! - If the person is going on holidays in the middle of the course, then it is inappropriate for them to commence.

6. Explain how the program runs.

Teaching, small group and combined group exercise.

7. PAR-Q

Refer to next page. Read out the explanation before asking the questions and check the NO or YES box opposite the question according to the response.

Physical Activity Readiness Questionnaire (PAR-Q)

A SELF ADMINISTERED QUESTIONNAIRE FOR ADULTS ¹

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide to answering these questions.

	NO	YES
1. Has a doctor ever said that you have heart trouble?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have chest pain brought on by physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you developed chest pain within the past month?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you tend to lose consciousness, often feel faint or fall over as a result of dizziness?	<input type="checkbox"/>	<input type="checkbox"/>
5. Has your doctor ever said your blood pressure was too high?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you aware, through your own experience or a doctor's advice, of any other physical reason against your exercising without medical supervision?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are you over the age of 65 and not accustomed to vigorous exercise?	<input type="checkbox"/>	<input type="checkbox"/>

Participant's Name: _____

Date: _____

¹ Thomas, Reading, and Shepard, "Revision of the Physical Activity Readiness Questionnaire," *Canadian Journal of Sport Science*, 1992, 17: 338-345.

8. **If the participant answered:**

“YES” to one or more questions

Inform the participant that a medical release is required.

“Consult with your doctor BEFORE increasing your physical activity. Tell your doctor what questions you answered YES to on the PAR-Q and get the doctor to sign the medical release on the *Healthy Lifestyle* application form.”

Arrange for the interviewee to obtain a copy of the PAR-Q to take to their medical physician for signing and returning to you.

“NO” to all questions

Participant does not require medical release.

9. **Physical Activity Stages of Change Questionnaire****Physical Activity Stages of Change Questionnaire.**

“Physical activity can include such activities as walking, cycling, swimming, climbing stairs, dancing, active gardening, walking to work, aerobics, sports, etc. Regular physical activity is 30 minutes of moderate activity over the day, almost every day, or vigorous activity done at least three times per week for 20 minutes each time.”

Here are a number of statements describing various levels of physical activity. Please select the one that most closely describes your own level:

(Please tick one)

I am not physically active and I do not plan on becoming so.

I have been thinking about becoming physically active, but I haven't done anything about it yet.

I am physically active once in a while, but not regularly.

I have become involved in regular physical activity within the past six months.

I participate in regular physical activity and have done so for more than six months.

(Answer if not currently active)

I was physically active in the past, but not now. Yes No

The responses to these questions should highlight the participant's readiness to undertake the program. Note any comments here:

10. At the end of the interview ask them if they have any other questions

Unless they have already received copies, also inform them that you will be sending them a copy of the *Group Agreement* and information covering items they will need before participating in the group physical activity sessions (***Being Prepared***).

Check list:

Group Agreement required:

Being Prepared notes required:

Y/N Date posted: _____

Y/N Date posted: _____