Development and validation

The Scottish Physical Activity Screening Question (Scot-PASQ) was developed and validated by NHS Health Scotland in partnership with The University of Edinburgh\(^1\) for use in an NHS Physical Activity Pilot due to commence in Scotland in January 2013.

Pilot

The pilot will assess the feasibility of implementing a Physical Activity Pathway delivering brief advice (BA)\(^2\) and brief interventions (BIs)\(^3\) in primary care in Scotland.

Scot-PASQ may be further refined as a result of the pilot. In the meantime, healthcare professionals can use Scot-PASQ in practice (where appropriate) and are encouraged to provide comments to help inform any subsequent changes required.

Should you have any questions regarding Scot-PASQ or if you are able to give feedback on its application in practice, please email: nhs.healthscotland-paha@nhs.net

Further updates and information on the Physical Activity Pilot will be published on the Physical Activity and Health Alliance website www.paha.org.uk/
Scottish Physical Activity Screening Question (Scot-PASQ)

Before completing Scot-PASQ, practitioners must first assess that it is appropriate to raise the issue of physical activity with the patient. Further guidance on raising the issue of physical activity can be found in the accompanying Physical Activity Brief Advice and Brief Intervention Scripts and by completing the e-learning module Raising the Issue of Physical Activity.

**Question 1:** 30 minutes moderate activity most days of the week

Question 1 aims to determine the number of days in the past week on which at least 30 minutes moderate physical activity has been achieved. If the past week was not typical, please refer to a previous week.

Physical activity may include: walking or cycling for recreation or to get to and from places; gardening; and exercise or sport which lasts for at least 10 minutes.

For those reporting activity four days or less continue to Question 2.

Those meeting the guidelines (five to seven days) should be praised for their efforts and encouraged to continue to be physically active.

**Practitioner guidance**

**Question 1:** 30 minutes moderate activity most days of the week

Question 1 aims to determine the number of days in the past week on which at least 30 minutes moderate physical activity has been achieved. If the past week was not typical, please refer to a previous week.

Physical activity may include: walking or cycling for recreation or to get to and from places; gardening; and exercise or sport which lasts for at least 10 minutes.

The intensity of physical activity must be high enough to increase the heart rate, make you feel warmer and make you breathe a little faster. The ‘walkie talkie’ test is a good way of measuring intensity. For example, if walking at a moderate intensity you would be able to carry on a conversation, taking a few extra breaths between sentences, but you would not be able to sing.

For those reporting activity four days or less continue to Question 2.

Those meeting the guidelines (five to seven days) should be praised for their efforts and encouraged to continue to be physically active.
**Question 2: 150 minutes of moderate physical activity over the course of the week**

The Chief Medical Officer (CMO) Physical Activity Guidelines state that adults should accumulate at least 150 minutes of moderate physical activity over the course of each week. This can be achieved in a number of ways, such as:

- 30 minutes moderate physical activity on most days of the week
- A two and a half hour walk or cycle at the weekend in the guise of the ‘Weekend Warrior’
- A combination of activity options equalling a minimum of 150 minutes.

Question 2 only follows on from Question 1 if someone reports being active on four days or less. It should be used to clarify if the moderate physical activity guidelines are being met. If someone reports vigorous activity (such as running) for 75 minutes or more, then it is unlikely that they will require further support from the pathway.

Those meeting the guidelines should be praised for their efforts and encouraged to continue to be physically active.

**Question 3: Readiness to change**

If as a result of Questions 1 and 2 a person is deemed inactive, it is important to determine their readiness to change by simply asking them if they are interested in being more physically active.

**Ready to be more physically active**

If they are interested in being more active, the practitioner should progress by delivering brief advice and, where appropriate, a more in-depth brief intervention. Further guidance on the delivery of physical activity brief advice and brief interventions is detailed in the *Physical Activity Brief Advice and Brief Intervention Scripts*.

**Not ready to be more physically active**

If they are not interested, then they should be provided with a physical activity leaflet highlighting the benefits of being more active and details of how and where to go for more information should they change their mind in the future.

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**References**

1. Professor Nanette Mutrie and Dr Claire Fitzsimons, University of Edinburgh.

2. Brief advice (BA)

   This describes a short intervention (usually around three minutes) delivered opportunistically in relation to a service user’s reason for seeking help. It can be used to raise awareness of, and assess a person’s willingness to engage in, further discussion about healthy lifestyle issues. Brief advice is less in-depth and more informal than a brief intervention and usually involves giving information about the importance of behaviour change and simple advice to support behaviour change.

3. Brief interventions (BIs)

   These provide a structured way to deliver advice and are a step beyond brief advice as they involve the provision of more formal help, such as arranging follow-up support. BIs aim to equip people with tools to change attitudes and handle underlying problems. As part of a range of methods, BIs may contain brief advice and may use a motivational interviewing approach in the delivery. BIs normally last between 3 and 20 minutes.