



# Manual of Procedures FLADEX Project

## MOP Chapter 5.2: Questionnaires



Promoting Fitness & Health  
through Physical Activity



UNIVERSIDAD  
DE GRANADA



## Chapter 5.2: Questionnaires

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## 1. Introduction

FLADex study's main aim is to investigate the acute effect of a single session of resistance exercise versus moderate aerobic exercise versus a resting condition on cerebral blood flow dynamics (using cutting-edge MRI) in older adults. Participants have to complete several questionnaires : (i) MRI questionnaire to confirm MRI compatibility (i.e., without metal implants that could be a safety hazard, and not be claustrophobic) in familiarization session 1; (ii) questionnaires for descriptive information in familiarization session 1; (iii) pre-condition questionnaire related to sleep, medication, and food intake at the beginning of each condition's day; (iv) Physical activity enjoyment scale (PACES) at post-conditions; (v) condition-related questions during and after conditions (RPE, cognitive load); and (vi) feeling scale and mood questionnaire at pre-post conditions.

Questionnaires	Form redcap	Session	Pre condition	During condition	Post condition	Time	Format
<b>Magnetic Resonance Imaging (MRI)</b>	Mri data	Familiarization S1				10 min	Paper
<b>Medical Records</b>	Medical Records	Familiarization S1				10 min	iPad
<b>Familiarization</b>	Familiarization	Familiarization S1				10 min	iPad
<b>Quest Pre Condition</b>	Quest Pre Condition	S2,3,4	x			5 min	iPad
<b>The Profile of Mood States (POMS)</b> (Fuentes, I. et al., 1994)	Poms pre	S2,3,4	x			5 min	iPad
	Poms post				x		
<b>Physical Activity Enjoyment Scale (PACES)*</b> (Mullen, S. P et al., 2011)	Condition	S2,3,4			x	2 min	iPad
<b>Feeling scale</b> (Morishita et al., 2019)	Condition	S2,3,4	x		x	>1min	iPad
<b>Rate of Perceived Exertion (RPE)</b> (Morishita et al., 2019)	Condition	S2,3,4		x		>1min	iPad
<b>Cognitive Load</b> Ouweland et al., 2021)	Condition	S2,3,4		x		>1min	iPad

\*POMS test will have a different version for the pre-evaluation than for the post-evaluation.

## 2. Material required

All the questionnaires, except the MRI questionnaire, will be pre-designed on the REDCap platform and, therefore, will be carried out directly from there through an access link. There will also be printed copies of the questionnaires stored on shelf 1 in the wardrobe of the physiotherapy room at IMUDS and others in lab 11 in CIMCYC. Therefore, the necessary material would be:

- Computer/iPAD with internet access.
- Poster "Test in Progress, Do Not Disturb" (Annex.5.4.Process\_test).
- Paper questionnaires (in case of any computer error).

## 3. Pre-test procedure

The following items should simply be checked the day before the test:

- MRI questionnaire copies must be printed.
- The computer/iPAD where the questionnaires will be carried out has the appropriate internet access and the REDCAP links are working properly.
- At least one copy per participant of each of the questionnaires to be carried out in the session.

In addition, the evaluator should be fully familiar with all questionnaires before administering them, as this will allow participants' questions and concerns to be more easily addressed.

## 4. Test day procedure

### 4.1. Standardised guidelines:

For the administration of the questionnaires, it is important to have an attractive and distraction-free testing environment. Here are some general rules to follow for administering the questionnaires for the Fladex study:

- The room should be in a quiet environment, without interruptions and noises, people talking, etc.
- Post a sign on the door "Test in Progress, Do Not Disturb" (Annex.5.4.Process\_test) to minimize interruptions.
- If a telephone is nearby, turn it off (this refers to both the researcher and the participants).
- Have the computer switched on and ready to click on the relevant link. Also, you should have your paper questionnaires ready as a contingency plan in case of a computer crash. computer failure.

## 4.2. Instructions from the evaluator

The evaluator should start the session with the following instructions:

*“Gracias por aceptar participar en este estudio. Su contribución es realmente importante estamos felices de que esté aquí hoy. Esta sesión durará aproximadamente 10 minutos. ¿Tiene alguna pregunta antes de comenzar? Ok, si estás listo, comencemos. Va a completar una serie de cuestionarios acerca de usted. No hay respuestas correctas o incorrectas, simplemente debe relajarse y ser lo más honesto posible. Todos los cuestionarios tienen unas instrucciones antes de comenzar para que sepa qué hacer. En caso de que tuviera alguna duda siempre puede preguntarme. ¿Empezamos?”.*

## 4.3. Completion of questionnaires

The following instructions should be followed to complete online questionnaires:

1. Open the tab corresponding to each participant according to their "ID" in the REDCAP platform by clicking on "Record Status Dashboard". REDCAP platform by clicking on "Record Status Dashboard" to indicate the questionnaire to be carried out.
2. Next, click on "Survey options / Opciones de encuesta" and "Open survey / Abrir encuesta."
3. After filling in the main data such as the participant's ID, we will let the participant sit in the chair to complete questionnaires in a relaxed way.
4. Once all questionnaires have been completed, check that all answers have been marked and ensure that everything is correct.
5. Finally, click on “safe and exit / guardar y salir”, close the survey window, and click on “exist without save any changes / salir sin guardar cambios” in the popped up window.

## 5. Post-test procedure

### 5.1. Scanning and saving data in REDcap.

The MRI questionnaire will be scanned and saved in the participant's folder, and named as follows: ID\_MRI (i.e., 101\_MRI).

Regarding the rests of questionnaires, all results will be automatically saved in the REDCAP platform. If, exceptionally, the questionnaires are completed on paper, each of the questionnaires belonging to the session must be scanned and completed on the REDcap platform. The questionnaires will be saved in the Fladex server ([//profith2.ugr.es/Fladex/Participants/101/](http://profith2.ugr.es/Fladex/Participants/101/)).



## 6. Annexes

- Annex.5.4.Process\_test
- Annex.5.2.1. Poms

## 7. References

Fuentes, I., García-Merita, M. L., Meliá, J. L., & Balaguer, I. (1994). Formas paralelas de la adaptación valenciana del Perfil de los Estados de Ánimo. *Trabajo presentado al IV Congreso de Evaluación Psicológica*. Santiago de Compostela.

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