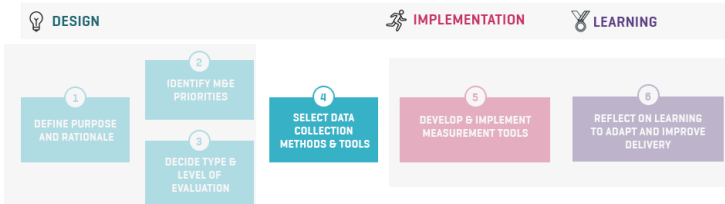


Sport England Adult Question Bank

Sport England has developed this standard 'Question Bank' for use by partners and the wider sport sector. It includes recognised, credible outcome measures, and standardised demographic questions. If the information or outcomes detailed here are relevant to your project, please use the questions and response options provided to collect this data.

STRATEGIC OUTCOMES

OUTCOME	QUESTION(S)	RESPONSE OPTIONS
Physical wellbeing (activity level)	Preferred* measure: Short Active Lives Survey We recommend that funded organisations use the Short Active Lives Survey questions to measure adult physical activity levels. Click here for background information and guidance on how to use it.	
	Alternative* measure: Single Item Metric (SIM) In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.	0 days; 1 day; 2 days; 3 days; 4 days; 5 days; 6 days; 7 days
	Alternative* measure: IPAQ The 'International Physical Activity Questionnaire' (IPAQ) is a more detailed measure of an individual's physical activity over the last 7 days. Click here to open the questionnaire.	
*Sport England funded projects should use the preferred measure, or contact us if you would like to discuss using one of the alternatives.		
Mental wellbeing (subjective wellbeing)	On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays? On a scale of 0-10, where 0 is not at all happy and 10 is completely happy, overall, how happy did you feel yesterday? On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday? On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?	0 (not at all XXX); 1; 2; 3; 4; 5; 6; 7; 8; 9; 10 (completely XXX); Don't know; Prefer not to say [Replace XXX with <i>satisfied</i> , <i>happy</i> , <i>anxious</i> or <i>worthwhile</i> depending on the question]
Individual Development (self-efficacy)	To what extent do you agree with the statement 'I can achieve most of the goals I set myself'?	Strongly agree; Agree; Neither agree nor disagree; Disagree; Strongly disagree; Don't know; Prefer not to say
Social & Community Development (social trust)	To what extent do you agree or disagree that most people in your local area can be trusted?	Strongly agree; Agree; Neither agree nor disagree; Disagree; Strongly disagree; Don't know; Prefer not to say
Economic Development	Data required to measure economic development cannot be obtained via individual self-report measures. The best way to measure this outcome would be to commission a specific study to calculate the contribution of a project or intervention to the economy.	



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DEMOGRAPHICS

DEMOGRAPHIC	QUESTION(S)	RESPONSE OPTIONS
Gender	What is your gender?	Male; Female; Other; Prefer not to say <i>For some audiences a 'Prefer to self-describe' free text option may also be appropriate</i>
Age	What is your age?	<i>Entered by respondent</i>
Ethnicity	Which one of the following best describes your ethnic group or background? (Please select one option)	White; Mixed; Asian or Asian British; Black or Black British; Other Ethnic Group
Disability	Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more? Do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily activities? Does this disability or illness affect you in any of the following areas?	Yes; No; Prefer not to say Yes; No; Prefer not to say Long term pain; Chronic health condition; Mobility; Dexterity; Mental health; Visual; Breathing; Memory; Hearing; Learning; Speech; Behavioural; Other; None of these; Prefer not to say
Religion	What is your religion, even if you are not currently practising?	Christian (including Church of England, Catholic, Protestant and all other Christian denominations); Buddhist; Hindu; Jewish; Muslim; Sikh; Any other religion ; No religion; Don't know; Prefer not to say
Identity	Which of the following options best describes how you think of yourself?	Heterosexual or straight; Gay or lesbian; Bisexual; Other; Don't know
Socio-economic status	What is your home postcode?*	<i>Entered by respondent</i>

*Postcodes can be used to find out the IMD deprivation status of the area where a person lives using this **online tool**