

Perceived Barriers to Walking for Physical Activity Scale

The following survey questions have to do with moderate-intensity walking. It is important to think clearly about the sort of walking you do in order to answer these questions accurately. Here are a few guidelines about moderate-intensity walking. Moderate-intensity walking is done at a medium pace (about 3 miles per hour) such as walking done for pleasure, transportation, exercise, sport, hiking, or backpacking; walking your dog; walking during lunch breaks or after dinner; walking instead of driving a short distance; and walking to and from classes.

How much do the following things prevent you from accumulating at least 30 minutes of walking throughout your daily routine? (Note: “Accumulating” means that you don’t have to do all 30 minutes at once. For example, you could walk 10 minutes on three different occasions throughout your day.) Please indicate your response by circling one of the numbers next to the statement below.

| | Not at all | Slightly | Somewhat | A great deal |
|---------------------------------------|------------|----------|----------|--------------|
| 1. Foot pain | 1 | 2 | 3 | 4 |
| 2. Perspiring in nice clothing | 1 | 2 | 3 | 4 |
| 3. Blisters | 1 | 2 | 3 | 4 |
| 4. Lack of sidewalks | 1 | 2 | 3 | 4 |
| 5. Restrictive clothing | 1 | 2 | 3 | 4 |
| 6. Potentially ruining nice clothing | 1 | 2 | 3 | 4 |
| 7. Potentially ruining your hairstyle | 1 | 2 | 3 | 4 |
| 8. Lack of time | 1 | 2 | 3 | 4 |
| 9. Often need to carry a lot of stuff | 1 | 2 | 3 | 4 |
| 10. Uncomfortable shoes | 1 | 2 | 3 | 4 |

Scoring:

Personal appearance barriers (item 2 + item 5 + item 6 + item 7)

Footwear barriers (item 1 + item 3 + item 10)

Situational barriers (item 4 + item 8 + item 9)

Reference:

Dunton, G. F., & Jamner, M. S: Perceived barriers to walking for physical activity. *Preventing Chronic Disease* [serial online] Available from:
http://www.cdc.gov/pcd/issues/2006/oct/05_0185.htm. 2006