

# CASE STUDY

## Summer Research: Examining adolescent physical activity and social networks at summer care programs.



### BACKGROUND

For a summer research project, you and your advisor are working with the local Boys & Girls Club to better understand child perceptions of physical activity and the impact of friendship social networks. In consultation with the staff at the Boys & Girls Club and your advisor, you select children aged 8-12 years old for your sample. You are charged with selecting the measures and collecting the data at the club. Prior to the study, your advisor asks you to draft the survey. What measures will you use?

### CONSIDERATIONS

First, consider the children and the setting where you will be collecting data. You need to choose a measure that children can quickly and easily understand since you will not have much time with each child. It is important to be aware of comprehension level and attention span, given that you will survey children in what could be a distracting setting. Additionally, to measure child perceptions of their friends' physical activity, you need a measure that allows you to ask the child the same question regarding each of their friends.

### MEASURE SELECTION

To begin your search, select the "Individual Physical Activity Behavior" domain from the [Measures Registry](#) filter option. Since you are conducting researcher-administered surveys, select "Questionnaire" to further narrow the search. Next, pick the "6-11 years" age filter; even though your study population is age 8-12, this filter covers the majority of kids. You are left with a possible 152 measures. You realize you won't be able to do recall type questionnaires, as they will be too long for children to answer about each of their friends. You decide to use the questions from the [Health Behavior in School-aged Children \(HBSC\) questionnaire](#). This two-item measure has been validated in previous studies,<sup>1,2</sup> and allows for quick self-reporting within your study setting.

**This case study was contributed by Tyler Prochnow, a Baylor University graduate student studying for his PhD in health promotion. The case study outlines Tyler's experience using NCCOR's [Measures Registry](#) to enhance his summer project with the Boys & Girls Club. If you are a student or professor who has used NCCOR's tools or resources and would like to be featured here, let us know at [nccor@fhi360.org](mailto:nccor@fhi360.org)!**

#### References

1. Bobakova D, Hamrik Z, Badura P, Sigmundova D, Nalecz H, & Kalman M. (2015). Test-retest reliability of selected physical activity and sedentary behaviour HBSC items in the Czech Republic, Slovakia and Poland. *International Journal of Public Health*, 60(1), 59-67. doi:10.1007/s00038-014-0628-9
2. Booth M, Okely A, Chey T, & Bauman A. (2001). The reliability and validity of the physical activity questions in the WHO health behaviour in schoolchildren (HBSC) survey: a population study. *British Journal of Sports Medicine*, 35(4), 263-267. doi:10.1136/bjsm.35.4.263