

## Reference List for NQLS 2<sup>nd</sup> survey

### A. Quality of Life Items #1

U.S. Dept. of Health and Human Services, National Center for Health Statistics.  
NATIONAL HEALTH INTERVIEW SURVEY, 1989 [Computer file]. Hyattsville, MD:  
National Center for Health Statistics [producer], 1989. Ann Arbor, MI: Inter-university  
Consortium for Political and Social Research [distributor], 1991

### A. Quality of Life Items #2-12

(SF – 12)Ware JE, Kosinski M, and Keller SD (1996). A 12-Item Short-Form Health  
Survey: Construction of scales and preliminary tests of reliability and validity. *Medical  
Care*, 34(3), 220-233.

### B. Neighborhood Environment Walkability Scale (NEWS) (Neighborhood Satisfaction)

Saelens, B.E., Sallis, J.F., Black, J.B., and Chen, D. (in press). Preliminary evaluation of  
the Neighborhood Environment Walkability Scale and neighborhood-based differences in  
physical activity. *American Journal of Public Health*.

### C. Social Life in Your Neighborhood #1-5

NQLS developed and adapted from: Parker EA, Lichtenstein RL, Schulz AJ, Israel BA,  
Schork MA, Steinman KJ, & James SA (2001). Disentangling measures of individual  
perceptions of community social dynamics: results of a community survey. *Health  
Education and Behavior*, 28(4), 462-486.

### C. Social Life in Your Neighborhood #5-9

Sampson RJ, Raudenbush SW, & Earls F (1997). Neighborhoods and violent  
crime: a multilevel study of collective efficacy. *Science*, 277, 918-924.

### D. Community Preference Survey (Neighborhood Preference)

Adapted from: Frank, Lawrence, Leerssen, Christopher, Chapman James, Contrino,  
Heather (2001). Strategies for Metropolitan Atlanta's Regional Transportation and  
Air Quality (SMARTRAQ). Georgia Institute of Technology.

E. Stages of Change Vigorous Exercise  
(Vigorous Exercise)

Marcus, B. H., Rossi, J. S., Selby, V. C., Niaura, R. S., Abrams, D. B. (1992). The stages and processes of exercise adoption and maintenance in a worksite sample. *Health Psychology, 11*, 386-395.

F. Places for Moderate Physical Activity and Vigorous Exercise

NQLS group developed

G. Walking For Transportation

Adaptation from: Frank, Lawrence, Leerssen, Christopher, Chapman James, Contrino, Heather (2001). Strategies for Metropolitan Atlanta's Regional Transportation and Air Quality (SMARTRAQ). Georgia Institute of Technology.

H. Biking

Frank, Lawrence, Leerssen, Christopher, Chapman James, Contrino, Heather (2001). Strategies for Metropolitan Atlanta's Regional Transportation and Air Quality (SMARTRAQ). Georgia Institute of Technology.

I. Stage of Change for Commuting  
(Everyday Commuting Activity)

Miilunpalo, S., Nupponen, R., Laitakari, J., Marttila, J. and Paronen, O. (2000). Stages of change in two models of health-enhancing physical activity: methodological aspects and promotional implications. *Health and Education Research, 15(4)*, 435-448.

J through O. Workplace Environment – Workplace neighborhood safety

Adapted from NEWS with the exception of item #14 in Section J

J #14

Frank, Lawrence, Leerssen, Christopher, Chapman James, Contrino, Heather (2001). Strategies for Metropolitan Atlanta's Regional Transportation and Air Quality (SMARTRAQ). Georgia Institute of Technology.

P. Depression Scale

(Mood)

Radloff, L.S. (1977). The CES-D scale: a self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1(3), 385-401. Website: <http://psychiatry.uhc.edu/screening>

Q. through U. IPAQ International Physical Activity Questionnaire

(Job-related Physical Activity – Time Spent Sitting)

Craig, C.L., Marshall, A.L., Sjostrom, M., Bauman, A.E., Booth, M.L., Ainsworth, B.E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J.F., Oja, P., and the IPAQ Consensus Group and the IPAQ Reliability and Validity Study Group. (in press). International Physical Activity Questionnaire (IPAQ): 12-country reliability and validity. *Medicine and Science in Sports and Exercise*.