

1 **Questioners**

Part one: Socio-demographic factors	
1. Sex of the respondent	A) Male B) Female
2. Age of the respondent	----- years
3. Residence of the respondent	A) Urban B) Rural
4. Marital status of the respondent	A) Single B) Married C) Divorced D)Widowed
5. Educational status of the respondent?	A) Diploma and below B) Degree C) Master
6. Monthly income of the respondent	----- Birr
7. Educational background	-----.
8. Do you have a family history of NCDs like heart disease, DM, HTN, and Cancer?	A) Yes B) no
Part two: Physical activity	
9. During the last 7 days, how many days did you do vigorous physical activities like heavy lifting, running, football or fast bicycling?	A) ___ days per week B) No vigorous physical activities- ---- /Skip to question 4
10. From the listed activity in question 9 how much time did you usually spend doing at least one activity on one of those days?	A) ____ hours per day B) ____ minutes per day C) Do not know/ not sure
11. During the last 7 days, how many days did you do moderate physical activities like volleyball, bicycling at a regular pace, cleaning rooms, pulling up, digging up, pushing up, sit up?	A) ___ days per week B) No moderate physical activities---/Skip to question 6
12. From the listed activity at no 11 how much time did you spend doing at least one activity on one of those days?	A) ____ hours per day B) ____ minutes per day C) Do not know/ not sure
13. During the last 7 days, how many days did you walk for at least 10 minutes at a time?	A) ____ days per week B) No walking
14. How much time did you spend walking on one of those days?	A) ____ hours per day B) ____ minutes per day

2

Part three; factors affecting physical activity					
Self-efficacy to practice physical activity	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
15. I am confident in practising physical activity.					
16. I can do physical activity, even if it makes me tired.					
17. I can't do physical activity at all.					
18. I can do physical activity even with improper conditions.					
19. Practising physical activity is difficult, but I can do it.					
Cues to action to physical activity practice					
20. I practice PA since I understand the importance of TV, radio, magazine, and/or the Internet.					
21. My friends and families did not motivate me to practice physical activity.					
22. I practice PA since I want to be healthy.					
23. I practice PA since I have seen somebody who gets NCDs in the past.					
24. I did not practice PA since I have seen nobody benefit from it.					

3

Perceived susceptibility to NCD (hypertension, DM, cancer and others).	Strongly Disagree(0)	Disagree(1)	Neutral(2)	Agree(3)	Strongly Agree(4)
25. I will get NCD even if I am physically active since I have a family history of NCDs.					
26. I will get NCD next year since I am physically inactive.					
27. I will not get NCD even if I am physically inactive.					
28. I will get NCD even if I am physically active since I drink alcohol.					
29. I will get NCD even if I am physically active since I smoke cigarettes.					
30. I will not get NCD even if I am physically inactive since I did not chew chat.					
31. I will get NCD even if I am physically active since I do not have a normal body weight.					
Perceived severity					
32. I will lose my work if I do not practice physical activity and get NCDs.					
33. I will be disabled if I do not practice physical activity and get NCDs.					
34. My financial security would be endangered if I didn't practice PA and get NCD.					
35. NCDs will not kill me though I don't practice physical activity.					
36. If I don't practice PA and get NCD, I will become hopeless.					

4

Perceived benefit of physical activity	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree(4)
37. Doing physical activity cannot reduce the chance of getting non-communicable diseases.					
38. Doing PA can minimize exposure to addictive behaviours.					
39. Physical activity can reduce body fat.					
40. I couldn't maintain a healthy weight by doing physical activity.					
41. Physical activity has no benefit at all.					
Perceived barriers to physical activity					
42. Physical activities are time-consuming.					
43. Physical activity does not interfere with my routine work.					
44. Physical activity would require starting a new habit.					
45. Doing physical activity is tiresome.					
46. I am not motivated to practice physical activity.					
47. I am not embarrassed to do physical activity with others.					

5