**RANZCP 2017 delegate survey: Physical activity beliefs and attitudes**

**Personal details**

Gender (please circle): Male / Female / Other

Age: Profession: Years Practicing:

City:

**Please circle your response to the following questions/statements:**

**Maintaining a healthy weight and waist circumference is important in reducing risk of developing cardiovascular disease and type 2 diabetes mellitus**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**People with a mental illness are more likely to develop cardiometabolic diseases**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**Physical *inactivity* is a risk factor for cardiometabolic disease**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**Regular physical activity can assist in reducing some symptoms associated with mental illness**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**Having a mental illness makes participation in physical activity less likely**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**Are you aware of the role of an exercise physiologist in healthcare?**

Yes

No

**Have you ever referred a person with a mental illness to an exercise physiologist?**

If yes, through which referral pathway (please circle):

Yes

No

Private GP Hospital Other

**Referring people with a mental illness to an exercise physiologist can increase their adherence to a physical activity program**

1

Strongly Disagree

2

Disagree

3

Neutral

4

Agree

5

Strongly Agree

**Have you ever recommended exercise to a person with a mental illness?**

Yes

No

Details:

**Thinking about the ways to provide exercise advice to people with mental illness, please rank the order of effectiveness of the following methods, where a rank of ‘1’ indicates the most effective method, and a rank of ‘6’ indicates the least effective method.**

Written resources (info sheet)

Personal discussion

Referral to GP

Referral to community organisations

Referral to exercise physiologist

Gym attendance

**Have you ever personally:**

Been referred to and/or seen an exercise physiologist?

Worked with an exercise physiologist within your treatment facility?

**On average, how many days a week do you engage in moderate-high intensity exercise (cycling, brisk walk, etc.) that lasts for at least 10 minutes?**

Activity usually performed:

Office use only

Participant No:

VO2 max: ml/min/kg

Handgrip strength: (R)

(L)

**How many minutes do you typically spend exercising on these days?**