

## Test-retest reliability and correlates of the Simple Physical Activity Questionnaire in Ugandan out-patients with psychosis

Davy Vancampfort

David Basangwa

Simon Rosenbaum

Philip B Ward

James Mugisha

DOI: [10.4314/ahs.v20i3.49](https://doi.org/10.4314/ahs.v20i3.49)

Keywords: Physical activity; sedentary lifestyle; psychosis.

### Abstract

**Background:** In order to facilitate people with psychosis to increase their physical activity (PA) levels, a reliable measure-ment of these levels is of relevance.

**Objectives:** The primary aim of current study was to explore the test-retest of the Simple Physical Activity Questionnaire (SIMPAQ) in Ugandan outpatients with psychosis. A second aim was to explore correlates of the SIMPAQ, including de- mographic variables and antipsychotic medication dose.

**Methods:** Thirty-four women (33.9±6.0 years) and 21 men completed the SIMPAQ twice in a day. The test-retest reliability was assessed using Spearman Rho correlations coefficients. Differences in subgroups were analysed with Mann Whitney U tests.

**Results:** The SIMPAQ showed a good test-retest reliability with correlates ranging from 0.78 (P<0.001) for structured exer- cise to 0.96 (P<0.001) for walking. Women, non-smokers and those without HIV/AIDS showed higher incidental PA than men, smokers and those with HIV/AIDS.

**Conclusion:** The SIMPAQ is a reliable tool to assess PA and sedentary levels in Ugandan outpatients with psychosis. Men, smokers and those with HIV/AIDS appear to be at risk for lower incidental PA.

Keywords: Physical activity; sedentary lifestyle; psychosis.

Published  
2020-10-07Issue  
Vol. 20 No. 3 (2020)Section  
Articles

### A. AFRICAN HEALTH SCIENCES OPEN ACCESS POLICY

While African Health Sciences has been freely accessible online there have been questions on whether it is Open Access or not. We wish to clearly state that indeed **African Health Sciences is Open Access.** There are key issues regarding Open Access needing clarification for avoidance of doubt:

- 1.1 Henceforth, papers in African Health Sciences will be published under the CC BY (Creative Commons Attribution License) 4.0 International. See details on <https://creativecommons.org/>
- 1.2 The copyright owners or the authors grant the 3<sup>rd</sup> party (perpetually and in advance) the right to disseminate, reproduce, or use the research papers in part or in full, format/medium as long as:
  - No substantive errors are introduced in the process
  - Attribution of authorship and correct citation details are given
  - The referencing details are not changed.

Should the papers be reproduced in part, this must be clearly stated.

- 1.3 The papers will be freely and universally accessible online in an easily readable format such as XML in at least one widely recognized open access repository such as PUBMED CENTRAL.

### B. ABRIDGED LICENCE AGREEMENT BETWEEN AUTHORS AND African Health Sciences

I submitted my manuscript to African Health Sciences and would like to affirm that:

- 1.0 I am authorized by my co-authors to enter into these arrangements.
- 2.0 I guarantee, on behalf of self and co-authors:
  - That the paper is original, and has not been published in any other peer-reviewed journal; nor is it under consideration by other journal (s). It does not infringe existing copyright or any other person's rights
  - That we are/I am the sole author(s) of the paper and with authority to enter into this agreement. My granting rights to African Health Sciences is not in breach of any other obligation
  - That the paper contains nothing unlawful, or libelous. Nor anything that would constitute a breach of contract, confidence or commitment given to secrecy, if published
  - That I/we have taken care to ensure the integrity of the article.
- 3.0 I and all co-authors, agree that the paper, if accepted for publication, shall be licensed under the [Creative Commons Attribution License 4.0](https://creativecommons.org/licenses/by/4.0/). (see <https://creativecommons.org/>)



### HOW TO USE AJOL:

- for Researchers
- for Librarians
- for Authors
- FAQs

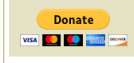
### RESOURCES:

- for Journals
- for Researchers
- for Authors
- for Policy Makers

### GENERAL:

- about Open Access
- Journal Quality
- More about AJOL
- AJOL's Partners
- Terms and Conditions of Use
- Contact AJOL

AJOL is a non-profit, relying on your support.



### 526 African Journals

- By Category
- Alphabetically
- By Country
- List All Titles
- Free To Read Titles

### Featuring journals from 32 Countries:

- Algeria (5)
- Benin (1)
- Botswana (3)
- Burkina Faso (3)
- Cameroun (8)
- Congo, Republic (1)
- Côte d'Ivoire (4)
- Egypt, Arab Rep. (14)
- Eritrea (1)
- Eswatini (3)
- Ethiopia (30)
- Ghana (27)
- Kenya (29)
- Lesotho (1)
- Libya (2)
- Madagascar (1)
- Malawi (4)
- Mauritius (3)
- Mozambique (1)
- Nigeria (222)
- Rwanda (7)
- Senegal (6)
- Sierra Leone (1)
- South Africa (96)
- South Sudan (1)
- Sudan (3)
- Tanzania (19)
- Togo (1)
- Tunisia (2)
- Uganda (12)
- Zambia (2)
- Zimbabwe (12)

### Current Issue

