

## VETERANS SPECIFIC ACTIVITY QUESTIONNAIRE

ID NUMBER:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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FORM CODE: **VSA**  
 VERSION: 1.0 08/29/2024

Event: \_\_\_\_\_

0a) Date of Collection   /   /          0b) Staff Code

**Instructions:** Questionnaire should be completed during the participant's clinic visit. Mark only one answer and read questions exactly as written.

**1. The following is a list of activities that increase in difficulty as you read down the page. Think carefully, then select the first activity that, if you performed it for a period of time, would typically cause fatigue, shortness of breath, chest discomfort, or otherwise cause you to want to stop. If you do not normally perform a particular activity, try to imagine what it would be like if you did.**

- |          |  |                          |
|----------|--|--------------------------|
| 1=1 MET  | Eating, getting dressed, working at a desk   | <input type="checkbox"/> |
| 2=2 METs | Taking a shower, shopping, cooking<br>Walking down 8 steps   | <input type="checkbox"/> |
| 3=3 METs | Walking slowly on a flat surface for 1 or 2 blocks<br>A moderate amount of work around the house, such as vacuuming,<br>sweeping the floors, or carrying groceries | <input type="checkbox"/> |
| 4=4 METs | Light yard work (i.e., raking leaves, weeding, sweeping, or pushing a<br>power mower), painting, or light carpentry  | <input type="checkbox"/> |
| 5=5 METs | Walking briskly (i.e., four miles in one hour)<br>Social dancing, washing the car  | <input type="checkbox"/> |
| 6=6 METs | Play 9 holes of golf carrying your own clubs. Heavy carpentry,<br>mow lawn with push mower   | <input type="checkbox"/> |
| 7=7 METs | Carrying 60 pounds, perform heavy outdoor work (i.e., digging, spading soil)<br>Walking uphill, play tennis (singles)  | <input type="checkbox"/> |

Myers J, Do D, Herbert W, Ribisl P, Froelicher VF. A nomogram to predict exercise capacity from a specific activity questionnaire and clinical data. *Am J Cardiol.* 1994 Mar 15;73(8):591-6. doi: 10.1016/0002-9149(94)90340-9. PMID: 8147307.

Myers J, Bader D, Madhavan R, et al. Validation of a specific activity questionnaire to estimate exercise tolerance in patients referred for exercise testing. *Am Heart J* 2001; 142:1041-1046. doi: 10.1067/mhj.2001.118740.

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Event: \_\_\_\_\_

- 8=8 METs Carrying groceries upstairs, move heavy furniture  
Jog slowly on flat surface, climb stairs quickly
- 9=9 METs Bicycling at a moderate pace, sawing wood, jumping rope (slowly)
- 10=10 METs Brisk swimming, bicycle up a hill, walking briskly uphill, jog 6 miles per hour
- 11=11 METs Carry a heavy load (i.e., a child or firewood) up 2 flights of stairs  
Play basketball (full court), cross country ski
- 12=12 METs Running briskly, continuously (level ground, 8 minutes per mile)
- 13=13 METs Any competitive activity, including those that involve intermittent sprinting.  
Running competitively, rowing, backpacking

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