SIMPAQ validation protocol

Aim: To determine the reliability and validity of the SIMPAQ among mental health service users against an objective measure of physical activity (accelerometer).

Hypothesis: We hypothesise that the SIMPAQ will demonstrate acceptable reliability and criterion validity (i.e. correlation > 0.3 or above for total physical activity) against the objective measure (accelerometer).

Eligibility criteria:

site will

subsequently provide details of the study methodology to potential participants and obtain written informed consent. Eligible participants will be a) aged 18-65 years, b) a current patient of one of the treatment facilities identified as being a research site c) meet Diagnostic and Statistical Manual of mental disorders criteria and/or ICD-10 criteria for a mental disorder. Potential participants will be excluded if there is evidence of significant cardiovascular, neuromuscular or endocrine disorders limiting regular

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Methodology:

assess test-retest reliability. All participants will be engaged in treatment at the relevant sites at the time of recruitment into the study. As such all participants will be receiving usual care involving any combination of pharmacological, psychotherapeutic and group based treatments.

Data storage and analysis: De-identified data will be entered into an online portal called Centrepoint designed specifically by the accelerometer manufacturer (Actigraph), for the purpose of study coordination. Centrepoint provides a secure portal by which all data can be collated. Site coordinators will be provided with unique password protected access to the Centrepoint site. Patients will be assigned a unique project ID at entry into the study. This ID will be used to identify individual data at all stages of the project. Only the PI at each site will have access to the corresponding personal identification data linked to each project ID. All computer files will be password protected and all paper files will be stored in a locked filing cabinet. In order to determine the concurrent validity of the SIMPAQ questionnaire, correlation coefficients will be calculated between the SIMPAQ items for total physical activity and physical activity as recorded by the accelerometer. Correlation coefficients will also be calculated for the SIMPAQ walking time item and sedentary time item and compared to the accelerometer. Anthropometrical, diagnostic, cognitive capacity and symptom severity data will be analysed according to groups allowing for exploratory analysis of the SIMPAQ validity to be conducted. Data will be analysed using SPSS v22.