

# SPAHRQ (Salutogenic Physical Activity Health Resources Questionnaire)

**SND-ID:** 2021-27-1. **Version:** 1. **DOI:** <https://doi.org/10.5878/h8qw-ax80>

## Associated documentation

Enkät.pdf (264.83 KB)

Kodbok.xlsx (14.84 KB)

## Citation

Ericson, H. (2023) SPAHRQ (Salutogenic Physical Activity Health Resources Questionnaire) (Version 1) [Data set]. Örebro University. Available at: <https://doi.org/10.5878/h8qw-ax80>

## Creator/Principal investigator(s)

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## Research principal

[Örebro University](#) - School of Health Sciences

## Description

Data contains a survey studying different physical activity initiatives that older adult men and women (aged 60 and above) participate in with the goal of staying healthy.

The overall purpose of this study was to explore different physical activity initiatives for older adults and explore in what ways the initiatives can result in an upward spiral in the process of aging well. The data focuses on environmental factors and health resources to which the older adults have access to help them remain physically active throughout life.

This survey contains a questionnaire; older adults participating in ongoing organized physical activity initiatives were the sample of interest.

Data is about physical activity, health and meaningfulness as older adults describes important in their exercise. Variables used are age, gender, physical activity, education level, city size.

Software used are IBM SPSS Statistics version 26.

## Data contains personal data

Yes

## Sensitive personal data

Yes

## Type of personal data

Dataset contains, age, gender, type of physical activity, living, how long physically active, activity cost, booking of the activity, how contact with activity, what they are looking forward to in the activity, total physical activity in one day, SOC-13

## Code key exists

Yes

**Language**

[Swedish](#)

**Unit of analysis**

[Individual/Patient](#)

**Population**

Middle Aged; Aged; Aged, 80 and over

**Time Method**

[Cross-section](#)

**Study design**

Cross-sectional study

**Description of study design**

A cross sectional study on an old adult population. The survey had the datacollection from December 2019 until March 2020 (covid-19 outbreak).

**Sampling procedure**

[Other](#)

A procedure with sampling on regular physical activity initiatives including exercise for old adults.

**Variables**

46

**Number of individuals/objects**

372

**Response rate/participation rate**

90%

Response rate at almost 90%

**Data format / data structure**

[Numeric](#)

[Text](#)

**Data collection 1**

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2019-12-12 - 2020-03-05
- Source of the data: Population group

**Geographic spread**

Geographic location: [Sweden](#), [Örebro County](#)

**Lowest geographic unit**

County (NUTS 3)

### Highest geographic unit

County (NUTS 3)

### Responsible department/unit

School of Health Sciences

### Ethics Review

Swedish Ethical Review Authority - Ref. 2019-04818

### Research area

[Public health, global health, social medicine and epidemiology](#) (Standard för svensk indelning av forskningsämnen 2011)

[Sport and fitness sciences](#) (Standard för svensk indelning av forskningsämnen 2011)

[Other health sciences](#) (Standard för svensk indelning av forskningsämnen 2011)

### Keywords

[Aged](#), [Physical activities](#), [Activities of daily living](#), [Aged, 80 and over](#), [Exercise](#), [Middle aged](#), [Surveys and questionnaires](#), [Quality of life](#), [Behavioral disciplines and activities](#), [Health promotion](#), [Sense of coherence](#), [Healthy aging](#), [Well-being \(society\)](#), [Well-being \(health\)](#), [Physical activity](#), [Salutogenic theory](#), [Mapping](#)

### Publications

Ericson, H., Quennerstedt, M., & Geidne, S. (2021). Physical activity as a health resource: a cross-sectional survey applying a salutogenic approach to what older adults consider meaningful in organised physical activity initiatives. *Health Psychology and Behavioral Medicine*, 9(1), 858-874.

**DOI:** <https://doi.org/10.1080/21642850.2021.1986400>

Ericson, H. (2022). Physical activity as a health resource : a cross-sectional survey applying a salutogenic approach to what older adults consider meaningful in organised physical activity initiatives [Poster presentation]. Presented at the 11th Conference of Health-enhancing Physical Activity (HEPA), Nice, France, August 31-September 2, 2022.

**URN:** <urn:nbn:se:oru:diva-103024>

**SwePub:** <oai:DiVA.org:oru-103024>

### Point (Lon/Lat)

15.030505, 59.406656

### Accessibility level

Access to data through SND

Access to data is restricted

### Use of data

[Things to consider when using data shared through SND](#)

### Versions

Version 1. 2023-08-30

**Download metadata**

[DataCite](#)

[DDI 2.5](#)

[DDI 3.3](#)

[DCAT-AP-SE 2.0](#)

[JSON-LD](#)

[PDF](#)

[Citation \(CSL\)](#)

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