

# Validation of the WHI Brief Physical Activity Questionnaire among Women Diagnosed with Breast Cancer

Marilyn Johnson-Kozlow, PhD; Cheryl L. Rock, PhD, RD; Elizabeth A. Gilpin, MS  
Kathryn A. Hollenbach, PhD; John P. Pierce, PhD

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**Objective:** To investigate the psychometric properties of the physical activity (PA) measure of the Women's Health Initiative (WHI). **Methods:** Women diagnosed with breast cancer and enrolled in the Women's Healthy Eating and Living Study (average age 55 years) wore an accelerometer for 1 week and completed the 7-day Physical Activity Recall (PAR) and brief WHI measure. **Results:** Both self-reports correlated 0.73 with the acceler-

ometer and had 100% sensitivity for meeting the current PA guideline, but specificity was significantly higher for the PAR. **Conclusions:** The WHI measure had comparable validity, sensitivity, and measurement bias compared to the widely accepted PAR.

**Key words:** epidemiological measurements; exercise; psychometrics; questionnaires; sensitivity and specificity

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