Readme Document

Data from the study of physical activity among infertile and fertile females

International Physical Activity Questionnaire (IPAQ) - WHO

Categorical scoring of physical activity:

1- **Category 1 High**
   At least one of two criteria should be fulfilled:
   a- vigorous-intensity activity on at least 3 days achieving a minimum Total physical activity of at least 1500 MET-minutes/week.
   b- 7 or more days of any combination of walking, moderate-intensity or vigorous-intensity activities achieving a minimum Total physical activity of at least 3000 MET-minutes/week.

2- **Category 2 Moderate**
   At least one of three criteria should be fulfilled:
   a- 3 or more days of vigorous-intensity activity of at least 20 minutes per day.
   b- 5 or more days of moderate-intensity activity and/or walking of at least 30 minutes per day.
   c- 5 or more days of any combination of walking, moderate-intensity or vigorous intensity activities achieving a minimum Total physical activity of at least 600 MET-minutes/week.

3- **Category 3 Low**
   Those individuals who not meet criteria for Categories 2 or 3 are considered to have a 'low' physical activity level.

Continuous scoring of physical activity:

1- Walking MET-minutes/week = 3.3 * walking minutes * walking days
2- Moderate MET-minutes/week = 4.0 * moderate-intensity activity minutes * moderate days
3- Vigorous MET-minutes/week = 8.0 * vigorous-intensity activity minutes * vigorous-intensity days
4- Total physical activity MET-minutes/week = sum of Walking + Moderate + Vigorous MET minutes/week scores.

Variable	Stands for	Description/Equation
SN	Serial Number	
CC	Case/Control	1 = Case 2 = Control
ccc	Control/Case	1 = Control 2 = Case
Age	Female age	Continuous
Age.G	Female age - Grouping 1	1 = (< 30); 2 = (≥ 30)
Age.G2	Female age - Grouping 2	1 = (< 25); 2 = (≥ 25)
M.age	Marital Age	Continuous
M.age.G	Marital age - Grouping	1 = (< 18); 2 = (18-28); 3 = (≥ 29)
MnAg	First menses age	Continuous
MnAg.G	First menses age - Grouping	1 = (<14); 2 = (≥ 14)
Ref	Refugee status	1= (Refugee); 2= (Non-Refugee)
R.Cmp	Residency-camp	1= (Living inside camps); 2= (Living outside camps)
R.Tn	Residency-Downtown	1= (Living downtown); 2= (living elsewhere)
Ed	Years of schooling	1= Illiterate 2= Primary 3= Secondary 4= High school 5= University 6= Higher education
Ed.G	Years of schooling - Grouping	1= ≤ preparatory; 2= High school; 3≥ University
Emp	Employment	1=Housewife 2=Employed in public sector 3=Employed in private sector 4=Employed in NGOs 5=Freelancer 6=Self-employed
Emp.G	Employment - Grouping	1=Employed 2=Unemployed
EmpH	Husband Employment	1=Unemployed 2=Employed in public sector 3=Employed in private sector 4=Employed in NGOs 5=Freelancer 6=Self-employed
EmpH.G	Husband Employment - Grouping	1=Employed 2=Unemployed
Inc	Monthly income	Continuous
Inc.G	Monthly income – Grouping In NIS (New Israeli Shekel)	1= (≤1500 NIS) 2= (1500-2500 NIS) 3= (>2500 NIS)
P1	Sitting per day in minutes	Time spent sedentarily per day in minutes
P2	Walking days/week	Number of days walking per week
P3	Walking per day in minutes	Time spent walking per day in minutes
P4	Moderate-days/week	Number of days per week doing moderate activities
P5	Moderate/d Min	Time spent per day in moderate activities in min
P6	Vigorous-days/w	Number of days per week doing vigorous activities
P7	Vigorous/d Min	Time spent per day in vigorous activities in min

WMET	Walking MET-min/w	WMET = 3.3 * P3 * P2
MMET	Moderate MET- min/w	MMET = 4 * P5 * P4
VMET	Vigorous MET – min/w	VMET = 8 * P7 * P6
TMET	Total physical activity MET – min/w	TMET = WMET + MMET + VMET
Atleast7	At least 7 days of any combination of walking, moderate-intensity or vigorous-intensity activities	Atleast7 = [(P2 + P4 + P6) ≥ 7] 1 = At least 7 days 0 = Less than 7 days
H1	High category – Criterion "a"	H1 = (P6 ≥ 3) & (TMET ≥ 1500) 1 = Meet criteria 0 = Do not meet criteria
H2	High category – Criterion "b"	H2 = (Atleast7 = 1) & (TMET ≥ 3000) 1 = Meet criteria 0 = Do not meet criteria
High	High physical activity	High = (H1 = 1) or (H2 = 1) 1 = Meet criteria 0 = Do not meet criteria
Atleast5	At least 5 days of any combination of walking, moderate-intensity or vigorous-intensity activities	Atleast5 = [(P2 + P4 + P6) ≥ 5] 1 = At least 5 days 0 = Less than 5 days
M1	Moderate category – criterion "a"	M1 = (P6 ≥ 3) & (P7 ≥ 20) 1 = Meet criteria 0 = Do not meet criteria
M2	Moderate category – criterion "b"	M2 = (Atleast5 = 1) & (P3+P5 ≥ 30) 1 = Meet criteria 0 = Do not meet criteria
M3	Moderate category – criterion "c"	M3=(Atleast5=1)&(TMET >= 600) 1 = Meet criteria 0 = Do not meet criteria
Mod	Moderate physical activity	IF(High=0), Mod=(M1=1)or(M2=1)or(M3=1) 1 = Meet criteria 0 = Do not meet criteria
Low	Low physical activity	Low = 1 If [(High + Mod) = 0] 1 = Low physical activity
Cat.PA	All categories in one column	1 = High physical activity 2 = Moderate physical activity 3 = Low physical activity
Wt	Weight of females in Kg	Continuous
Kcal.W	Kilocalories exerted in Walking MET-minutes/week	Kcal.W = WMET x (Weight / 60 kg)
Kcal.M	Kilocalories exerted in Moderate MET-minutes/week	Kcal.M = MMET x (Weight / 60 kg)
Kcal.V	Kilocalories exerted in Vigorous MET-minutes/week	Kcal.V = VMET x (Weight / 60 kg)
T.Kcal	Total kilocalories exerted / week	T.Kcal = Kcal.W + Kcal.M + Kcal.V
T.Kcal.G	Total kilocalories exerted/w - Grouping	1 = < 3000 / week 2 = ≥ 3000 / week
P1.G	Sitting per day in minutes - Grouping	1 = > 300 min/day 2 = ≤ 300 min/day