

The Rural Active Living Perceived Environmental Support Scale (RALPESS)

The RALPESS was designed as a self-report survey.

Please use the following participant and scoring instructions.

Participant Instructions:

Directions: This survey asks you questions about your town and the area where you live. There are questions that ask you about the town center, indoor and outdoor exercise areas, community buildings, and sidewalks and roadways.

It should take you 15-20 minutes to complete the survey.

Here are some things to think about as you take the survey.

- **The Area around your home** - This includes your home and yard; the streets, parks, and fields around your home; and the homes close to your home.
- **Your Town** - the community or town is closest to you home (**i.e. where you go to work, to school, or to shop**).
- **INDOOR exercise areas** - think about **indoor** places people use to be active, such as indoor pools, recreation centers, YMCAs, gyms, fitness centers, exercise rooms, sports courts, skate areas, or areas with exercise or sports gear (balls, treadmills, etc) in your town. These are places you can either get in free or pay to use.
- **OUTDOOR exercise areas** in your town – think about **outdoor** places that are designed for physical activity, such as pools, sports fields, sports courts, skate areas, tracks, trails, parks, lakes, rivers, or playgrounds. Please consider all outdoor areas in your town when answering the questions.
 - **Public places** are FREE to use, like parks, trails, tracks at schools.
 - **Private places** you have to PAY money to use, like private pools, fitness clubs.

Scoring Instructions:

Response options for each item range from “Strongly Disagree” to “Strongly Agree” on a 4-point Likert scale, where “Strongly Disagree” = 1 and “Strongly Agree” = 4. An additional answer response option of “Don’t Know” was also included. All responses of “Don’t Know” should be coded as ‘1’.

An overall, total RALPESS score provides insight into the perceived support for physical activity within rural areas, with higher scores indicating greater perceived support for activity. This overall RALPESS score is a summary score using all 33 items.

Summed subscale scores can also be used to examine perceived support for activity within specific domains in a community: Indoor Areas [items 1-6], Outdoor Areas [items 7-9], Town Center Physical Activity Resources [items 16-18], Town Center Connectivity [items 10-15], Schools [items 19-21], Churches [items 22-28], and Areas Around Your Home [items 29-33].