Phenotypes ActiLaus


Accelerometry

Activity intensity

Sleep parameters

Ecological Momentary Assessments (EMA)

Type of activity, mood, stress, energy levels, food intake (4 times a day)

Self-rating

Energy expenditure (PAFQ questionnaire)

Physical activity (IPAQ questionnaire)

Additional information

Accelerometry measured using a wrist worn accelerometer (GENEActiv accelerometer (Activinsights Ltd, United Kingdom)).

Physical activity questionnaire: Physical activity frequency questionnaire (PAFQ), International physical activity questionnaire (IPAQ).

COMPLEMENTARY INFORMATION ON ASSESEMENTS OF COLAUS|PSYCOLAUS here