

BACKGROUND:

The EASY Screener and Tool Kit were developed by a national working group to increase physical activity in adults aged 50 and older with start-up funding from the Robert Wood Johnson Foundation. The Texas A&M Center for Population Health and Aging is maintaining and updating this resource.

We would like to provide EASY information to researchers interested in screening, assessment and counseling tools. Researchers are granted some flexibility in how the EASY instrument(s) may be used in their studies. They may incorporate the questions, or use the materials as provided by the EASY Partners, or modify the assessment instruments.

As you plan your research project, please keep the following in mind:

- **RESEARCH AGREEMENT FORM:** we would greatly appreciate it if you complete a user form and return this so we are aware of use of the tool. You must complete this form (see page 2) and return it to our contact person prior to initiating any research project activities.
- **MODIFICATIONS TO THE EXERCISE AND SCREENING FOR YOU TOOLS:** If you modify the assessment instruments or use them in a format other than the version available from EASY Partners, please credit the EASY Partners on any print materials or publications as follows:

This assessment was adapted/used with permission from the *EASY* Partners who developed the *Exercise And Screening for You* materials. www.easyforyou.info

Resnick B, Ory MG, Hora K, Rogers ME, Page P, Bolin JN, Lyle RM, Sipe C, Chodzko-Zajko WJ and Bazzarre TL. A New Screening Paradigm and Tool: The Exercise/Physical Activity Assessment and Screening for You (EASY). *J Aging Phys Act.* 2008; 16 (2).

- **SUMMARY OF FINDINGS:** We would greatly appreciate a brief summary of your use of the EASY screening tool and associated findings.

Please send to:
Texas A&M Health Center for Population Health and Aging
Mail Stop 1266
University Drive & Adriance Lab
Road College Station, TX 77843-1266
HealthyAging@tamu.edu

RESEARCH AGREEMENT FORM

The EASY Partners request that researchers register their use of Exercise And Screening for You materials by providing the information below:

PRINCIPAL INVESTIGATOR:

EMAIL:

PHONE:

ORGANIZATION:

TITLE OF PROJECT:

FUNDING AGENCY:

PROJECT DATES:

PURPOSE OF PROJECT:

PLEASE DESCRIBE HOW THE EASY MATERIALS WILL BE USED IN THE RESEARCH PROJECT:

I have read and agree to abide by all terms and conditions specified in the Agreement for
Researchers using the Exercise And Screening for You materials.

Signature _____ Date _____

Please submit signed Research Agreement Form (prior to the project) and Summary of
Findings (at the close of the project) to:

Please send to:

Texas A&M Health Center for Population Health and Aging
Mail Stop 1266
University Drive & Adriance Lab
Road College Station, TX 77843-1266
HealthyAging@tamu.edu