

## **Factors Associated with the Commuting Mode Choice to School: An Investigation among University Students in a Secondary City of Bangladesh**

We are interested to find out the factors associated with the travelling pattern of university students to their campus. Our study findings will provide a detail about how students commute to their campus and which factors work behind it. We will keep your responses confidential and this data will be used only for research purposes. If you agree, please continue the survey. Thank you in advance for your kind cooperation.

### **Socio-demographic information:**

1. In which department do you study?  
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2. Which semester do you read in?  
▪ Fisrt Year ▪ Second Year ▪ Third Year ▪ Fourth Year ▪ Masters (junior) ▪ Masters (senior)
3. What is your registration number?  
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4. What is your mobile phone number?  
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5. What is your age?  
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6. What is your gender?  
▪ Male ▪ Female
7. What is your height in feet and inches (e.g. 5 fts 5 inches)?  
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8. What is your weight in kg?  
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9. Where is your home division?  
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10. Where is your place of residence?  
▪ Urban ▪ Rural
11. What is your father's educational status?  
▪ No education ▪ Primary ▪ Secondary ▪ Above Secondary
12. What is your mother's educational status?  
13. ▪ No education ▪ Primary ▪ Secondary ▪ Above Secondary
14. What is your father's occupation?  
▪ Farming ▪ Non-agri work (Trading/Nonagri labour)  
▪ Agricultural Labour ▪ Job/Service ▪ Others
15. What is your mother's occupation?  
▪ Housewife ▪ Job/Service ▪ Others
16. Types of your family?  
▪ Nuclear family ▪ Joint family or Extended family
17. What is your monthly family income in normal situation?  
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18. What is your place of residence in Sylhet?  
 ▪ Hall ▪ Mess ▪ Own residence
19. Are you involved in sports/gym in normal situation?  
 ▪ Yes ▪ No  
 If yes, how much time (in minutes) you usually spend on per day?  
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20. Do you have any problem of chronic complications? (e.g., asthma, coronary artery disease, arrhythmia, hypertension or diabetes mellitus)  
 ▪ Yes ▪ No  
 If yes, please specify the problems -----
21. Do any of your parents have long time standing disability?  
 ▪ Yes ▪ No

### **Commuting pattern:**

22. What is the distance between your residence and campus (in km)?  
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23. What are the available transportation modes for you to choose?  
 ▪ Rickshaw ▪ CNG ▪ Varsity bus ▪ Personal car/ motorbike ▪ Personal cycle ▪ Others (please, specify)
24. How do you usually commute to campus?  
 ▪ By walking ▪ By cycling ▪ By motorized vehicle ▪ By non-motorized vehicle ▪ Combined mode  
 If combined, which one covers the major part?  
 ▪ Walking ▪ Cycling ▪ Motorized vehicle ▪ Non-motorized vehicle
25. Do you think that the cost be matter for you to choose the transport mode?  
 ▪ Yes ▪ No

### **Psychological information:**

26. How people live with you (roommate/classmate) travel to campus?  
 ▪ By walking ▪ By cycling ▪ By motorized vehicle ▪ By non-motorized vehicle ▪ Combined mode  
 If combined, which one covers the major part?  
 ▪ Walking ▪ Cycling ▪ Motorized vehicle ▪ Non-motorized vehicle
27. Are you agreed with the statement 'I would walk/cycle more often if I had a friend/classmate to travel with'?  
 ▪ Strongly disagree ▪ Disagree ▪ No comment ▪ Agree ▪ Strongly agree
28. Do you think going to campus by walking/cycling is time consuming?  
 ▪ Strongly disagree ▪ Disagree ▪ No comments ▪ Agree ▪ Strongly agree
29. Do you think going to campus by walking/cycling has an adverse effects on your impression/outlook?  
 ▪ Strongly disagree ▪ Disagree ▪ No comments ▪ Agree ▪ Strongly agree
30. Do you think walking/cycling is good for health?  
 ▪ Yes ▪ No

If yes, do you travel to your campus by walking/cycling or want to do so if situation is favorable to you?

- Yes ▪ No

31. Do you feel safe walking/cycling to campus?

- Yes ▪ No

If no, why don't you feel safe?

- Lack of separate bicycle lane
- Unavailability of sidewalk
- Frequent road accident
- Bad condition of road
- Lack of over bridges
- Perception of neighbors
- Others

32. Do you think that restriction on vehicle other than walking/cycling should be imposed on the campus to increase facilities for active transportation?

- Yes ▪ No

#### **Attitude and behavior:**

33. How much time do you spend on internet (hours/day)?

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34. Specify your self-assessed socioeconomic class (one of six classes from 1 (lowest) to 6 (highest)).

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35. Specify your perceived degree of healthiness measured on a Likert scale from 1 (very unsatisfied) to 11 (very satisfied).

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#### **Environmental factors:**

36. Do you think weather condition has an effect on walking/cycling travelling?

- Yes ▪ No

If yes, which factors have an effect on travelling by walking/cycling?

- Heavy rainfall
- Extreme sunny weather
- Extreme cold weather
- Less tree coverage beside the walkway
- Others (please, specify)

#### **Physically active and sedentary behaviors before the COVID-19 pandemic:**

37. Do you usually have a job or do any unpaid work (volunteer work) outside your home?

[If No, please go to question # 43.]

- Yes ▪ No

*The questions 37-42 are about all the physical activity you do in the **usual 7 days** as part of your paid or unpaid work. This does not include traveling to and from work.*

38. During the **usual 7 days**, on how many days do you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing upstairs as part of your work?  
Think about only those physical activities that you do for at least 10 minutes at a time. [If No vigorous job-related physical activity, go to question # 39.]  
-----days per week
39. How much time do you usually spend on one of those days doing **vigorous** physical activities as part of your work?  
----- minutes per day
40. Again, think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **moderate** physical activities like carrying light loads **as part of your work**? Please do not include walking. [If No moderate job-related physical activity, go to question # 41.]  
-----days per week
41. How much time do you usually spend on one of those days doing **moderate** physical activities as part of your work?  
----- minutes per day
42. During the **usual 7 days**, on how many days do you **walk** for at least 10 minutes at a time **as part of your work**? Please do not count any walking you do to travel to or from work. [If No job-related walking, go to question # 44.]  
-----days per week
43. How much time do you usually spend on one of those days **walking** as part of your work?  
----- minutes per day

*The questions 43-48 are about how you usually travel from place to place, including to places like work, stores, movies, and so on.*

44. During the **usual 7 days**, on how many days do you **travel in a motor vehicle** like a train, bus, car, or tram? [If No traveling in a motor vehicle, go to question # 45.]  
-----days per week
45. How much time do you usually spend on one of those days **traveling** in a train, bus, car, tram, or other kind of motor vehicle?  
----- minutes per day
46. During the **usual 7 days**, on how many days do you **bicycle** for at least 10 minutes at a time to go **from place to place**? [If No bicycling from place to place, go to question # 47.]  
-----days per week
47. How much time do you usually spend on one of those days to **bicycle** from place to place?  
----- minutes per day
48. During the **usual 7 days**, on how many days do you **walk** for at least 10 minutes at a time to go **from place to place**? [If No walking from place to place, go to question # 49.]  
-----days per week

49. How much time do you usually spend on one of those days **walking** from place to place?  
----- minutes per day

*The questions 49-54 are about some of the physical activities you may do in the **usual 7 days** in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.*

50. Think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **vigorous** physical activities like heavy lifting, chopping wood, shoveling snow, or digging **in the garden or yard**? [If No vigorous activity in garden or yard, go to question # 51]  
-----days per week
51. How much time do you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?  
----- minutes per day
52. Again, think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **moderate** activities like carrying light loads, sweeping, washing windows, and raking **in the garden or yard**? [If No moderate activity in garden or yard, go to question # 53.]  
-----days per week
53. How much time do you usually spend on one of those days doing **moderate** physical activities in the garden or yard?  
----- minutes per day
54. Once again, think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **moderate** activities like carrying light loads, washing windows, scrubbing floors and sweeping **inside your home**? [If No moderate activity inside home, go to question # 55.]  
-----days per week
55. How much time do you usually spend on one of those days doing **moderate** physical activities inside your home?  
----- minutes per day

*The questions 55-60 are about all the physical activities that you do in the **usual 7 days** solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.*

56. Not counting any walking, you have already mentioned, during the **usual 7 days**, on how many days do you **walk** for at least 10 minutes at a time **in your leisure time**? [If No walking in leisure time, go to question # 57.]  
-----days per week
57. How much time do you usually spend on one of those days **walking** in your leisure time?  
----- minutes per day
58. Think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **vigorous** physical activities like

aerobics, running, fast bicycling, or fast swimming **in your leisure time**? [If No vigorous activity in leisure time, go to question # 59.]

-----days per week

59. How much time do you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

----- minutes per day

60. Again, think about only those physical activities that you do for at least 10 minutes at a time. During the **usual 7 days**, on how many days do you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis **in your leisure time**? [If No moderate activity in leisure time, go to question # 61.]

-----days per week

61. How much time do you usually spend on one of those days doing **moderate** physical activities in your leisure time?

----- minutes per day

*The last questions 61-62 are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told about.*

62. During the **usual 7 days**, how much time did you usually spend **sitting (other than campus)** on a **weekday**?

----- minutes per day

63. During the **usual 7 days**, how much time did you usually spend **sitting (other than campus)** on a **weekend day**?

----- minutes per day