

Appendix

Appendix 1a: version one of the survey

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

- ☐ Yes
- ☐ No

2. What are your previous experiences of cycling, if any?

3. How would you rank your cycling ability?

(No Ability)

(Excellent Ability)

1 2 3 4 5 6 7 8 9 10

4. Do you enjoy cycling?

- ☐ Yes
- ☐ No

5. How does the idea of cycling make you feel?

Physical Health

1. Do you enjoy being active?

- ☐ Yes
- ☐ No

2. How would you describe your physical fitness?

3. Are you happy with your fitness level?

- ☐ Yes
- ☐ No

4. How do you feel about being physically fit?

5. How important is physical fitness to you?

(Not Important)

(Very Important)

1 2 3 4 5 6 7 8 9 10

Mental Health

1. How independent do you feel?

(Not at all)

(Very Independent)

1 2 3 4 5 6 7 8 9 10

2. Describe your feelings towards independence?

3. Do you think that cycling could improve your independence?

- ☐ Yes
- ☐ No
- ☐ Maybe

4. Do you feel as though you have time or an activity for yourself?

- ☐ Yes
- ☐ No

5. Could cycling improve your mental wellbeing?

- ☐ Yes
- ☐ No

Final thoughts

Describe your feelings towards cycling

A large, empty rectangular box with a thin black border, intended for the user to write their final thoughts and feelings towards cycling.

Appendix 1b: Version two of the questionnaire

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

- ☐ Yes
- ☐ No

2. What are your previous experiences of cycling, if any?

3. How would you rank your cycling ability?

(No Ability)

(Excellent Ability)

12345678910

Change Case

4. How does cycling make you feel?



5. Why?

Physical Health

1. Do you feel active?

- ☐ Yes
- ☐ No

2. Do you enjoy being active?

- ☐ Yes
- ☐ No

3. Which best describes your physical fitness?



4. Why?

5. Would you like to be more active?

- ☐ Yes
- ☐ No

Mental Health

Independence is how much you rely on others to go about your daily life.

Mobility is how easily you can get out and about.

1. How independent do you feel?

(Not at all)

(Very Independent)

1 2 3 4 5 6 7 8 9 10

2. How do you feel about being independent?



3. Why?

4. Do you think that cycling could improve your independence?

- ☐ Yes
- ☐ No
- ☐ Maybe

5. What affect does cycling have on your mental wellbeing?



6. Why?

7. How do you feel about your mobility?



8. Why?

9. Would you like to be more mobile?

- ☐ Yes
- ☐ No

10. Do you think cycling could affect this?

- ☐ Yes
- ☐ No

Final thoughts

How do you feel about cycling?



Why?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question "Why?".

Appendix 1c: Final version of the questionnaire

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

- ☐ Yes
- ☐ No

2. What are your previous experiences of cycling, if any?

3. How does cycling make you feel?



4. How do you feel about cycling? Tick all that apply:

- ☐ I love to cycle
- ☐ Cycling is okay
- ☐ I don't enjoy cycling
- ☐ I don't know how to cycle

5. How often do you cycle?

- ☐ I cycle often
- ☐ I don't cycle as much as I would like
- ☐ I have never cycled

6. If possible, please explain your answer:

Physical Health

This section is to help us understand the impact cycling could have on how active you are. **Active** refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

- ☐ I am very active
- ☐ I am moderately active
- ☐ I wish I was more active
- ☐ I am not active

2. Which best describes how you feel towards being active?



3. If possible, please explain your answer:

4. Would you like to be more active?

- ☐ Yes
- ☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing?



2. If possible, please explain why cycling makes you feel this way:

3. How independent do you feel, in terms of transport?

(Not at all)

(Very Independent)

1 2 3 4 5 6 7 8 9 10

4. How do you feel about your transport independence?



5. Tick the statements that best fit how you feel about your transport independence:

- ☐ I have plenty of transport independence
- ☐ I wish I had more transport independence
- ☐ I have limited access to transport
- ☐ Money limits my level of transport independence
- ☐ I am trying to get more transport independence
- ☐ It makes me nervous relying on others for transport
- ☐ I do not have any transport independence

6. If possible, please explain your answer:

7. Do you think that cycling could improve your level of transport independence?

- ☐ Yes
- ☐ No
- ☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel?



If at all possible, please explain your answer:

Appendix 2: List of anomalies:

Statement	Date	Have you	How does	How do you	How often	Do you feel	Which be	Would you	What affe	How inde	How do you	Tick the st	Do you th	Consistent	Total	Without a
VCL	18/10/2021	1	1	2	1	2	1	1	1	2	1	-3	1	1	12	12
VCL	03/11/2021	1	1	2	1	2	1	1	1	3	1	2	1	1	18	18
IKM	18/10/2021	-1	1	2	1	2	1	1	1	-1	1	2	1	1	12	15
IKM	03/11/2021	1	1	2	1	1	1	1	1	3	1	2	1	1	17	17
SD	18/11/2021	1	1	2	1	-1	1	1	1	1	1	-2	1	0	8	8
SD	03/11/2021	1	1	2	1	1	1	1	1	5	1	2	1	1	19	19

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

☐ Yes

☒ No

The participant stated they hadn't cycled before but it later became clear that they had.

1. Do you feel active? Tick all that apply:

☐ I am very active

☒ I am moderately active

☐ I wish I was more active

☐ I am not active

The participants level of activity decreased which was an anomaly compared to their other answers

Appendix 3aI: VCL's before survey

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

☒ Yes

☐ No

2. What are your previous experiences of cycling, if any?

3. How does cycling make you feel?



4. How do you feel about cycling? Tick all that apply:

☒ I love to cycle

☐ Cycling is okay

☐ I don't enjoy cycling

☐ I don't know how to cycle

5. How often do you cycle?

☒ I cycle often

☐ I don't cycle as much as I would like

☐ I have never cycled

6. If possible, please explain your answer:

Physical Health

This section is to help us understand the impact cycling could have on how active you are. **Active** refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

- ☒ I am very active
- ☐ I am moderately active
- ☐ I wish I was more active
- ☐ I am not active

2. Which best describes how you feel towards being active?



3. If possible, please explain your answer:

4. Would you like to be more active?

- ☒ Yes
- ☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing?



2. If possible, please explain why cycling makes you feel this way:

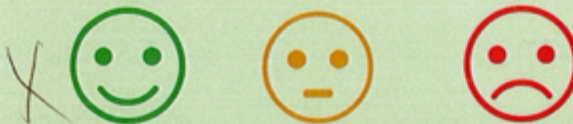
3. How independent do you feel, in terms of transport?

(Not at all)

(Very Independent)

1 2 3 4 5 6 7 8 9 10

4. How do you feel about your transport independence?



5. Tick the statements that best fit how you feel about your transport independence:

- ☐ I have plenty of transport independence
- ☐ I wish I had more transport independence
- ☐ I have limited access to transport
- ☐ Money limits my level of transport independence
- ☒ I am trying to get more transport independence
- ☐ It makes me nervous relying on others for transport
- ☐ I do not have any transport independence

6. If possible, please explain your answer:

7. Do you think that cycling could improve your level of transport independence?

- ☒ Yes
- ☐ No
- ☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel?



If at all possible, please explain your answer:

Appendix 3all: VCL's after survey

Name (or initials): VCL

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

~~x~~Yes

☐ No

2. What are your previous experiences of cycling, if any?

Cycled for many years

3. How does cycling make you feel? HAPPY



4. How do you feel about cycling? Tick all that apply:

XI love to cycle

- ☐ Cycling is okay
☐ I don't enjoy cycling
☐ I don't know how to cycle

5. How often do you cycle?

XI cycle often

- ☐ I don't cycle as much as I would like
☐ I have never cycled

6. If possible, please explain your answer:

Only form of transport. Makes me feel good

Physical Health

This section is to help us understand the impact cycling could have on how active you are. **Active** refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

☒ I am very active

☐ I am moderately active

☐ I wish I was more active

☐ I am not active

2. Which best describes how you feel towards being active? HAPPY



3. If possible, please explain your answer:

Likes to be active cycle to beach. Lifts spirits

4. Would you like to be more active?

☒ Yes

☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing? Improves mental ~~halth~~



2. If possible, please explain why cycling makes you feel this way:

If have a bad head or feels low cycling makes me feel better

3. How independent do you feel, in terms of transport?

(Not at all)

8

(Very Independent)

1 2 3 4 5 6 7 8 9 10

4. How do you feel about your transport independence? HAPPY



5. Tick the statements that best fit how you feel about your transport independence:

☒ I have plenty of transport independence

☐ I wish I had more transport independence

☐ I have limited access to transport

☐ Money limits my level of transport independence

☐ I am trying to get more transport independence

☐ It makes me nervous relying on others for transport

☐ I do not have any transport independence

6. If possible, please explain your answer:

Cycles locally happy to use coaches / trains for long journeys

7. Do you think that cycling could improve your level of transport independence?

☒ Yes

☐ No

☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Improve cycling skills. Learn maintenance.

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel? HAPPY



If at all possible, please explain your answer:

More I cycle happier I am. Gives me freedom

Date: 19/10/2021

Appendix 3b1: IKM's before survey

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

☐ Yes

☒ No

2. What are your previous experiences of cycling, if any?

3. How does cycling make you feel?



4. How do you feel about cycling? Tick all that apply:

☒ I love to cycle

☐ Cycling is okay

☐ I don't enjoy cycling

☐ I don't know how to cycle

5. How often do you cycle?

☒ I cycle often

☐ I don't cycle as much as I would like

☐ I have never cycled

6. If possible, please explain your answer:

Physical Health

This section is to help us understand the impact cycling could have on how active you are.

Active refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

- ☒ I am very active
- ☐ I am moderately active
- ☐ I wish I was more active
- ☐ I am not active

2. Which best describes how you feel towards being active?



3. If possible, please explain your answer:

happy

4. Would you like to be more active?

- ☒ Yes
- ☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing?



2. If possible, please explain why cycling makes you feel this way:

3. How independent do you feel, in terms of transport?

(Not at all)

(Very Independent)

1

2

3

4

5

6

7

8

9

10

4. How do you feel about your transport independence?



5. Tick the statements that best fit how you feel about your transport independence:

- ☒ I have plenty of transport independence
- ☐ I wish I had more transport independence
- ☐ I have limited access to transport
- ☐ Money limits my level of transport independence
- ☐ I am trying to get more transport independence
- ☐ It makes me nervous relying on others for transport
- ☐ I do not have any transport independence

6. If possible, please explain your answer:

7. Do you think that cycling could improve your level of transport independence?

- ☒ Yes
- ☐ No
- ☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel?



If at all possible, please explain your answer:

Appendix 3bII: IKM's after survey

Name (or initials): IKM

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

☒ Yes

☐ No

2. What are your previous experiences of cycling, if any?

Cycled for many years

3. How does cycling make you feel? HAPPY



4. How do you feel about cycling? Tick all that apply:

☒ I love to cycle

☐ Cycling is okay

☐ I don't enjoy cycling

☐ I don't know how to cycle

5. How often do you cycle?

☒ I cycle often

☐ I don't cycle as much as I would like

☐ I have never cycled

6. If possible, please explain your answer:

Only form of transport locally. Train for long journeys Makes me feel good

Physical Health

This section is to help us understand the impact cycling could have on how active you are.

Active refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

☐ I am very active

☐ I am moderately active

☐ I wish I was more active

☐ I am not active

2. Which best describes how you feel towards being active? HAPPY



3. If possible, please explain your answer:

Exercise, fresh air makes you feel good. Enables meeting other people

4. Would you like to be more active?

☒ Yes

☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing? Improves mental health



2. If possible, please explain why cycling makes you feel this way:

Lifts my spirits makes me happy

3. How independent do you feel, in terms of transport?

(Not at all)

8

(Very Independent)

1 2 3 4 5 6 7 8 9 10

4. How do you feel about your transport independence? HAPPY



5. Tick the statements that best fit how you feel about your transport independence:

☒ I have plenty of transport independence

- ☐ I wish I had more transport independence
- ☐ I have limited access to transport
- ☐ Money limits my level of transport independence
- ☐ I am trying to get more transport independence
- ☐ It makes me nervous relying on others for transport
- ☐ I do not have any transport independence

6. If possible, please explain your answer:

Cycles locally happy to use coaches / trains for long journeys

7. Do you think that cycling could improve your level of transport independence?

☒ Yes

- ☐ No
- ☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Improve cycling skills. Learn maintenance. Have fun

|

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel? HAPPY



If at all possible, please explain your answer:

Gives me freedom, independence. Good for physical and mental health

Date: 19/10/2021

Appendix 3cl: SD's before survey

Name (or initials): SD

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

☒ Yes

☐ No

2. What are your previous experiences of cycling, if any?

First time I cycled I fell off.

3. How does cycling make you feel? HAPPY



4. How do you feel about cycling? Tick all that apply:

☒ I love to cycle

☐ Cycling is okay

☐ I don't enjoy cycling

☐ I don't know how to cycle

5. How often do you cycle?

☒ I cycle often

☐ I don't cycle as much as I would like

☐ I have never cycled

6. If possible, please explain your answer:

Cycles whenever the weather is good

Physical Health

This section is to help us understand the impact cycling could have on how active you are.

Active refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

☐ I am very active

☒ I am moderately active

☐ I wish I was more active

☐ I am not active

2. Which best describes how you feel towards being active? Likes being active



3. If possible, please explain your answer:

Makes me feel good. Getting stronger. good for mental health

4. Would you like to be more active?

☒ Yes

☐ No

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing? Lifts MH



2. If possible, please explain why cycling makes you feel this way:

If feeling sad or low cycling makes me happy

3. How independent do you feel, in terms of transport?

(Not at all)

6

(Very Independent)

1 2 3 4 5 6 7 8 9 10

4. How do you feel about your transport independence? Good



5. Tick the statements that best fit how you feel about your transport independence:

- ☐ I have plenty of transport independence
- ☐ I wish I had more transport independence
- ☐ I have limited access to transport
- X Money limits my level of transport independence
- I am trying to get more transport independence
- ☐ It makes me nervous relying on others for transport
- ☐ I do not have any transport independence

6. If possible, please explain your answer:

Cycling or bus only transport. Limited funds for pubic transport

7. Do you think that cycling could improve your level of transport independence?

~~x~~Yes

- ☐ No
- ☐ Maybe

8. Please explain, as best as you can, why you have decided to take part in Freewheel

To get cycling experience. Learn how to mend bikes. Gain confidence

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel? OK



If at all possible, please explain your answer:

Enjoy cycling when nice weather. Not long distance. Would like to increase distance

Date: 19/10/2024

Appendix 3CII: SD's after survey

Freewheel Questionnaire

General Cycling Ability

1. Have you ever ridden a bike before?

- ☐ Yes

2. What are your previous experiences of cycling, if any?

I have good experience

3. How does cycling make you feel?



4. How do you feel about cycling? Tick all that apply:

- ☐ I love to cycle

5. How often do you cycle?

- ☐ I cycle often

6. If possible, please explain your answer:

I love to cycle

Physical Health

This section is to help us understand the impact cycling could have on how active you are. **Active** refers to the amount of physical activity you partake in, whether for enjoyment or to improve your physical health.

1. Do you feel active? Tick all that apply:

- ☐ I wish I was more active
- ☐

2. Which best describes how you feel towards being active?



3. If possible, please explain your answer:

The problems with my legs make it hard to be active

4. Would you like to be more active?

- ☐ Yes

Mental Health

This section is to understand how cycling impacts your mental health, through asking questions about your levels of independence and mobility. **Transport independence** is how much you rely on others for transport to go about your daily life. **Mobility** is the ability to go where you want, when you want to.

1. What affect does cycling have on your mental wellbeing?



2. If possible, please explain why cycling makes you feel this way:

It makes me feel good

3. How independent do you feel, in terms of transport?

(Not at all)

(Very Independent)

10

4. How do you feel about your transport independence?



5. Tick the statements that best fit how you feel about your transport independence:

- ☐ I have plenty of transport independence

6. If possible, please explain your answer:

I feel like I am independent with transport

7. Do you think that cycling could improve your level of transport independence?

- ☐ Yes

8. Please explain, as best as you can, why you have decided to take part in Freewheel

Yes cycling helps me

Final thoughts

After reading through this survey, it's good to think about how you feel about cycling in terms of all three of the sections: ability, physical health and mental health.

Considering your answers to the questionnaire, how do you feel?



If at all possible, please explain your answer:

I feel good about cycling, nothing else to add

