### Overview of items included in the long and short versions of the questionnaires

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
<th>Details</th>
<th>Long</th>
<th>Short</th>
</tr>
</thead>
</table>
| Perceptions of the environment | Perceptions of the neighbourhood environment | Items based on the ALPHA questionnaire [24]                          | 33 Likert scale items  
- Type of residence (4 items)  
- Distance to facilities (8 items)  
- Neighbourhood walking and cycling infrastructure (4 items)  
- Maintenance of infrastructure (3 items)  
- Neighbourhood safety (6 items)  
- Neighbourhood attractiveness (4 items)  
- Walking and cycling connectivity (4 items) | 23 items  
- Type of residence (4 items)  
- Distance to facilities (8 items)  
- Neighbourhood walking and cycling infrastructure (2 items)  
- Maintenance of infrastructure (2 items)  
- Neighbourhood safety (5 items)  
- Neighbourhood attractiveness (2 items) |
| Route-specific questions | Usual travel mode | 1 item  
Usual mode of travel between home or workplace and city | Remained unchanged | Remained unchanged |
| Purpose of travel | 1 item  
What are your main reasons for travelling between these destinations? | Remained unchanged | Remained unchanged | Remained unchanged |
| Perceptions of the route Adapted from | 11 Likert scale items | Reduced to 7 items | Reduced to 7 items | Reduced to 7 items |
### Attitudes towards walking and cycling

**B Intra-individual constructs**
Based on constructs of TPB [11]
All questions asked separately for walking for recreation, walking for utility, cycling for recreation and cycling for utility

- Habit (2 items)
- Enjoyment (2 items)
- Subjective norm (2 items)
- Behavioural control (2 items)
- Attitude (2 items)
- Social norms (1 item)
- Intention (2 items)

- Habit (1 item)
- Intention (1 item)

### Travel

**C Vehicle access**
No. of vehicles in household
1 item
Remained unchanged

- Cars in household
  - Type of cars in household
  - Information on vehicle road tax, fuel type, engine size, age for up to four vehicles
  - Remained unchanged

- Travel behaviour
  - 1-day recall
    - For each journey made the previous day: Purpose; origin and destination; start and end time; modes used; time (min) spent travelling and the distance (miles) travelled for each mode; no. of companion travellers
    - Remained unchanged

- 7-day recall
  - Record no. of trips made for six trip purposes (to and from work; to and from school or college; in the course of work or employer’s business; shopping,
  - Omitted
<table>
<thead>
<tr>
<th>Physical activity</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>D</strong></td>
<td>Activities at home</td>
<td>RPAQ</td>
<td>Average time spent watching TV, DVD or video Average time spent using a computer Average no. times climbed stairs</td>
</tr>
<tr>
<td><strong>E</strong></td>
<td>Activity at work or place of study</td>
<td>RPAQ</td>
<td>Employment status Occupation Travel to and from work (distance to work, trip time, trip frequency) Work postcode Facilities at work (8 items; yes/no)</td>
</tr>
<tr>
<td><strong>F</strong></td>
<td>Recreational activity</td>
<td>RPAQ</td>
<td>Record no. of sessions of recreational activities (7 options ranging from ‘none’ to ‘every day’) Record average time (minutes) per session for each activity</td>
</tr>
<tr>
<td><strong>Demographics</strong></td>
<td><strong>G</strong></td>
<td>Demographics</td>
<td>Sex, date of birth, height, weight, household composition, health, ethnicity, income, educational attainment, postcode, years living in current home</td>
</tr>
</tbody>
</table>

leisure or visiting friends or relatives; personal business, the mode used (walking, cycling, bus or coach, rail or underground, car, taxi or other) for each of these trip purposes, and the total time (min) spent in each mode for each trip purpose

Physical activity

D Activities at home RPAQ Average time spent watching TV, DVD or video Average time spent using a computer Average no. times climbed stairs Omitted

E Activity at work or place of study RPAQ Employment status Occupation Travel to and from work (distance to work, trip time, trip frequency) Work postcode Facilities at work (8 items; yes/no) Remained unchanged

F Recreational activity RPAQ Record no. of sessions of recreational activities (7 options ranging from ‘none’ to ‘every day’) Record average time (minutes) per session for each activity Replaced with IPAQ [13] Past 7-day recall of PA No. of days and time (minutes) spent in moderate-, vigorous-intensity PA and walking Numbers of hours spent sitting per day

Demographics

G Demographics Standard Sex, date of birth, height, weight, household composition, health, ethnicity, income, educational attainment, postcode, years living in current home Remain unchanged