My friends encourage me to spend less time playing computer/video games. I consider it possible to reduce my time playing computer/video games.

I think that I spend too much time playing computer/video games. Playing computer/video games takes time away from doing other important things.

C) Potential correlates

The couches at our place are comfortable to sit for a long time.

Other correlates

B) Potential correlates of TV viewing

I think watching TV is pleasant.
Watching TV takes time away from doing other important things.
I enjoy watching TV for many hours at a time.
Watching TV is my way to relax.
My family members think I spend too much time watching TV.
I think that I spend too much time watching TV.
I consider it possible to reduce my TV time.
I consider it possible to turn off the TV during weekend days until 5:00 p.m.
I consider it possible to turn off the TV during meals.
My family members encourage me to watch less TV.
My friends encourage me to watch less TV.
I think that youth my age should not spend more than ... (hours/minutes per day) in front of TV.
In which room do you watch TV most often?
How long, on average, do your parents/care givers spend watching TV in leisure time?
How long, on average, do your siblings spend watching TV in leisure time?
How often do you watch TV with your parents/care givers in leisure time?
How often do you watch TV with your siblings in leisure time?
To which extent do you consider it possible to implement standing tasks while watching TV (LPA)?
To which extent do you consider it possible to replace watching TV for 1 hour by standing tasks with light effort (LPA)?
To which extent do you consider it possible to stand up (short bouts) during advertisements while watching TV?
To which extent do you consider it possible to stand up for switching the TV station?
Do your parents/care givers have rules about how many hours per day you are allowed to watch TV?
The remote controller (TV) can always be found closely to me when I need it.
The couches at our place are comfortable to sit for a long time.

C) Potential correlates of gaming

I think playing computer/video games is pleasant.
I enjoy playing computer/video games for many hours at a time.
Playing computer/video games takes time away from doing other important things.
Playing computer/video games is my way to relax.
My parents would be pleased if I spent less time playing computer/video games.
My family members think I spend too much time playing computer/video games.
I think that I spend too much time playing computer/video games.
I consider it possible to reduce my time playing computer/video games.

Additional file 4 Results of the test-retest reliability study of the adolescents: Intraclass Correlation Coefficients (ICC), kappa and percentage agreement (item-specific)

<table>
<thead>
<tr>
<th>Item (per part of the questionnaire)</th>
<th>Test-retest reliability</th>
<th>Usability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ICC (95% CI)</td>
<td>kappa</td>
</tr>
</tbody>
</table>

A) Sedentary-related equipment

How many of the following non-portable electronic devices do you use and are present at your home?
- Number of TVs: 0.95 (0.89; 0.98) / 85.0 V
- Number of DVD players/video players: 0.38 (-0.06; 0.70) / 80.0 V
- Number of music players (radio, CD player, stereo,...): 0.87 (0.69; 0.94) / 70.0 V
- Number of computers (desktop): 0.96 (0.89; 0.98) / 83.3 V
- Number of gaming consoles (Xbox, PlayStation,...): 0.95 (0.88; 0.98) / 78.9 V

How many of these non-portable electronic devices are present in your bedroom?
- Number of TVs: 0.72 (0.41; 0.88) / 95.0 V
- Number of DVD players/video players: 0.80 (0.56; 0.92) / 95.0 V
- Number of music players (radio, CD player, stereo,...): 0.83 (0.61; 0.93) / 85.0 V
- Number of computers (desktop): 0.66 (0.31; 0.85) / 95.0 V
- Number of gaming consoles (Xbox, PlayStation,...): 0.53 (0.12; 0.78) / 95.0 V

How many of the following portable electronic devices do you use and are present at your home?
- Number of laptops: 0.93 (0.83; 0.97) / 90.0 V
- Number of mobile phones (no smartphone): 0.84 (0.65; 0.94) / 80.0 V
- Number of smartphones: 0.84 (0.65; 0.94) / 70.0 V
- Number of music players (iPod, MP3,...): 0.78 (0.51; 0.90) / 70.0 V
- Number of tablets (iPad, Samsung Galaxy Tab,...): 0.87 (0.69; 0.95) / 89.5 V
- Number of gaming consoles (PlayStation portable, Game Boy,...): 0.83 (0.62; 0.93) / 80.0 V

B) Potential correlates of TV viewing

I think watching TV is pleasant. 0.83 (0.62; 0.93) / 75.0 V
Watching TV takes time away from doing other important things. 0.87 (0.70; 0.95) / 65.0 V
I enjoy watching TV for many hours at a time. 0.85 (0.65; 0.94) / 52.6 V
Watching TV is my way to relax. 0.72 (0.41; 0.88) / 70.0 V
My family members think I spend too much time watching TV. 0.64 (0.28; 0.84) / 55.0 V
I think that I spend too much time watching TV. 0.79 (0.54; 0.91) / 65.0 V
I consider it possible to reduce my TV time. 0.49 (0.06; 0.77) / 57.9 V
I consider it possible to turn off the TV during weekend days until 5:00 p.m. 0.63 (0.27; 0.83) / 65.0 V
I consider it possible to turn off the TV during meals. 0.67 (0.31; 0.86) / 88.9 V
My family members encourage me to watch less TV. 0.63 (0.28; 0.84) / 65.0 V
My friends encourage me to watch less TV. 0.57 (0.17; 0.81) / 84.2 V
I think that youth my age should not spend more than ... (hours/minutes per day) in front of TV. 0.72 (0.41; 0.88) / 55.0 V
In which room do you watch TV most often? 0.63 (0.26; 0.83) / 90.0 V
How long, on average, do your parents/care givers spend watching TV in leisure time? 0.53 (0.13; 0.78) / 70.0 V
How long, on average, do your siblings spend watching TV in leisure time? 0.96 (0.90; 0.99) / 73.7 V
How often do you watch TV with your parents/care givers in leisure time? 0.92 (0.82; 0.97) / 90.0 V
How often do you watch TV with your siblings in leisure time? 0.92 (0.80; 0.97) / 80.0 V
To which extent do you consider it possible to implement standing tasks while watching TV (LPA)? 0.84 (0.63; 0.93) / 60.0 V
To which extent do you consider it possible to replace watching TV for 1 hour by standing tasks with light effort (LPA)? 0.54 (0.14; 0.79) / 60.0 V
To which extent do you consider it possible to stand up (short bouts) during advertisements while watching TV? 0.59 (0.21; 0.81) / 55.0 V
To which extent do you consider it possible to stand up for switching the TV station? 0.90 (0.75; 0.96) / 65.0 V
Do your parents/care givers have rules about how many hours per day you are allowed to watch TV? 0.44 88.9 V
The remote controller (TV) can always be found closely to me when I need it. 0.85 (0.65; 0.94) / 75.0 V
The couches at our place are comfortable to sit for a long time. 0.83 (0.62; 0.93) / 70.0 V

C) Potential correlates of gaming

I think playing computer/video games is pleasant. 0.74 (0.38; 0.90) / 66.7 V
I enjoy playing computer/video games for many hours at a time. 0.49 (-0.01; 0.80) / 66.7 V
Playing computer/video games takes time away from doing other important things. 0.85 (0.62; 0.95) / 66.7 V
Playing computer/video games is my way to relax. 0.78 (0.45; 0.92) / 80.0 V
My parents would be pleased if I spent less time playing computer/video games. 0.80 (0.50; 0.93) / 53.3 V
My family members think I spend too much time playing computer/video games. 0.59 (0.13; 0.84) / 53.3 V
I think that I spend too much time playing computer/video games. 0.70 (0.31; 0.89) / 66.7 V
I consider it possible to reduce my time playing computer/video games. 0.24 (-0.32; 0.67) / 57.1 V
My family members encourage me to spend less time playing computer/video games. 0.58 (0.11; 0.83) / 60.0 V
My friends encourage me to spend less time playing computer/video games. 0.67 (0.24; 0.88) / 78.6 V
How long, on average, do your parents/care givers sit when playing computer/video games in leisure time? 0.32 (-0.19; 0.70) / 81.3 V
How long, on average, do your siblings sit when playing computer/video games in leisure time? 0.92 (0.78; 0.97) / 56.3 V
How often do you play computer/video games (seated) with your parents/care givers in leisure time? 0.32 (-0.19; 0.70) / 81.3 V
How often do you play computer/video games (seated) with your siblings in leisure time? 0.88 (0.70; 0.96) / 75.0 V
How often do you play computer/video games (seated) with your friends in leisure time? 0.77 (0.45; 0.91) / 75.0 V
To which extent do you consider it possible to stand up spontaneously in a bus, train or metro (instead of sitting)? 0.24 (-0.28; 0.65) / 62.5 V
To which extent do you consider it possible to replace playing computer/video games for 1 hour by standing tasks (LPA)? 0.56 (0.10; 0.82) / 68.8 V
To which extent do you consider it possible to stand up for a couple of minutes after playing computer/video games while sitting for 30 minutes? 0.45 (-0.04; 0.77) / 50.0 V
Do your parents/care givers have rules about how many hours per day you are allowed to play computer/video games? / 0.63 92.9 V

**D) Potential correlates of computer use**

How long, on average, do your parents/care givers sit/lying down when using the computer in leisure time? 0.86 (0.68; 0.94) / 55.0 V
How long, on average, do your siblings sit when using the computer in leisure time? 0.92 (0.80; 0.97) / 75.0 V
How often do you use the computer (seated) at the same moment with your parents/care givers using a different computer in the same room in leisure time? 0.95 (0.87; 0.98) / 80.0 V
How often do you use the computer (seated) at the same moment with your siblings using a different computer in the same room in leisure time? 0.84 (0.64; 0.93) / 70.0 V
To which extent do you consider it possible to stand up while using a computer? 0.87 (0.69; 0.95) / 65.0 V
To which extent do you consider it possible to replace using a computer for 1 hour by standing tasks (LPA)? 0.47 (0.05; 0.75) / 60.0 V
To which extent do you consider it possible to stand up for a couple of minutes after using a computer while sitting for 30 minutes? 0.71 (0.39; 0.88) / 57.9 V
Do your parents/care givers have rules about how many hours per day you are allowed to use a computer? / 0.49 82.4 V
I think using a computer is pleasant in leisure time 0.82 (0.59; 0.92) / 70.0 V
Using a computer takes time away from doing other important things 0.78 (0.53; 0.91) / 80.0 V
I enjoy using a computer for many hours at a time 0.81 (0.58; 0.92) / 75.0 V
Using a computer is my way to relax 0.80 (0.57; 0.92) / 75.0 V
My family members think I spend too much time using a computer 0.29 (-0.17; 0.65) / 57.9 X
I think that I spend too much time using a computer in leisure time 0.16 (-0.30; 0.35) / 70.0 V
I consider it possible that I do not use a computer for some days in the week (leisure time) 0.50 (0.08; 0.77) / 45.0 V
I consider it possible to reduce my computer time in leisure time 0.75 (0.47; 0.89) / 65.0 V
My family members encourage me to spend less time using a computer in leisure time 0.59 (0.21; 0.81) / 65.0 V
My friends encourage me to spend less time using a computer in leisure time 0.46 (0.03; 0.74) / 70.0 V

**E) Potential correlates of motorized transport**

I think using motorized transport is pleasant 0.70 (0.37; 0.87) / 68.4 V
I think it is pleasant to work (e.g. school-related work, call someone,...) or to rest as a passenger during motorized transport 0.29 (-0.17; 0.64) / 55.0 X
I feel lazy arriving at my destination after motorized transport 0.86 (0.67; 0.94) / 68.4 V
I think that I spend too much time using motorized transport 0.73 (0.44; 0.88) / 70.0 V
I consider it possible to get off the bus/metro spontaneously 1 stop before my destination and to walk the remaining distance 0.55 (0.15; 0.79) / 50.0 V
I consider it possible to take the bicycle or to go by foot spontaneously even if it is possible to use a bus/metro or ride in a car 0.18 (-0.27; 0.57) / 55.0 X
My family members encourage me to use (more often) active transport (to bicycle or to walk) 0.61 (0.23; 0.83) / 63.2 V
My friends encourage me to use (more often) active transport (to bicycle or to walk) 0.57 (0.18; 0.81) / 75.0 V
My family members think I spend too much time using motorized transport 0.56 (0.17; 0.80) / 70.0 V
The most chosen transportation possibility to go to work/school from my parents/care givers is ... / 0.30 89.5 V
The most chosen transportation possibility to go to work/school from my siblings is ... / 0.83 90.0 V
The most chosen transportation possibility in leisure time from my parents/care givers is ... / 0.63 85.0 V
The most chosen transportation possibility in leisure time from my siblings is ... / 0.84 90.0 V
To which extent do you consider it possible to stand up spontaneously in a bus, train or metro (instead of sitting)? 0.75 (0.46; 0.89) / 75.0 V
To which extent do you consider it possible to stand up for a short duration after ... 0.80 (0.57; 0.92) / 75.0 V
sitting for 30 minutes in bus, train or metro?
How often do you use motorized transport to and from work/school together with your parents/care givers?
How often do you use motorized transport to and from work/school together with your siblings?
How often do you use motorized transport together with your parents/care givers in leisure time on a weekday?
How often do you use motorized transport together with your parents/care givers in leisure time on a weekend day?
How often do you use motorized transport together with your siblings in leisure time on a weekday?
How often do you use motorized transport together with your siblings in leisure time on a weekend day?

F) Potential correlates
How many hours physical education or sport do you have during the week at school (= during classes; include ‘swimming classes’; do not include ‘after school activities’)
What is your most common behaviour during school breaks at school?
What is your most common behaviour during lunch break at school?

G) Sedentary behaviours
In the last 7 days, on average, how long did you spend sitting or lying down watching TV in leisure time per weekday? (do include meals while sitting and watching TV)
In the last 7 days, on average, how long did you spend sitting or lying down watching TV in leisure time per weekend day? (do include meals while sitting and watching TV)
In the last 7 days, on average, how long did you spend sitting or lying down during playing computer/video games in leisure time per weekday?
In the last 7 days, on average, how long did you spend sitting or lying down during playing computer/video games in leisure time per weekend day?
In the last 7 days, on average, how long did you spend sitting or lying down during computer use in leisure time per weekday?
In the last 7 days, on average, how long did you spend sitting or lying down during computer use in leisure time per weekend day?
In the last 7 days, on average, how long did you sit a day while using motorized transport to and from your school (in a car, bus, train, on a motorbike, etc.; do not include cycling on a pedal bicycle)?
In the last 7 days, on average, how long did you sit using motorized transport in leisure time (e.g. to shops, friends,...), apart from your transport to and from school, per weekday (in a car, bus, train, on a motorbike, etc.; do not include cycling on a pedal bicycle)?
In the last 7 days, on average, how long did you sit using motorized transport in leisure time (e.g. to shops, friends,...), apart from your transport to and from school, per weekend day (in a car, bus, train, on a motorbike, etc.; do not include cycling on a pedal bicycle)?
In the last 7 days, on average, how long did you spend sitting during classes at school per day (do not include study time at home)?
In the last 7 days, on average, how long did you spend sitting or lying down during the following activities per day?
Sitting while reading (book, magazine,...) on a weekday – only printed documents
Sitting while reading (book, magazine,...) on a weekend day – only printed documents
Sitting for hobbies (voluntary work, drawing classes,...) on a weekday
Sitting for hobbies (voluntary work, drawing classes,...) on a weekend day
Sitting for socializing (visiting friends, cinema,...) on a weekday
Sitting for socializing (visiting friends, cinema,...) on a weekend day
Sitting while listening to music (radio, MP3,...) on a weekday
Sitting while listening to music (radio, MP3,...) on a weekend day
Sitting during meals (breakfast – dinner) on a weekday – do NOT include meals while sitting and watching TV
Sitting during meals (breakfast – dinner) on a weekend day – do NOT include meals while sitting and watching TV
Sitting during school work (at home: making homework, studying, using the computer for school,...) on a weekday
Sitting during school work (at home: making homework, studying, using the computer for school,...) on a weekend day
Sitting for using mobile phone (calling and texting) on a weekday
Sitting for using mobile phone (calling and texting) on a weekend day

H) Simultaneous behaviour
How often do you do the following situations at the same time (simultaneously)?
Watching TV AND using mobile phone
Watching TV AND using computer/tablet

0.93 (0.82; 0.97) / 80.0 V
0.99 (0.96; 1.00) / 89.5 V
0.71 (0.39; 0.87) / 65.0 V
0.72 (0.42; 0.88) / 70.0 V
0.91 (0.80; 0.97) / 80.0 V
0.89 (0.73; 0.96) / 66.7 V
0.92 (0.81; 0.97) / 85.0 V
0.57 (0.18; 0.80) / 75.0 V
0.79 (0.55; 0.91) / 75.0 V
0.79 (0.54; 0.91) / 45.0 V
0.65 (0.31; 0.85) / 55.0 V
0.10 (-0.40; 0.56) / 18.8 X
0.36 (-0.17; 0.73) / 53.3 X
0.50 (0.09; 0.77) / 40.0 V
0.50 (0.07; 0.77) / 42.1 V
0.86 (0.66; 0.95) / 52.9 V
0.33 (-0.14; 0.67) / 57.9 X
-0.06 (-0.49; 0.40) / 26.3 X
-0.01 (-0.44; 0.43) / 35.0 X
0.13 (-0.32; 0.53) / 55.0 X
0.03 (-0.41; 0.46) / 55.0 X
0.52 (0.11; 0.78) / 60.0 V
0.45 (0.02; 0.74) / 30.0 V
0.40 (-0.04; 0.71) / 50.0 X
0.49 (0.08; 0.76) / 50.0 V
0.87 (0.71; 0.95) / 70.0 V
0.85 (0.67; 0.94) / 65.0 V
<table>
<thead>
<tr>
<th>Activity Combination</th>
<th>Agree (% Agreement)</th>
<th>LPA</th>
<th>CI</th>
<th>Usability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using computer AND using mobile phone</td>
<td>0.71 (0.39; 0.88)</td>
<td>/</td>
<td>63.2</td>
<td>V</td>
</tr>
<tr>
<td>Using computer AND listening to music</td>
<td>0.71 (0.38; 0.88)</td>
<td>/</td>
<td>68.4</td>
<td>V</td>
</tr>
<tr>
<td>Using mobile phone (texting) AND having conversation with friends/family</td>
<td>0.88 (0.72; 0.95)</td>
<td>/</td>
<td>70.0</td>
<td>V</td>
</tr>
<tr>
<td>Using mobile phone AND listening to music</td>
<td>0.83 (0.61; 0.93)</td>
<td>/</td>
<td>75.0</td>
<td>V</td>
</tr>
</tbody>
</table>

Note: Agree (% agreement), LPA (light physical activities), CI (confidence interval).
Interpretation ‘usability’: V (item has moderate-to-excellent reliability, so can be used as a reliable item); X (item showed to have poor reliability, so cannot be used as a reliable single item).