### Potential correlates of TV viewing

<table>
<thead>
<tr>
<th>Item (per part of the questionnaire)</th>
<th>Test-retest reliability</th>
<th>Usability</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think watching TV is pleasant</td>
<td>0.75 (0.49; 0.89)</td>
<td>/ 75.1 V</td>
</tr>
<tr>
<td>Watching TV takes time away from doing other important things</td>
<td>0.67 (0.35; 0.85)</td>
<td>/ 70.0 V</td>
</tr>
<tr>
<td>I enjoy watching TV for many hours at a time</td>
<td>0.73 (0.46; 0.88)</td>
<td>/ 72.7 V</td>
</tr>
<tr>
<td>Watching TV is my way to relax after a school day/weekday</td>
<td>0.67 (0.36; 0.85)</td>
<td>/ 45.5 V</td>
</tr>
<tr>
<td>My family members think I spend too much time watching TV</td>
<td>0.87 (0.71; 0.95)</td>
<td>/ 81.0 V</td>
</tr>
<tr>
<td>I think that I spend too much time watching TV</td>
<td>0.82 (0.62; 0.92)</td>
<td>/ 81.8 V</td>
</tr>
<tr>
<td>I consider it possible to reduce my TV time</td>
<td>0.31 (-0.14; 0.66)</td>
<td>/ 35.0 X</td>
</tr>
<tr>
<td>I consider it possible to turn off the TV during weekend days until 5:00 p.m.</td>
<td>0.57 (0.21; 0.80)</td>
<td>/ 81.8 V</td>
</tr>
<tr>
<td>I consider it possible to turn off the TV during meals</td>
<td>0.74 (0.47; 0.88)</td>
<td>/ 81.8 V</td>
</tr>
<tr>
<td>My family members encourage me to watch less TV</td>
<td>0.38 (-0.05; 0.69)</td>
<td>/ 76.2 V</td>
</tr>
<tr>
<td>My friends encourage me to watch less TV</td>
<td>0.59 (0.23; 0.81)</td>
<td>/ 52.4 V</td>
</tr>
<tr>
<td>I think that adults should not spend more than ... (hours/minutes per day) in front of TV</td>
<td>0.76 (0.49; 0.89)</td>
<td>/ 57.1 V</td>
</tr>
<tr>
<td>In which room do you watch TV most often?</td>
<td>0.35 (-0.07; 0.67)</td>
<td>/ 95.5 V</td>
</tr>
<tr>
<td>How long, on average, does your partner spend watching TV?</td>
<td>0.84 (0.65; 0.93)</td>
<td>/ 47.6 V</td>
</tr>
<tr>
<td>How long, on average, do your children (still living at home) spend watching TV?</td>
<td>0.88 (0.69; 0.96)</td>
<td>/ 50.0 V</td>
</tr>
<tr>
<td>How often do you watch TV with your partner?</td>
<td>0.88 (0.73; 0.95)</td>
<td>/ 71.4 V</td>
</tr>
<tr>
<td>How often do you watch TV with your children (still living at home)?</td>
<td>0.93 (0.80; 0.98)</td>
<td>/ 66.7 V</td>
</tr>
<tr>
<td>To which extent do you consider it possible to implement standing tasks while watching TV (e.g. ironing, doing chores)?</td>
<td>0.55 (0.17; 0.79)</td>
<td>/ 42.9 V</td>
</tr>
<tr>
<td>To which extent do you consider it possible to replace watching TV for 1 hour by standing tasks with light effort (e.g. cleaning, doing chores)?</td>
<td>0.57 (0.20; 0.80)</td>
<td>/ 28.6 V</td>
</tr>
<tr>
<td>To which extent do you consider it possible to stand up (short bouts) during advertisements while watching TV?</td>
<td>0.43 (0.003; 0.72)</td>
<td>/ 47.6 V</td>
</tr>
</tbody>
</table>

### Potential correlates of computer use

<table>
<thead>
<tr>
<th>Item (per part of the questionnaire)</th>
<th>Test-retest reliability</th>
<th>Usability</th>
</tr>
</thead>
<tbody>
<tr>
<td>How long, on average, does your partner sit when using the computer (tablet, internet on smartphone, laptop, desktop,...) in leisure time?</td>
<td>0.20 (-0.26; 0.58)</td>
<td>/ 25.0 X</td>
</tr>
<tr>
<td>How long, on average, do your children (still living at home) sit when using the computer (tablet, internet on smartphone, laptop, desktop,...) in leisure time?</td>
<td>0.83 (0.60; 0.93)</td>
<td>/ 52.6 V</td>
</tr>
<tr>
<td>How often do you use the computer (seated) at the same moment with your partner using a different computer in the same room in leisure time?</td>
<td>0.67 (0.33; 0.85)</td>
<td>/ 40.0 V</td>
</tr>
<tr>
<td>How often do you use the computer (seated) at the same moment with your children (still living at home) using a different computer in the same room in leisure time?</td>
<td>0.92 (0.79; 0.97)</td>
<td>/ 73.3 V</td>
</tr>
<tr>
<td>To which extent do you consider it possible to stand up while using a computer?</td>
<td>0.34 (-0.09; 0.67)</td>
<td>/ 52.4 X</td>
</tr>
<tr>
<td>To which extent do you consider it possible to replace using a computer for 1 hour by standing tasks with light effort (e.g. cleaning, doing chores)?</td>
<td>0.43 (0.01; 0.72)</td>
<td>/ 33.3 V</td>
</tr>
<tr>
<td>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?</td>
<td>0.18 (-0.26; 0.56)</td>
<td>/ 52.4 X</td>
</tr>
<tr>
<td>I think using a computer is pleasant in leisure time</td>
<td>0.75 (0.49; 0.89)</td>
<td>/ 47.6 V</td>
</tr>
<tr>
<td>Using a computer takes time away from doing other important things</td>
<td>0.59 (0.21; 0.81)</td>
<td>/ 55.0 V</td>
</tr>
<tr>
<td>I enjoy using a computer for many hours at a time</td>
<td>0.79 (0.56; 0.91)</td>
<td>/ 76.2 V</td>
</tr>
<tr>
<td>Using a computer is my way to relax after a school day/weekday</td>
<td>0.66 (0.33; 0.85)</td>
<td>/ 52.4 V</td>
</tr>
<tr>
<td>My family members think I spend too much time using a computer</td>
<td>0.35 (-0.09; 0.67)</td>
<td>/ 57.1 X</td>
</tr>
<tr>
<td>I think that I spend too much time using a computer</td>
<td>0.55 (0.15; 0.79)</td>
<td>/ 60.0 V</td>
</tr>
<tr>
<td>I consider it possible that I do not use a computer for some days in the week (leisure time)</td>
<td>0.55 (0.17; 0.79)</td>
<td>/ 52.4 V</td>
</tr>
<tr>
<td>I consider it possible to reduce my computer time in leisure time</td>
<td>0.70 (0.39; 0.86)</td>
<td>/ 61.9 V</td>
</tr>
<tr>
<td>My family members encourage me to spend less time using a computer in leisure time</td>
<td>0.38 (-0.06; 0.70)</td>
<td>/ 60.0 X</td>
</tr>
<tr>
<td>My friends encourage me to spend less time using a computer in leisure time</td>
<td>0.52 (0.12; 0.77)</td>
<td>/ 52.4 V</td>
</tr>
</tbody>
</table>

### Potential correlates of motorized transport

<table>
<thead>
<tr>
<th>Item (per part of the questionnaire)</th>
<th>Test-retest reliability</th>
<th>Usability</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel lazy arriving at my destination after motorized transport</td>
<td>0.43 (0.004; 0.72)</td>
<td>/ 52.4 V</td>
</tr>
<tr>
<td>I think using motorized transport is pleasant</td>
<td>0.72 (0.43; 0.88)</td>
<td>/ 60.0 V</td>
</tr>
<tr>
<td>I think it is pleasant to work or to rest as a passenger during motorized transport</td>
<td>0.58 (0.20; 0.81)</td>
<td>/ 45.0 V</td>
</tr>
<tr>
<td>I think I spend too much time using motorized transport</td>
<td>0.66 (0.33; 0.85)</td>
<td>/ 61.9 V</td>
</tr>
<tr>
<td>I consider it possible to get off the bus/metro spontaneously 1 stop before my destination and to walk the remaining distance</td>
<td>0.67 (0.30; 0.86)</td>
<td>/ 55.6 V</td>
</tr>
<tr>
<td>I consider it possible to park the car somewhat further spontaneously and to walk the remaining distance</td>
<td>0.66 (0.32; 0.84)</td>
<td>/ 38.1 V</td>
</tr>
<tr>
<td>I consider it possible to take the bicycle or to go by foot spontaneously even if it is possible to use a car</td>
<td>0.75 (0.47; 0.89)</td>
<td>/ 61.9 V</td>
</tr>
<tr>
<td>My family members encourage me to use (more often) active transport (to bicycle or to walk)</td>
<td>0.45 (0.03; 73)</td>
<td>/ 38.1 V</td>
</tr>
</tbody>
</table>
My friends encourage me to use (more often) active transport (to bicycle or to walk) 0.55 (0.16; 0.79) / 42.9 V
My family members think I spend too much time using motorized transport 0.50 (0.10; 0.76) / 61.9 V
The most chosen transportation possibility to go to work/school from my partner is ... / 1.00 100 V
The most chosen transportation possibility to go to work/school from my children (still living at home) is ... / 0.59 73.7 V
The most chosen transportation possibility in leisure time from my partner is ... / 0.29 75.0 V
The most chosen transportation possibility in leisure time from my children (still living at home) is ... / 0.75 84.2 V
To which extent do you consider it possible to stand up spontaneously in a bus, train or metro (instead of sitting)? 0.78 (0.52; 0.91) / 50.0 V
To which extent do you consider it possible to stand up for a while after a period of uninterrupted sitting 0.72 (0.41; 0.88) / 55.0 V
It is easy to park the car at public places (shops, station, ... 0.70 (0.40; 0.87) / 66.7 V
I receive a lot of information about 'sitting activities' like cinema or sport games via billboards along the road and/or the radio 0.63 (0.27; 0.83) / 55.0 V
How often do you use motorized transport to and from work/school together with your partner? 0.87 (0.70; 0.94) / 81.0 V
How often do you use motorized transport to and from work/school together with your children (still living at home)?) 0.81 (0.58; 0.92) / 76.2 V
How often do you use motorized transport in leisure time together with your partner on a weekday? 0.77 (0.51; 0.90) / 57.1 V
How often do you use motorized transport in leisure time together with your partner on a weekend day? 0.42 (-0.004; 0.72) / 71.4 V
How often do you use motorized transport in leisure time together with your children (still living at home) on a weekday? 0.94 (0.86; 0.98) / 80.0 V
How often do you use motorized transport in leisure time together with your children (still living at home) on a weekend day? 1.00 (1.00; 1.00) / 100 V

D) Potential correlates of occupation
My attention decreases while sitting for a long time 0.63 (0.27; 0.83) / 35.0 V
I think it is pleasant to sit for a long time during working hours 0.52 (0.11; 0.78) / 50.0 V
Sitting at work is an ideal opportunity to rest 0.73 (0.43; 0.88) / 75.0 V
My colleagues think I spend too much time sitting 0.60 (0.19; 0.83) / 44.4 V
I think that I spend too much time sitting at work 0.72 (0.41; 0.88) / 57.9 V
I consider it possible to do certain tasks (calling,...) while standing 0.66 (0.31; 0.85) / 60.0 V
I consider it possible to stand up for a while after a period of uninterrupted sitting 0.54 (0.14; 0.79) / 55.0 V
I consider it possible to stand up more often during breaks 0.48 (0.07; 0.76) / 55.0 V
My colleagues encourage me to sit less 0.31 (-0.15; 0.65) / 55.0 V
My colleagues at my office and/or department stand up regularly during working hours and/or breaks 0.50 (0.08; 0.76) / 45.0 V
What action do you do most often when you have a question for a colleague at another office? 0.87 (0.70; 0.95) / 94.7 V
How many persons are there in your office (including yourself)? 0.94 (0.81; 0.98) / 76.9 V
At work I have bicycles provided by the employer / 0.69 90.0 V
At work I have employer subsidized public transport / 0.77 90.0 V
The office chairs are comfortable to sit / 0.35 70.6 V
There is a spacious and/or easy parking / 0.44 89.5 V
There is a bicycle parking / 0.73 89.5 V
There are standing desks (heightened desks at which one can work while standing) / 1.00 100 V
To which extent do you consider it possible to stand up while working at your desk? 0.74 (0.40; 0.90) / 68.8 V
To which extent do you consider it possible to stand up while calling? 0.55 (0.13; 0.81) / 44.4 V
To which extent do you consider it possible to go to a colleague yourself instead of calling him/her? 0.40 (-0.09; 0.73) / 58.8 V
To which extent do you consider it possible to stand up for a couple of minutes after sitting for 30 minutes? 0.63 (0.24; 0.84) / 72.2 V
To which extent do you consider it possible to remove appliances so that you would have to stand up to operate them (e.g. printer, telephone,...)? 0.49 (-0.01; 0.80) / 53.3 V
I think interrupting sitting activities by standing up at work is disturbing for colleagues 0.78 (0.50; 0.92) / 52.9 V
I think interrupting sitting activities by standing up at work is ridiculous 0.06 (-0.44; 0.52) / 25.0 X
I think interrupting sitting activities by standing up at work is good for my health 0.76 (0.42; 0.91) / 73.3 V
I am sure that I can stand up (more often) as a break during my work, even if my colleagues are not doing this 0.39 (-0.10; 0.72) / 35.3 X
I am sure that I can stand up (more often) as a break during my work, even if my colleagues do not support me 0.51 (0.04; 0.80) / 62.5 V
How would you like to perform the following tasks at work?
Making phone calls / 0.74 88.2 V
Having short meetings / 0.78 88.9 V
E) Potential correlates of household tasks and making phone calls

I think it is pleasant to sit while doing household tasks: 0.66 (0.34; 0.84) / 45.5 V
I work faster when I sit during household tasks: 0.63 (0.29; 0.83) / 45.5 V
I would like to stand more often while doing household tasks: 0.38 (-0.04; 0.68) / 54.5 X
I think that I can stand up more often while doing household tasks: 0.54 (0.15; 0.79) / 50.0 V
I consider it possible to stand up while calling: 0.74 (0.46; 0.88) / 68.2 V
I consider it possible to stand up while doing tasks in the kitchen: 0.76 (0.51; 0.89) / 81.8 V
My family members encourage me to sit less while doing household tasks: 0.27 (-0.17; 0.61) / 45.5 X
Household tasks are usually done while sitting by my children: 0.85 (0.68; 0.94) / 72.7 V
Household tasks are usually done while sitting by my partner: 0.26 (-0.17; 0.61) / 40.9 X

How would you like to perform the following household tasks?

Making phone calls: / 0.70 86.4 V
Peeling potatoes/cutting vegetables: / 0.61 90.9 V
Ironing: / Δ 95.5 V
Folding laundry: / 0.49 86.4 V
Brushing teeth: / Δ 100 V
To repair something: / 0.31 76.2 V

To which extent do you consider it possible to do more household tasks while being upright?
To which extent do you consider it possible to remove appliances so that you would have to stand up to operate them (e.g. printer, remote controller TV, …)?
I am sure that I can interrupt my sitting activities (more often) at home, even if my family members are not doing this
I am sure that I can interrupt my sitting activities (more often) at home, even if my family members do not support/understand me

F) Sedentary-related equipment

How many of the following non-portable electronic devices do you use and are present at your home?

Number of TVs (pay TV): 0.86 (0.69; 0.94) / 90.9 V
Number of TVs (no pay TV): 0.77 (0.52; 0.90) / 81.8 V
Number of DVD players/video players: 0.86 (0.69; 0.94) / 86.4 V
Number of music players (radio, CD player, stereo, …): 0.74 (0.46; 0.89) / 47.6 V
Number of computers (desktop): 0.76 (0.50; 0.89) / 81.8 V
Number of gaming consoles for TV (Xbox, PlayStation, …): 0.67 (0.35; 0.85) / 85.7 V
Number of telephones (dedicated line): 0.91 (0.80; 0.96) / 86.4 V

How many of these non-portable electronic devices are present in your bedroom?

Number of TVs (pay TV): 1.00 (1.00; 1.00) / 100 V
Number of TVs (no pay TV): 1.00 (1.00; 1.00) / 100 V
Number of DV players/video players: 1.00 (1.00; 1.00) / 100 V
Number of music players (radio, CD player, stereo, …): 0.70 (0.40; 0.86) / 86.4 V
Number of computers (desktop): 3 / 95.2 V
Number of gaming consoles for TV (Xbox, PlayStation, …): 3 / 100 V
Number of telephones (dedicated line): 0.84 (0.65; 0.93) / 95.5 V

How many of the following portable electronic devices do you use and are present at your home?

Number of laptops: 0.29 (-0.14; 0.63) / 68.2 V
Number of mobile phones (no smartphone): 0.49 (0.10; 0.75) / 77.3 V
Number of smartphones: 0.87 (0.72; 0.95) / 86.4 V
Number of music players (iPod, MP3, …): 0.51 (0.12; 0.76) / 90.9 V
Number of gaming consoles (PlayStation portable, Game Boy, …): 0.31 (-0.13; 0.65) / 95.2 V
Number of tablets (iPad, Samsung Galaxy Tab, …): 0.89 (0.76; 0.96) / 95.2 V

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

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)
0.77 (0.50; 0.90) / 45.0 V
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)
0.73 (0.44; 0.88) / 25.0 V
In the last 7 days, on average, how long did you spend sitting during computer use in leisure time per weekday?
0.89 (0.75; 0.95) / 71.4 V
In the last 7 days, on average, how long did you spend sitting during computer use in leisure time per weekend day?
0.90 (0.76; 0.96) / 60.0 V
In the last 7 days, on average, how long did you sit a day while travelling to and from your occupation/school (moped, in a car, bus, train, metro or on a motorbike; do not include cycling on a pedal bicycle)?

- 0.95 (0.88; 0.98) / 68.4 V
- 0.86 (0.66; 0.94) / 52.6 V
- 0.73 (0.45; 0.88) / 38.1 V

In the last 7 days, on average, how much time per day did you spend sitting while doing household tasks (e.g. cooking, ironing, to repair something) and making phone calls at home per weekday?

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, newspaper,…) on a weekend day
  - 0.53 (0.14; 0.78) / 42.9 V
- Sitting while reading (book, magazine, newspaper,…) on a weekend day
  - 0.63 (0.28; 0.83) / 38.1 V
- Sitting while caring (children, family members,…) on a weekend day
  - 0.51 (0.11; 0.77) / 66.7 V
- Sitting while caring (children, family members,…) on a weekend day
  - 0.68 (0.34; 0.86) / 68.4 V
- Sitting for hobbies (drawing, playing cards,…) on a weekday
  - 0.67 (0.35; 0.85) / 38.1 V
- Sitting for hobbies (drawing, playing cards,…) on a weekend day
  - 0.49 (0.07; 0.76) / 40.0 V
- Sitting for socializing (visiting friends, in a pub, cinema,…) on a weekday
  - 0.44 (0.02; 0.73) / 47.6 V
- Sitting for socializing (visiting friends, in a pub, cinema,…) on a weekend day
  - 0.81 (0.59; 0.92) / 42.9 V
- Sitting while listening to music (radio, CD, iPod,…) on a weekday
  - 0.74 (0.47; 0.88) / 45.5 V
- Sitting while listening to music (radio, CD, iPod,…) on a weekend day
  - 0.69 (0.38; 0.86) / 57.1 V
- Sitting during meals (breakfast,…) on a weekday
  - 0.66 (0.33; 0.84) / 68.2 V
- Sitting during meals (breakfast,…) on a weekend day
  - 0.63 (0.28; 0.83) / 52.4 V

**H) Simultaneous behaviour**

How often do you do the following situations at the same time?

- Watching TV AND using mobile phone
  - 0.87 (0.70; 0.94) / 66.7 V
- Watching TV AND using computer/tablet
  - 0.87 (0.71; 0.95) / 71.4 V
- Using computer AND using mobile phone
  - 0.86 (0.70; 0.94) / 68.2 V
- Using computer AND listening to music
  - 0.69 (0.39; 0.86) / 54.5 V
- Using mobile phone AND having conversation with friends/family
  - 0.61 (0.26; 0.82) / 59.1 V
- Using mobile phone AND listening to music
  - 0.67 (0.36; 0.85) / 68.2 V

**Note:** *scale has zero variance items*, Δ (At least one variable in test-retest analyses is a constant), 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)