



Time spent sitting

The following questions are about the time you spent sitting at work, at home, while studying or during leisure in the last 7 days. This includes time you sat behind a desk, received visitors, reading, viewing television, and during motorized transport.

1a During the last seven days, on how many days did you use public transport (train, bus or tram)?

_____ days per week

No (*skip to question 1c*)

1b How much time did you usually spend on one of those days using public transport?

_____ hours _____ minutes per day

1c During the last seven days, on how many days were you the driver of a motorized vehicle (e.g. moped, moto, car)?

_____ days per week

No (*skip to question 1e*)

1d How much time did you usually spend on one of those days driving a motorized vehicle?

_____ hours _____ minutes per day

1e During the last seven days, on how many days were you a passenger in a motorized vehicle?

_____ days per week

No (*skip to question 1g*)

1f How much time did you usually spend on one of those days being a passenger in a motorized vehicle?

____ hours ____ minutes per day

1g During the last seven days, on how many days did you use a computer?

_____ days per week

No (*skip to question 1i*)

1h How much time did you usually spend on one of those days using a computer?

____ hours ____ minutes per day

1i During the last seven days, on how many days did you read (book, newspaper, magazine)?

_____ days per week

No (*skip to question 1k*)

1j How much time did you usually spend on one of those days reading?

_____ hours ____ minutes per day

1k During the last seven days, on how many days did you watch television?

_____ days per week

O No (skip to question 1m)

1l How much time did you usually spend on one of those days watching television?

_____ hours ____ minutes per day

1m During the last seven days, on how many days did you engage in sitting hobbies such as handicraft, playing cards, etc.?

_____ days per week

O No (skip to question 1o)

1n How much time did you usually spend on one of those days in sitting hobbies?

_____ hours ____ minutes per day

1o During the last seven days, on how many days did you make a phone call while sitting?

_____ days per week

O No (skip to question 1q)

1p How much time did you usually spend on one of those days making a phone call while sitting?

____ hours ____ minutes per day

1q During the last seven days, on how many days did you chat with friends or acquaintances (not on the phone) or listened to music while sitting?

_____ days per week

O No (skip to question 1s)

1r How much time did you usually spend on one of those days chatting with friends or acquaintances (not on the phone) or listening to music while sitting?

____ hours ____ minutes per day

1s During the last seven days, on how many days did you do household chores, such as ironing, folding laundry or preparing a meal, while sitting?

_____ days per week

O No (skip to question 1u)

1t How much time did you usually spend on one of those days doing household chores while sitting?

____ hours ____ minutes per day

1u During the last seven days, how much time did you usually spend per day eating while sitting?

____ hours ____ minutes per day