

**Additional file 5** Results of the test-retest reliability study of the adults: Intraclass Correlation Coefficients (ICC), kappa and percentage agreement (item-specific)

Item (per part of the questionnaire)	Test-retest reliability			Usability
	ICC (95% CI)	kappa	agree	
<b>A) Potential correlates of TV viewing</b>				
I think watching TV is pleasant	0.75 (0.49; 0.89)	/	59.1	V
Watching TV takes time away from doing other important things	0.67 (0.35; 0.85)	/	50.0	V
I enjoy watching TV for many hours at a time	0.73 (0.46; 0.88)	/	72.7	V
Watching TV is my way to relax after a school day/workday	0.67 (0.36; 0.85)	/	45.5	V
My family members think I spend too much time watching TV	0.87 (0.71; 0.95)	/	81.0	V
I think that I spend too much time watching TV	0.82 (0.62; 0.92)	/	81.8	V
I consider it possible to reduce my TV time	0.31 (-0.14; 0.66)	/	35.0	X
I consider it possible to turn off the TV during weekend days until 5:00 p.m.	0.57 (0.21; 0.80)	/	81.8	V
I consider it possible to turn off the TV during meals	0.74 (0.47; 0.88)	/	81.8	V
My family members encourage me to watch less TV	0.38 (-0.05; 0.69)	/	76.2	V
My friends encourage me to watch less TV	0.59 (0.23; 0.81)	/	52.4	V
I think that adults should not spend more than ... (hours/minutes per day) in front of TV	0.76 (0.49; 0.89)	/	57.1	V
In which room do you watch TV most often?	0.35 (-0.07; 0.67)	/	95.5	V
How long, on average, does your partner spend watching TV?	0.84 (0.65; 0.93)	/	47.6	V
How long, on average, do your children (still living at home) spend watching TV?	0.88 (0.69; 0.96)	/	50.0	V
How often do you watch TV with your partner?	0.88 (0.73; 0.95)	/	71.4	V
How often do you watch TV with your children (still living at home)?	0.93 (0.80; 0.98)	/	66.7	V
To which extent do you consider it possible to implement standing tasks while watching TV (e.g. ironing, doing chores)?	0.55 (0.17; 0.79)	/	42.9	V
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)?	0.57 (0.20; 0.80)	/	28.6	V
To which extent do you consider it possible to stand up (short bouts) during advertisements while watching TV?	0.43 (0.003; 0.72)	/	47.6	V
<b>B) Potential correlates of computer use</b>				
How long, on average, does your partner sit when using the computer (tablet, internet on smartphone, laptop, desktop,...) in leisure time?	0.20 (-0.26; 0.58)	/	25.0	X
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?	0.83 (0.60; 0.93)	/	52.6	V
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?	0.67 (0.33; 0.85)	/	40.0	V
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?	0.92 (0.79; 0.97)	/	73.3	V
To which extent do you consider it possible to stand up while using a computer?	0.34 (-0.09; 0.67)	/	52.4	X
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)?	0.43 (0.01; 0.72)	/	33.3	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?	0.18 (-0.26; 0.56)	/	52.4	X
I think using a computer is pleasant in leisure time	0.75 (0.49; 0.89)	/	47.6	V
Using a computer takes time away from doing other important things	0.59 (0.21; 0.81)	/	55.0	V
I enjoy using a computer for many hours at a time	0.79 (0.56; 0.91)	/	76.2	V
Using a computer is my way to relax after a school day/workday	0.66 (0.33; 0.85)	/	52.4	V
My family members think I spend too much time using a computer	0.35 (-0.09; 0.67)	/	57.1	X
I think that I spend too much time using a computer	0.55 (0.15; 0.79)	/	60.0	V
I consider it possible that I do not use a computer for some days in the week (leisure time)	0.55 (0.17; 0.79)	/	52.4	V
I consider it possible to reduce my computer time in leisure time	0.70 (0.39; 0.86)	/	61.9	V
My family members encourage me to spend less time using a computer in leisure time	0.38 (-0.06; 0.70)	/	60.0	X
My friends encourage me to spend less time using a computer in leisure time	0.52 (0.12; 0.77)	/	52.4	V
<b>C) Potential correlates of motorized transport</b>				
I feel lazy arriving at my destination after motorized transport	0.43 (0.004; 0.72)	/	52.4	V
I think using motorized transport is pleasant	0.72 (0.43; 0.88)	/	60.0	V
I think it is pleasant to work or to rest as a passenger during motorized transport	0.58 (0.20; 0.81)	/	45.0	V
I think that I spend too much time using motorized transport	0.66 (0.33; 0.85)	/	61.9	V
I consider it possible to get off the bus/metro spontaneously 1 stop before my destination and to walk the remaining distance	0.67 (0.30; 0.86)	/	55.6	V
I consider it possible to park the car somewhat further spontaneously and to walk the remaining distance	0.66 (0.32; 0.84)	/	38.1	V
I consider it possible to take the bicycle or to go by foot spontaneously even if it is possible to use a car	0.75 (0.47; 0.89)	/	61.9	V
My family members encourage me to use (more often) active transport (to bicycle or to walk)	0.45 (0.03; 73)	/	38.1	V

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 short duration) after sitting for 30 minutes in bus, train or metro?	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
<b>D) Potential correlates of occupation</b>				
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	X
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	X
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

Doing desk work	/	Δ	94.7	V
Taking coffee breaks	/	0.89	95.0	V
Taking lunch breaks	/	-0.07	85.0	V
<b>E) Potential correlates of household tasks and making phone calls</b>				
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?	0.55 (0.18; 0.79)	/	45.5	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, remote controller TV,...)?	0.62 (0.27; 0.82)	/	50.0	V
I am sure that I can interrupt my sitting activities (more often) at home, even if my family members are not doing this	0.61 (0.26; 0.81)	/	63.6	V
I am sure that I can interrupt my sitting activities (more often) at home, even if my family members do not support/understand me	0.56 (0.17; 0.80)	/	50.0	V
<b>F) Sedentary-related equipment</b>				
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 DVD 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)	^	/	95.2	V
Number of gaming consoles for TV (Xbox, PlayStation,...)	^	/	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	0.50 (0.11; 0.76)	/	63.6	V
The couches at our place are comfortable to sit for a long time	0.56 (0.19; 0.79)	/	68.2	V
<b>G) Sedentary behaviours</b>				
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
In the last 7 days, on average, how long did you sit a day while travelling as part of your occupation (during working hours) (moped, in a car, bus, train, metro or on a motorbike; do not include cycling on a pedal bicycle)?	0.86 (0.66; 0.94)	/	52.6	V
In the last 7 days, on average, how long did you sit while travelling in leisure time (e.g. to shops, friends,...), apart from your transport to and from occupation/school, per weekday (in a car, bus, train, metro, on a motorbike, moped; do not include cycling on a pedal bicycle)?	0.73 (0.45; 0.88)	/	38.1	V
In the last 7 days, on average, how long did you sit while travelling in leisure time (e.g. to shops, friends,...), apart from your transport to and from occupation/school, per weekend day (in a car, bus, train, metro, on a motorbike, moped; do not include cycling on a pedal bicycle)?	0.22 (-0.24; 0.61)	/	31.6	X
In the last 7 days, on average, how much time per day did you spend sitting while doing your occupation?	0.88 (0.73; 0.95)	/	50.0	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?	0.49 (0.09; 0.75)	/	45.5	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 weekend day?	0.45 (0.05; 0.73)	/	40.9	V
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 weekday	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 weekday	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
<b>H) Simultaneous behaviour</b>				
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)