

Systematic comparative validation of self-reported
measures of sedentary time using the TASTT
taxonomy.

Additional file 3.
Self-report tools

Self-reported tool


This document contains the six different self-reported tools for Taxon 1 of the TASTT framework used in the validation study.

These are presented here for previous day recall period (taxon 2.1 of the TASTT framework) only . Questions were identical for the other recall periods; previous week recall (taxon 2.2) and unanchored (usual day) (taxon 2.3). Only words referring to the recall period changed. “Yesterday” was replaced by “average day, in the last seven days ” for taxon 2.2 and “on a usual day” for taxon 2.3 .

Taxon 1.1.1 Direct measure

Total sedentary time

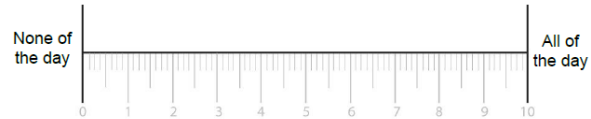
Please estimate how long in total you spent sitting yesterday?

(Please write in)  hours minutes

Proportion of sedentary time

Yesterday, what proportion of the day did you spend sitting?

Please mark an X on the line.




Taxon 1.1.2 Proxy measure

Please write in how much time you spent sitting and doing the following activities yesterday.

Watching television, video or DVDs.

Hours	Minutes
<input type="text"/>	<input type="text"/>




Taxon 1.2.1 Composite pattern

Yesterday, how many times did you sit down?

(Please write in)  times

X


Yesterday, when you sat down, how long was it before you usually got up again?

(Please write in)  hours minutes


Taxon 1.2.1 Composite sum domains

Yesterday, how long did you sit at work (either paid or voluntary), or doing clerical tasks such as paying bills or filling in forms?

Please include tasks both inside and outside your home.


(Please write in)  hours minutes

Yesterday, how long did you sit when you were at home?

(Please write in)  hours minutes


Yesterday, how long did you sit while using transport (e.g. car, bus, train, tram or underground)?

Please include time spent sitting waiting for transport such as sitting at a bus stop.

(Please write in)  hours minutes

Yesterday, how long did you sit during leisure activities outside your house?

Please include activities such as the cinema, eating at a restaurant, using the library, going to the theatre, religious practices, attending sport events, meeting friends at a coffee shop etc.

(Please write in)  hours minutes


Taxon 1.2.1 Composite sum behaviours

Please write in how much time you spent sitting and doing the following activities yesterday.

	Hours	Minutes	
Watching television, video or DVDs.	<input type="text"/>	<input type="text"/>	
Using a computer for leisure. (e.g. games, friends and family, internet, shopping)	<input type="text"/>	<input type="text"/>	
Read for leisure. (e.g. books, newspaper, magazine, kindle)	<input type="text"/>	<input type="text"/>	
Listening to music or radio.	<input type="text"/>	<input type="text"/>	
Doing a hobby. (e.g. knitting, crafts, jigsaws, puzzles, playing piano)	<input type="text"/>	<input type="text"/>	
Talking with friends or family. (e.g. talking in person or on the phone)	<input type="text"/>	<input type="text"/>	
Eating meals or snacks.	<input type="text"/>	<input type="text"/>	
Performing self-care tasks. (e.g. bathing, using toilet, dressing, brushing hair)	<input type="text"/>	<input type="text"/>	
Household tasks. (e.g. cleaning shoes, writing a list, ironing, folding)	<input type="text"/>	<input type="text"/>	
Taking a nap during the day or resting while doing nothing else.	<input type="text"/>	<input type="text"/>	


Yesterday, how long did you sit while using transport (e.g. car, bus, train, tram or underground)?

Please include time spent sitting waiting for transport such as sitting at a bus stop.

(Please write in)  hours minutes

Yesterday, how long did you sit during leisure activities outside your house?

Please include activities such as the cinema, eating at a restaurant, using the library, going to the theatre, religious practices, attending sport events, meeting friends at a coffee shop etc.

(Please write in)  hours minutes

Yesterday, how long did you sit at work (either paid or voluntary), or doing clerical tasks such as paying bills or filling in forms?

Please include tasks both inside and outside your home.

(Please write in)  hours minutes