

Figure S1. Participants flow diagram.

Sedentary Behaviour Assessment.

Global Physical Activity Questionnaire (GPAQ)

Single-item sitting question

The following question is about sitting or reclining at work, at home, getting to and from places, or with friends, including time spent [sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television], but **do not include time spent sleeping during the night.**

Q1 How much time do you usually spend sitting or reclining on a typical day? Hours : minutes
 :

Adult Sedentary Behaviour Questionnaire (ASBQ)

Sitting as part of work/studying

Q2 In a typical week, on how many days do you work or study? ___ days a week

Q3 How much time do you usually spend sitting as part of your job (or as part of your studying) while at work (or while at university) or working (or studying) from home? Hours : minutes
 :

We would like to know how much time you spend sitting or reclining during **activities not related to work**. Please indicate the amount of time spent sitting or reclining during these activities on working and non-working days.

| | | <u>Working day</u> | | <u>Non-working day</u> | |
|-----------------------|---|--------------------|-----------------|------------------------|-----------------|
| | | Days | Hours : minutes | Days | Hours : minutes |
| | | /wee | (per day) | /wee | (per day) |
| | | k | | k | |
| Transportation | | | | | |
| Q4 | Sitting during motorized transport to go to and from places | ___ | ███:███ | ___ | ███:███ |
| Leisure Time | | | | | |
| Q5 | a. Eating meals (including breakfast, lunch and dinner) | ___ | ███:███ | ___ | ███:███ |
| Q5 | b. Television viewing (i.e., Watching TV, DVD) | ___ | ███:███ | ___ | ███:███ |
| Q5 | c. Watching video (i.e., YouTube, online video), Internet surfing, social media, electronic games on any media device e.g., on <u>computer</u> , <u>tablet</u> or <u>mobile phone</u> | ___ | ███:███ | ___ | ███:███ |
| Q5 | d. Other leisure time activities such as sitting and reading or listening to music, playing cards, using telephones, socializing with friends or family (please do NOT include the time you mentioned in the previous question) | ___ | ███:███ | ___ | ███:███ |

This is the end of the questionnaire.

Thank you!

Table S1. Socio-demographic characteristics of study population.

| Characteristics | All (n = 84) | Self (n = 40) | Interview (n = 44) | P-value* |
|-------------------|------------------|------------------|--------------------|----------|
| Gender, n (%) | | | | 0.03 |
| Male | 26 (31.0) | 17 (42.5) | 9 (20.5) | |
| Female | 58 (69.0) | 23 (57.5) | 35 (79.5) | |
| Age, median (IQR) | 32.5 (27.0–46.8) | 33.0 (26.0–51.0) | 31.5 (27.3–45.8) | 0.92 |
| Race, n (%) | | | | |
| Chinese | 73 (86.9) | 34 (85.0) | 39 (88.6) | 0.60 |

| | | | | | |
|--------------------------|--------------------------|-----------|-----------|-----------|------|
| | Malay | 3 (3.6) | 1 (2.5) | 2 (4.5) | |
| | Indian | 8 (9.5) | 5 (12.5) | 3 (6.9) | |
| Educational level, n (%) | | | | | 0.11 |
| | Secondary | 3 (3.5) | 1 (2.5) | 2 (4.6) | |
| | Technical school/Diploma | 13 (15.5) | 3 (7.5) | 10 (22.7) | |
| | University | 68 (81.0) | 36 (90.0) | 32 (72.7) | |
| | | | | | 0.24 |
| Occupation, n (%) | Full-time employee | 73 (86.9) | 34 (85.0) | 39 (88.6) | |
| | Student | 11 (13.1) | 6 (15.0) | 5 (11.4) | |
| Work sector, n (%) | | | | | 0.10 |
| | University Hospital | 35 (41.7) | 27 (67.5) | 22 (50.0) | |
| | Public University | 49 (58.3) | 13 (32.5) | 22 (50.0) | |

*Significance difference between self- and interviewer-administered versions. IQR, interquartile range; SD, standard deviation.

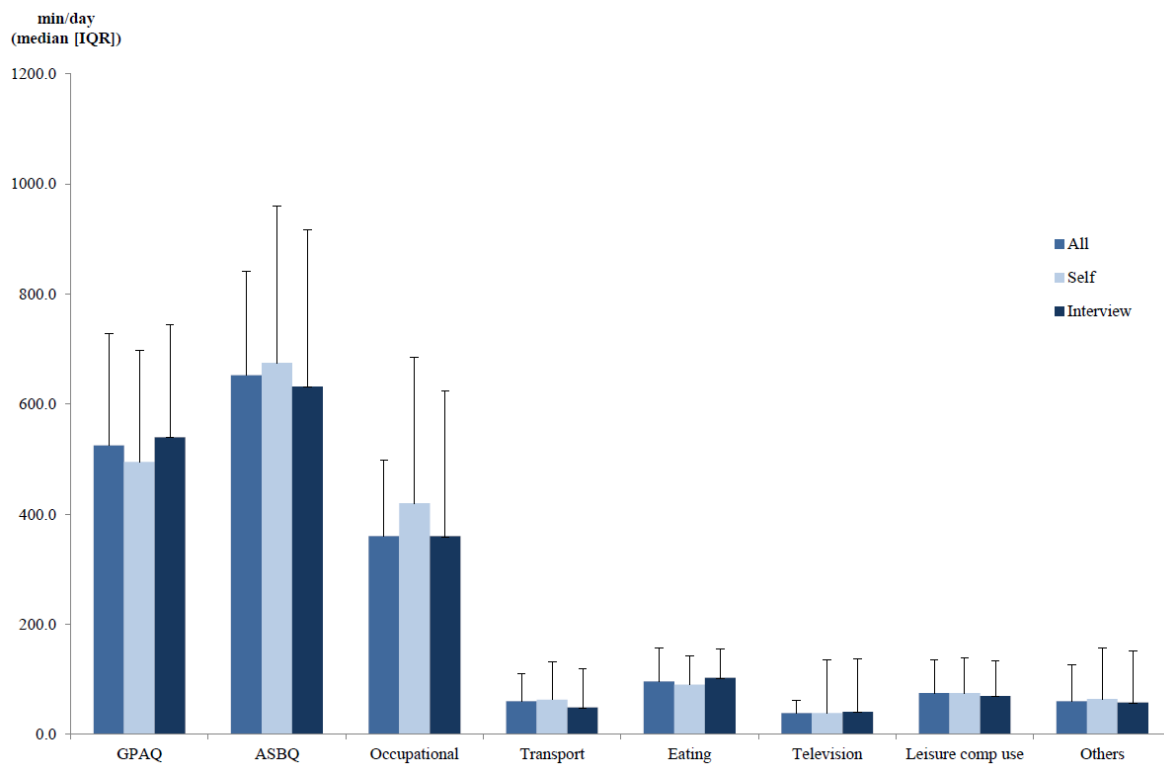


Figure S2. Sitting time assessed from the GPAQ single-item sitting question, the sum of domain-specific sitting items from the ASBQ and individual domains from the ASBQ (occupational, transport, eating, television viewing, leisure-time computer use and other sedentary activities).

Table S2. Accelerometry-derived sedentary time estimates using 100 and 200 CPM.

| Accelerometry estimates (100 CPM) | All (<i>n</i> = 78) | Self (<i>n</i> = 37) | Interview (<i>n</i> = 41) |
|--|----------------------|-----------------------|----------------------------|
| 100 CPM | | | |
| Total sedentary time, min/day (mean ± SD) | 629.2 ± 70.4 | 623.6 ± 66.4 | 634.2 ± 74.2 |
| Relative sedentary time (%) (mean ± SD) ^a | 69.3 ± 6.8 | 68.3 ± 6.1 | 70.2 ± 7.4 |
| 200 CPM | | | |
| Total sedentary time, min/day (mean ± SD) | 689.6 ± 70.6 | 684.8 ± 66.0 | 694.0 ± 75.0 |
| Relative sedentary time (%) (mean ± SD) ^a | 75.9 ± 5.8 | 74.9 ± 5.1 | 76.7 ± 6.3 |

^a Total sedentary time divided by total wear time. CPM, counts per minute; IQR; SD, standard deviation.