

Behavior determinant	Example question long version	Number of items long version	Question short version	Answer possibilities
Outcome Expectations [NQLS ¹ , [68]]	<p>If I participate in regular physical activity or sports, then:</p> <ul style="list-style-type: none"> - I will improve my health - I will feel more attractive - I will lose weight - I will improve my physical fitness - I will feel relaxation - I will feel less tension and stress 	6	<p>If I participate in regular sports, then it will have a positive effect, for example on my healthy, appearance, weight or how I will feel.</p> <p>If I regularly take the stairs, then it will have a positive effect, for example on my healthy, appearance, weight or how I will feel.</p> <p>If I regularly bike or walk, then it will have a positive effect, for example on my healthy, appearance, weight or how I will feel.</p>	<p>1 – No reason at all</p> <p>2 – A slightly important reason</p> <p>3 – A quite important reason</p> <p>4 – A very important reason</p>

Self-efficacy [Self-efficacy scales for exercise [79], NQLS ¹ [68]]	<p>How confident are you that you could do PA, in each of the following situations? I'm confident that I could:</p> <ul style="list-style-type: none"> - Do PA even when I'm tired - Do PA even when I'm in a bad mood - Do PA even when I feel I don't have time - Do PA even when I am on holiday - Do PA even when it is raining 	12	<p>How confident are you that you will do sports in the next week even when you're tired, busy or when it's bad weather?</p> <p>How confident are you that you will take the stairs in the next week even when you're tired, you're in a hurry or you're with others?</p> <p>How confident are you that you will cycle or walk to work/the university in the next week, even when you're tired, you're busy or when it's bad weather?</p>	<p>1 – Not at all confident</p> <p>2 – Slightly confident</p> <p>3 – Moderate Confident</p> <p>4 – Very Confident</p> <p>5 – Extremely confident</p>

<p>Perceived barriers for sport [NQLS¹ [68]]</p>	<p>How often do the following barriers prevent you from doing sports activities?</p> <ul style="list-style-type: none"> - Bad weather - Lack of time - Lack of interest in exercise - Other priorities - Lack of skills or knowledge - Lack of equipment - Lack of facilities or space - Lack of physical fitness - Lack of energy - Lack of money - Lack of company - Self-conscious about my looks when I exercise 	<p>12</p>	<p>How often do barriers prevent you from participating in sports or exercise activities? Think for example of lack of time, lack of energy, costs, lack of company.</p>	<p>1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Very often</p>
<p>Perceived barriers for active transport</p>	<p>How often do the following barriers prevent you from traveling by bike or by walking instead of traveling by car or public transport?</p> <ul style="list-style-type: none"> - Bad weather - Lack of time - Lack of physical fitness - Lack of energy - Too many pieces of luggage - Travel distance is too far away - No suitable bike 	<p>7</p>	<p>How often do barriers prevent you from cycling or walking to work /the university instead of traveling by public transport or car? Think for example of lack of time, lack of physical fitness, lack of energy or too many pieces of luggage.</p>	<p>1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Very often</p>

<p>Perceived barriers for stairs climbing</p>	<p>How often do the following barriers from climbing the stairs?</p> <ul style="list-style-type: none"> - Lack of physical fitness - Lack of energy - Too many pieces of luggage - Too many flights of stairs 	<p>4</p>	<p>How often do barriers prevent you from climbing the stairs?</p> <p>For example barriers as being in a hurry, lack of physical fitness, lack of energy or carrying too many pieces of luggage?</p>	<p>1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Very often</p>
<p>Social norm descriptive</p>	<ul style="list-style-type: none"> - My friends think that I should be sufficient physically active. - My fellow students think that I should be sufficient physically active. - My brother(s) and/or sister(s) think that I should be sufficient physically active. 	<p>3</p>	<p>For the people around me (friends, fellow students, family), it's important that I sufficiently participate in sports.</p> <p>For the people around me (friends, fellow students, family), it's important that I use the stairs instead of the elevator.</p> <p>For the people around me (friends, fellow students, family), it's</p>	<p>1 – I strongly disagree 2 – I somewhat disagree 3 – Neutral 4 – I somewhat agree 5 – I strongly agree</p>

			important that I regularly bike or walk to work/the university.	
Social norm injunctive	- How often do your friends/roommates/brothers or sisters/parents participate in physical activities	4	Not applicable ²	1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Very often 6 – Not applicable
Intention	Do you intend do sports (more often) within the next week/month/6 months even if you think you're already sufficiently active?	3	I intend to do sports (more often) within the next week. I intend to climb the stairs (more often) within the next week. I intend to bike or walk to work/the university (more often) within the next week.	1 – Most definitely will not 2 – Probably will not 3 – Maybe / maybe not 4 – Probably will 5 – Most definitely will

<p>Self-regulation [12] [Anderson et al, 2006 [12]</p>	<p>I keep track of how active I am.</p> <p>I check whether I met my goals</p> <p>In the last three months I:</p> <ul style="list-style-type: none"> - Set aside time for my daily physical activity - Walked or biked instead of drove or travelled by public transport - I exercised or did physical activities with someone else - I wrote it down in my calendar to do sports/physical activity - I planned do sports/exercise even when the weather was bad 	<p>7</p>	<p>I planned and set goals do regular sports/exercise.</p> <p>When I wasn't able do it I evaluated why I wasn't able to do it and whether I needed to change something.</p>	<p>1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Very often</p>
<p>Satisfaction</p>	<p>How satisfied are you about how physically active you are?</p>	<p>1</p>	<p>How satisfied are you about how often you did sports in the last week?</p> <p>How satisfied are you about how often you</p>	<p>0 – Very unhappy 10 – Very happy</p>

			<p>climbed the stairs last week?</p> <p>How satisfied are you about how often you biked or walked to work/the university last week?</p>	
Long-term goals	Not applicable ³	0	How motivated are you to be more physically active?	<p>0 – Very unmotivated</p> <p>10 – Very motivated</p>

¹ NQLS= Neighborhood Quality of Life Study

² Questions assessing social norm injunctive were not included in the short questionnaire.

³ Long-term goals were not included in the long questionnaire