

Additional file 1 – overview of themes, topics, questions and response categories of the self-reported questionnaire among students in the FLASH intervention

HEALTH BEHAVIORS			
THEME	Topic	Question	Response categories
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> - Active transport - Exercise during free time - PA a week 	<ul style="list-style-type: none"> - On how many days: do you walk or bike to school/ do you exercise at a club/ do you exercise without a club? - How long do you walk or bike to school? - How many days do you exercise at a club/ without a club? - How many days do you exercise at least one hour? 	<ul style="list-style-type: none"> - (almost) never/ 1/2/3/4/5 day(s) a week - I don't walk or bike/1-5/6-10/11-15/16-30/31-45/more than 45 minutes - (almost) never/ 1/ 2-3/ 4-5/ (almost) every day a week - (almost) never/1/2/3/4/5/6/7 days a week
SEDENTARY BEHAVIOR	<ul style="list-style-type: none"> - Gaming - Social media - Watching TV/screen time 	<ul style="list-style-type: none"> - How many times do you play games/ use social media/ watch programs on TV or other screen? - How long do you play games/ use social media/ watch programs on TV or other screen on an average week day? - How long did you play games/ use social media/ watch programs on TV or other screen yesterday? 	<ul style="list-style-type: none"> - (almost) never/ 1/ 2-3/ 4-5/ (almost) every day a week - Not at all/0.5/1/2/3/4/5/6 or more hour(s) a day - Not at all/0.5/1/2/3/4/5/6 or more hour(s) a day
SLEEP BEHAVIOR	Sleep behavior	<ul style="list-style-type: none"> - What time do you go to bed on a weekday? - What time do you go to sleep on a weekday? - What time do you wake up on a weekday? 	<ul style="list-style-type: none"> - 21.00 or earlier/ 21.30/ 22.00/ 22.30/ 23.00/ 23.30/ 00.00/ 00.30/ 01.00 or later - 21.00 or earlier/ 21.30/ 22.00/ 22.30/ 23.00/ 23.30/ 00.00/ 00.30/ 01.00 or later - 6.00 or earlier/ 6.15/ 6.30/ 6.45/ 7.00/ 7.15/ 7.30/ 7.45/ 8.00/ 8.15/ 8.30/ 8.45/ 9.00 or later
DIETARY BEHAVIOR	<ul style="list-style-type: none"> - Healthy dietary behavior (breakfast, fruit, vegetable, water) - Unhealthy dietary behavior (sugar sweetened beverages, snacks, candy) 	<ul style="list-style-type: none"> - How many days a week do you eat breakfast/ eat fruit/ eat vegetables/ drink water? - How much water do you drink on an average weekday? - How much water did you drink yesterday - On how many days do you eat/drink regular soda/ fruit juices/ snacks/ candy? - How much regular soda (small/large)/ fruit juices (small/large)/ snacks/candy do you eat/drink on an average weekday? - How much regular soda (small/large)/ fruit juices (small/large)/ snacks/candy did you eat/drink yesterday? 	<ul style="list-style-type: none"> - (almost) never/1/2/3/4/5/6/7 days a week - 0/1/2/3/4/5/6/7 or more glasses - 0/1/2/3/4/5/6/7 or more glasses - (almost) never/1/2/3/4/5/6/7 days a week - 0/1/2/3/4/5/6/7 or more glasses or small bottles/ cans or big bottles/ snacks/ candy - 0/1/2/3/4/5/6/7 or more glasses or small bottles/ cans or big bottles/ snacks/ candy

DETERMINANT OF HEALTH BEHAVIOR: ATTITUDE		
THEME	QUESTION	RESPONSE CATEGORY
TOWARDS HEALTH	What do you think about regular soda/ energy drinks/ fruit juices/ eating snacks/ eating candy/ drinking water/ eating breakfast daily/ eating fruit/ exercising 1 hour a day/ gaming every day/ using social media every day/ watching programs every day/ waking or biking to school every day?	Very good/ good/ not bad or good/ bad/ very bad
TOWARDS SOCIAL ENVIRONMENT (PARENTS) - HAVING RULES - AVAILABILITY - MODELING - ENCOURAGEMENT	1.Do your parents have a rule about: eating breakfast/ fruit/ vegetables/ candy/ snacks/ drinking sodas or fruit juices/ energy drinks/ how long you can spend on a screen/ engaging in a sport/ walking or biking to school? (if yes, then a how many times a month do your parents keep you to this rule was prompted) 2.How many days a week are there sodas or fruit juices/ candy/ snacks/ fruit in the house? 3.How many times does your father/mother/other exercise/ use a screen at home/ eat candy/ eat snacks/ drink soda or fruit juice/ drink water? 4.How many times do your parents stimulate you to exercise/ use a screen les/ eat less snacks or candy/ drink less soda or fruit juice/ drink more water?	1.Yes/ No (less than once/ once/ multiple times a month/ multiple times a week) 2.Less than once/ once/ 2-3/ 4-5/ 6-7 days a week 3.Less than once/ once/ 2-3/ 4-5/ 6-7 days a week 4.Less than once/ once/ multiple times a month/ multiple times a week/ every day
TOWARDS SOCIAL ENVIRONMENT (PEERS)	To what extent do your friends exercise at a club/ exercise on the street/ walk or bike to school/ engage in more than 3 hours of screen time/ use social media/ eat snacks/ eat candy/ drink soda/ energy drinks/ fruit juices/ water/ bring fruit to school/ eat breakfast daily/ buy snacks in school canteen/ buy snacks in supermarket	Totally agree/ agree/ don't disagree or agree/ disagree/ totally disagree
TOWARDS PHYSICAL ENVIRONMENT	1.Our school canteen/vending machines has/have enough healthy products 2.There are enough places I can fill my water bottle/ be physically active 3.During break time I have enough time/space to eat my lunch 4.I regularly buy healthy products in the canteen/vending machines/supermarket 5.How often do you buy sodas, fruit juices or energy drinks/ snacks or candy at school/at the supermarket	1-4: Totally agree/ agree/ disagree/ totally disagree 5: (almost) never/ 1/ 2-3/ 4-5/ 6-7 days a week
TOWARDS HEALTH EDUCATION	1.I want to learn how to make healthy food/ make a healthy choice/ whether I eat healthy 2.I like our lessons at school about healthy food/ about Physical Education (PE) 3.Lessons at school made me eat more healthy/ made me exercise more in my free time/ gave me an idea of the type of sport I want to do/ learned me about healthy PA 4.I like more PE lessons/ I am active during PE lessons	1-4: Totally agree/ agree/ disagree/ totally disagree