UnderStandingAmericaStudy

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Contents

1 INTRODUCTION

This UAS panel survey, titled "UAS 511: FACT Study Final Survey", is the final survey in the FACT study. This survey is no longer in the field. Respondents were paid $10 to complete the survey.
Related surveys are UAS 508 (consent survey), UAS 509 (baseline survey) and UAS 511 (final survey).

1.1 Topics

This survey contains questions (among others) on the following topics: Diet Lifestyle, Health, Psychology. A complete survey topic categorization for the UAS can be found here.

1.2 Experiments

This survey did not include any experiments. A complete survey experiment categorization for the UAS can be found here.

1.3 Citation

Each publication, press release or other document that cites results from this survey must include an acknowledgment of UAS as the data source and a disclaimer such as, 'The project described in this paper relies on data from survey(s) administered by the Understanding America Study, which is maintained by the Center for Economic and Social Research (CESR) at the University of Southern California. The content of this paper is solely the responsibility of the authors and does not necessarily represent the official views of USC or UAS.' For any questions or more information about the UAS, contact Tania Gutsche, Project and Panel Manager, Center for Economic and Social Research, University of Southern California, at tgutsche@usc.edu.

2 SURVEY RESPONSE AND DATA

2.1 Sample selection and response rate

The sample selection for this survey was:

All active respondents who completed UAS 509 and participated fully in the week long study.

As such, this survey was made available to 367 UAS participants. Of those 367 participants, 357 completed the survey and are counted as respondents. Of those who are not counted as respondents, 0 started the survey without completing and 10 did not start the survey. The overall response rate was 97.28%.

Note: We are unable to provide sample weights for a small number of UAS members (see the Sample and weighting section below for details). If they completed the survey, these members are included in the data set with a weight of zero, but accounted for in the computation of total sample size and survey response rate.%.

The detailed survey response rate is as follows:

UAS511 - Response Overview	
Size of selected sample	367
Completed the survey	357
Started but did not complete the survey	0
Did not start the survey	10
Response rate	97.28%

2.2 Timings

The survey took respondents an average of 15 minutes, and the full distribution of survey response times is available in the figure below. Times per question are available upon request.

Distribution of Respondents' Survey Response Times
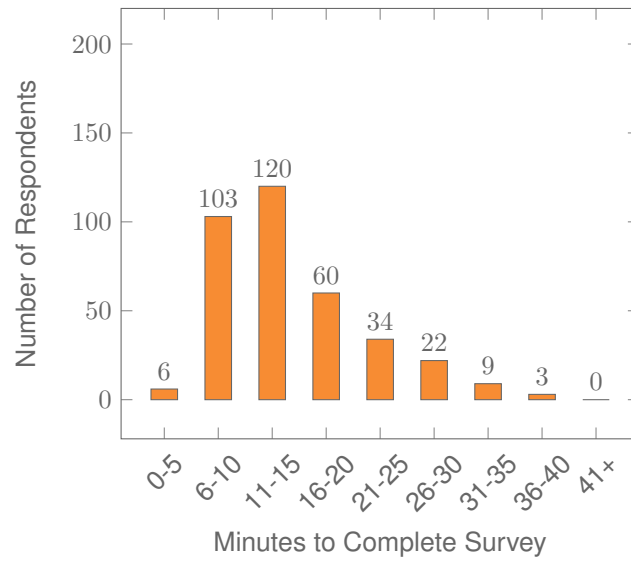
2.3 Weighting

Weights are not (yet) available for this survey. Please contact UAS staff with any questions.

3 STANDARD VARIABLES

Each Understanding America Study data contains a series of standard variables, consisting of individual, household and sample identifiers, language indicator, time stamps and a rating by the respondent of how much he or she liked the survey:

○ **uasid**: the identifier of the respondent. This identifier is assigned to a respondent at recruitment and stays with the respondent throughout each and every survey he/she participates in. When analyzing data from multiple surveys, the 'uasid' can be used to merge data sets.

○ **uashhid**: the household identifier of the respondent. Every member is assigned a household identifier, stored in the variable 'uashhid'. For the primary respondent this identifier equals his or her 'uasid'. All other eligible members of the primary respondent's household (everyone who is 18 or older in the household) who become UAS respondents receive the 'uasid' of the primary respondent as their household identifier. The identifier 'uashhid' remains constant over time for all respondents. Thus it is always possible to find the original UAS household of an UAS panel member (even after they, for example, have moved out to form another household).

○ **survhhid**: uniquely identifies the household a UAS panel member belongs to in a given survey. For instance, if the primary respondent and his/her spouse are both UAS members at the time of a given survey, they both receive the same 'survhhid' identifier for that survey. If they subsequently split, they receive two different 'survhhid' in subsequent surveys. They, however, always share the same 'uashhid'. The identifier 'survhhid' is set to missing (.) if no other household members are UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, household members have different 'survhhid' reflecting different household compositions at the time they answered the survey. For instance, suppose that the primary respondent and his/her spouse are both UAS members. If the primary respondent answers the survey when he/she is living with the spouse, but the spouse answers the survey when the couple has split, they receive different 'survhhid'. Hence, the variable 'survhhid' identifies household membership of UAS panel members, at the time the respondent answers the survey. Note: in the My Household survey 'survhhid' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.

○ **uasmembers**: is the number of other household members who are also UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart is the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, the primary respondent of a household has a value of '0', whereas the second UAS household respondent has a value of '1'. Therefore 'uasmembers' should be interpreted as the

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number of household and UAS panel members at the time the respondent answers the survey. Note: in the My Household survey 'uasmembers' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.

○ **sampleframe**: indicates the sampling frame from which the household of the respondent was recruited. All UAS recruitment is done through address based sampling (ABS) in which samples are acquired based on postal records. Currently, the variable 'sampleframe' takes on four values reflecting four distinct sample frames used by the UAS over the year (in future data sets the number of sample frames used for recruitment may increase if additional specific populations are targeted in future recruitment batches):

1. U.S. National Territory: recruited through ABS within the entire U.S.
2. Areas high concentration Nat Ame: recruited through ABS in areas with a high concentration of Native Americans in the zip-code. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. Los Angeles County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

Note: prior to March 6, 2024 this variable was called sampletype and had the following value labels for the above list in UAS data sets:

1. Nationally Representative Sample: recruited through ABS within the entire U.S.
2. Native Americans: recruited through ABS in areas with a high concentration of Native Americans. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. LA County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

○ **batch**: indicates the batch from which the respondent was recruited. Currently, this variable takes the following values (in future data sets the number of batches may increase as new recruitment batches are added to the UAS):

1. ASDE 2014/01
2. ASDE 2014/01
3. ASDE 2014/01
4. Public records 2015/05
5. MSG 2015/07
6. MSG 2016/01
7. MSG 2016/01
8. MSG 2016/01
9. MSG 2016/02

10. MSG 2016/03
11. MSG 2016/04
12. MSG 2016/05
13. MSG 2016/08
14. MSG 2017/03
15. MSG 2017/11
16. MSG 2018/02
17. MSG 2018/08
18. MSG 2019/04
19. MSG 2019/05
20. MSG 2019/11
21. MSG 2020/08
22. MSG 2020/10
23. MSG 2021/02
24. MSG 2021/08
25. MSG 2021/08
26. MSG 2022/02
27. MSG 2022/02
28. MSG 2022/08
29. MSG 2022/11
30. MSG 2022/11
31. MSG 2023/01
32. MSG 2023/06
33. MSG 2023/09
34. MSG 2023/10
35. MSG 2025/02

Note: prior to March 6, 2024 this variable had the following value labels for the above list in UAS data sets:

1. ASDE 2014/01 Nat.Rep.
2. ASDE 2014/01 Native Am.
3. ASDE 2014/11 Native Am.
4. LA County 2015/05 List Sample
5. MSG 2015/07 Nat.Rep.
6. MSG 2016/01 Nat.Rep. Batch 2

7. MSG 2016/01 Nat.Rep. Batch 3
8. MSG 2016/01 Nat.Rep. Batch 4
9. MSG 2016/02 Nat.Rep. Batch 5
10. MSG 2016/03 Nat.Rep. Batch 6
11. MSG 2016/04 Nat.Rep. Batch 7
12. MSG 2016/05 Nat.Rep. Batch 8
13. MSG 2016/08 LA County Batch 2
14. MSG 2017/03 LA County Batch 3
15. MSG 2017/11 California Batch 1
16. MSG 2018/02 California Batch 2
17. MSG 2018/08 Nat.Rep. Batch 9
18. MSG 2019/04 LA County Batch 4
19. MSG 2019/05 LA County Batch 5
20. MSG 2019/11 Nat. Rep. Batch 10
21. MSG 2020/08 Nat. Rep. Batch 11
22. MSG 2020/10 Nat. Rep. Batch 12
23. MSG 2021/02 Nat. Rep. Batch 13
24. MSG 2021/08 Nat. Rep. Batch 15
25. MSG 2021/08 Nat. Rep. Batch 16
26. MSG 2022/02 Nat. Rep. Batch 17 (priority)
27. MSG 2022/02 Nat. Rep. Batch 17 (regular)
28. MSG 2022/08 Nat. Rep. Batch 18
29. MSG 2022/11 LA County Batch 6
30. MSG 2022/11 Nat. Rep. Batch 20
31. MSG 2023/01 Nat. Rep. Batch 21
32. MSG 2023/06 Nat. Rep. Batch 22
33. MSG 2023-09 Native Am. Batch 3
34. MSG 2023-10 Nat. Rep. Batch 23

○ **primary_respondent**: indicates if the respondent was the first person within the household (i.e. to become a member or whether s/he was added as a subsequent member. A household in this regard is broadly defined as anyone living together with the primary respondent. That is, a household comprises individuals who live together, e.g. as part of a family relationship (like a spouse/child/parent) or in context of some other relationship (like a roommate or tenant).

- **hardware**: indicates whether the respondent ever received hardware or not. Note: this variable should not be used to determine whether a respondent received hardware at a given point in time and/or whether s/he used the hardware to participate in a survey. Rather, it indicates whether hardware was ever provided:

    1. None
    2. Tablet (includes Internet)

- **language**: the language in which the survey was conducted. This variable takes a value of 1 for English and a value of 2 for Spanish.

- **start_date (start_year, start_month, start_day, start_hour, start_min, start_sec)**: indicates the time at which the respondent started the survey.

- **end_date (end_year, end_month, end_day, end_hour, end_min, end_sec)**: indicates the time at which the respondent completed the survey.

- **cs_001**: indicates how interesting the respondent found the survey.

4 BACKGROUND DEMOGRAPHICS

Every UAS survey data set includes demographic variables, which provide background information about the respondent and his/her household. Demographic information such as age, ethnicity, education, marital status, work status, state of residence, family structure is elicited every quarter through the "My Household" survey. The demographic variables provided with each survey are taken from the most recent 'MyHousehold' survey answered by the respondent. If at the time of a survey, the information in "My Household" is more than three months old, a respondent is required to check and update his or her information before being able to take the survey.

The following variables are available in each survey data set:

- **gender**: the gender of the respondent.

- **dateofbirth_year**: the year of birth of the respondent.

- **age**: the age of the respondent at the start of the survey.

- **agerange**: if the respondent's age cannot be calculate due to missing information, 'agerange' indicates the approximate age. Should a value for both the 'age' and 'agerange' be present, then 'age' takes precedence over 'agerange'.

- **citizenus**: indicates whether the respondent is a U.S. citizen.

- **bornus**: indicates whether the respondent was born in the U.S.

- **stateborn**: indicates the state in which the respondent was born. This is set to missing (.) if the respondent was not born in the U.S.

- **countryborn**: indicates the country in which the respondent was born. This is set to missing (.) if the respondent was born in the U.S.

- **countryborn_other**: indicates the country of birth if that country is not on the drop down list of countries shown to the respondent'.

- **statereside**: the state in which the respondent is living.

- **immigration_status**: indicates whether the respondent is an immigrant. It takes one of the following values: 0 Non-immigrant, 1 First generation immigrant (immigrant who migrated to the U.S), 2 Second generation immigrant (U.S.-born children of at least one foreign-born parent), 3 Third generation immigrant (U.S.-born children of at least one U.S.-born parent, where at least one grandparent is foreign-born), or 4 Unknown immigrant status.

- **maritalstatus**: the marital status of the respondent.

- **livewithpartner**: indicates whether the respondent lives with a partner.

- ○ **education**: the highest level of education attained by the respondent.

- ○ **hisplatino**: indicates whether the respondent identifies him or herself as being Hispanic or Latino. This variable is asked separately from race.

- ○ **hisplatinogroup**: indicates which Hispanic or Latino group a respondent identifies him or herself with. This is set to missing (.) if the respondent does not identify him or herself as being Hispanic or Latino.

- ○ **white**: indicates whether the respondent identifies him or herself as white (Caucasian).

- ○ **black**: indicates whether the respondent identifies him or herself as black (African-American).

- ○ **nativeamer**: indicates whether the respondent identifies him or herself as Native American (American Indian or Alaska Native).

- ○ **asian**: indicates whether the respondent identifies him or herself as Asian (Asian-American).

- ○ **pacific**: indicates whether the respondent identifies him or herself as Native Hawaiian or Other Pacific Islander.

- ○ **race**: indicates the race of the respondent as singular (e.g., '1 White' or '2 Black') or as mixed (in case the respondent identifies with two or more races). The value '6 Mixed' that the respondent answered 'Yes' to at least two of the single race categories. This variable is generated based on the values of the different race variables (white, black, nativeamer, asian, pacific). This composite measure is not conditional on hisplatino, so an individual may identify as Hispanic or Latino, and also as a member of one or more racial groups.

- ○ **working**: indicates whether the respondent is working for pay.

- ○ **sick_leave**: indicates whether the respondent is not working because sick or on leave.

- ○ **unemp_layoff**: indicates whether the respondent is unemployed or on lay off.

- ○ **unemp_look**: indicates whether the respondent is unemployed and looking for a job.

- ○ **retired**: indicates whether the respondent is retired.

- ○ **disabled**: indicates whether the respondent has a disability.

- ○ **lf_other**: specifies other labor force status.

- ○ **laborstatus**: indicates the labor force status of the respondent as singular (e.g., '1 Working for pay' or '2 On sick or other leave') or as mixed (in case the respondent selects two or more labor statuses). The value '8 Mixed' indicates that the respondent answered 'Yes' to at least two of the single labor force status variables. This variable is generated based on the values of the different labor status variables (working, sick_leave, unempl_layoff, unempl_look, retired, disabled, lf_other).

○ **employmenttype**: indicates the employment type of the respondent (employed by the government, by a private company, a nonprofit organization, or self-employed). This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.

○ **workfullpart**: indicates whether the respondent works full or part-time. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.

○ **hourswork**: indicates the number of hours the respondent works per week. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.

○ **hhincome**: is the total combined income of all members of the respondent's household (living in their household) during the past 12 months.

○ **anyhhmember**: indicates whether there were any members in the respondent's household at the time he/she answered the survey as reported by the respondent.

○ **hhmembernumber**: indicates the number of household members in the respondent's household at the time of the survey as reported by the respondent. It may be that 'anyhhmember' is 'Yes', but 'hhmembernumber' is missing if the respondent did not provide the number of household members at the time of the survey.

○ **hhmemberin_#**: indicates whether a household member is currently in the household as reported by the respondent. Household members are never removed from the stored household roster and their information is always included in survey data sets. The order of the roster is the same order in which household members were specified by the respondent in the 'MyHousehold' survey. The order is identified by the suffix _# (e.g., _1 indicates the first household member, _2 the second household member, etc.).

As an example, if the first household member is in the household at the time of the survey, 'hhmemberin_1' is set to '1 HH Member 1 is in the HH'; if he/she has moved out, 'hhmemberin_1' is set to '0 HH member 1 is no longer in the HH'. Since information of other household members (stored in the variables listed below) is always included in survey data sets, information about 'hhmemberin_1' is available whether this person is still in the household or has moved out.

○ **hhmembergen_#**: indicates the gender of another household member as reported by the respondent.

○ **hhmemberage_#**: indicates the age of another household member. The age is derived from the month and year of birth of the household member as reported by the respondent.

○ **hhmemberrel_#**: indicates the relationship of the respondent to the other household member as reported by the respondent.

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○ **hhmemberuasid_#**: is the 'uasid' of the other household member if this person is also a UAS panel member. It is set to missing (.) if this person is not a UAS panel member at the time of the survey. Since this identifier is directly reported by the respondent (chosen from a preloaded list), it may differ from the actual (correct) 'uasid' of the UAS member it refers to because of reporting error. Also, this variable should not be used to identify UAS members in a given household at the time of the survey. This is because the variables 'hhmemberuasid_#' are taken from the most recent 'My Household' and changes in household composition involving UAS members may have occurred between the time of the respondent answered 'My Household' and the time the respondent answers the survey. To follow UAS members of a given household, it is advised to use the identifiers 'uashhid' and 'survhhid'.

○ **lastmyhh_date**: the date on which the demographics variables were collected through the 'My Household' survey.

In addition, data sets created after May 8, 2025 include an urbanicity variable. It is based on panel members' current census tract of residence and the 2010 Rural-Urban Commuting Area (RUCA) codes released by the US Department of Agriculture's Economic Research Service. To preserve confidentiality, the UAS collapses the 10 primary RUCA codes to 4 levels: Metropolitan, Micropolitan, Small/Rural, and Unknown. The Metropolitan level corresponds to primary RUCA codes 1-3, the Micropolitian level corresponds to RUCA codes 4-6, and the Small/Rural UAS classification corresponds to RUCA codes 7-10.

For detailed information and definitions of the 10 primary RUCA codes, please visit the USDA ERS Rural-Urban Commuting Area Codes site. Surveys conducted completely prior to May 8, 2025 will have an urbanicity data set available on request.

5 MISSING DATA CONVENTIONS

Data files provide so-called clean data, that is, answers given to questions that are not applicable anymore at survey completion (for example because a respondent went back in the survey and skipped over a previously answered question) are treated as if the questions were never asked. In the data files all questions that were asked, but not answered by the respondent are marked with (.e). All questions never seen by the respondent (or any dirty data) are marked with (.a). The latter may mean that a respondent did not view the question because s/he skipped over it; or alternatively that s/he never reached that question due to a break off. If a respondent did not complete a survey, the variables representing survey end date and time are marked with (.c). Household member variables are marked with (.m) if the respondent has less household members (e.g. if the number of household members is 2, any variables for household member 3 and up are marked with (.m).

UAS provides data in STATA and CSV format. Stata data sets come with include variable labels that are not available in the CSV files. Value labels are provided for single-response answer option. In STATA these labels will include the labels 'Not asked' and 'Not answered' for (.a) and (.e), and will show in tabulations such as 'tab q1, missing'. For multiple-response questions a binary variable is created for each answer option indicating whether the option was selected or not. A summary variable is also provided in string format reflecting which options were selected and in which order. For example, if a question asked about favorite animals with options cat, dog, and horse, then if a respondent selected horse and then cat, the binary variables for horse and cat will be set to yes, while the overall variable would have a string value of '3-1'. If no answer was given, all binary variables and the summary variable will be marked with '.e'.

Questions that are asked multiple times are often implemented as so-called array questions. Supposing the name of such question was Q1 and it was asked in 6 different instances, your data set would contain the variables Q1_1_ to Q1_6_. To illustrate, if a survey asked the names of all children, then child_1_ would contain the name of the first child the respondent named and so on.

More information about the UAS data in general can be found on the UAS Data Pages web site.

6 ROUTING SYNTAX

The survey with routing presented in the next section includes all of the questions that make up this survey, the question answers when choices were provided, and the question routing. The routing includes descriptions of when questions are grouped, conditional logic that determines when questions are presented to the respondent, randomization of questions and answers, and fills of answers from one question to another.

If you are unfamiliar with conditional logic statements, they are typically formatted so that **if** the respondent fulfills some condition (e.g. they have a cellphone or a checking account), **then** they are presented with some other question or the value of some variable is changed. If the respondent does not fulfill the condition (e.g. they are not a cellphone adopter or they do not have a checking account), something **else** happens such as skipping the next question or changing the variable to some other value. Some of the logic involved in the randomization of questions or answers being presented to the respondent is quite complex, and in these instances there is documentation to clarify the process being represented by the routing.

Because logic syntax standards vary, here is a brief introduction to our syntax standards. The syntax used in the conditional statements is as follows: '=' is equal to, '<' is less than, '>' is greater than, and '!=' is used for does not equal. When a variable is set to some number N, the statement looks like 'variable := N'.

The formatting of the questions and routing are designed to make it easier to interpret what is occurring at any given point in the survey. Question ID is the bold text at the top of a question block, followed by the question text and the answer selections. When a question or variable has associated data, the name links to the appropriate data page, so you can easily get directly to the data. Text color is used to indicate the routing: red is conditional logic, gold is question grouping, green is looping, and orange is used to document randomization and other complex conditional logic processes. The routing is written for a computer to parse rather than a human to read, so when the routing diverges significantly from what is displayed to the respondent, a screenshot of what the respondent saw is included.

The name of the randomization variables are defined in proximity to where they are put into play, and like the question ID the names of the randomization variables can be used to link directly to the associated data page.

7   SURVEY WITH ROUTING

main_intro (Section Activity)
Thank you for participating in our survey about your physical activity. As you may recall, the goal of this study is to understand a person's daily experience and activity. The purpose of this survey is to recap your physical activity levels in the past week and ask you some questions about your views of your own physical activity.

The first section of the survey asks about your recent levels of physical activity. The next section ask about your views of your own physical activity. Sometimes you may not know the exact answer to a question; if this happens, just provide the best answer you can.

Again, we appreciate your participation.

main_intro2 (Section Activity)
Before we ask you about your physical activity, we would like to explain what we mean by physical activity and sedentary behavior. Please carefully read the definitions below.

Physical activity is defined as any movement you do with your muscles that requires your body to use energy. The term "physical activity" should not be mistaken for "exercise." Exercise is only one type of physical activity that you do; it is oftentimes planned, structured, repeated and is intended to improve your physical fitness or to keep you fit. We are asking about physical activity, which not only includes exercise, but also other activities that involve bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities.

Sedentary behaviors are times when you are awake; when you are sitting, reclining, or lying down; and when your body uses very little energy. For adults, examples of sedentary behaviors include using electronic devices (e.g., television, computer, laptop, tablet, phone) while sitting, reclining or lying; reading, writing, or talking while sitting; sitting in a bus, car, or train.

Active_VQ (how physically active last 7 days in section Activity)
During the last 7 days, how physically active were you?

When considering how physically active you were, please include all of your light, moderate, and vigorous activities over the last 7 days.
0 0 Not at all
1 1
2 2
3 3

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4 4 Extremely

SB_VQ (how sedentary last 7 days in section Activity)
During the last 7 days, how sedentary were you?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely

SIM_PA (how many days done total of 30 min or more of physical activity in section Activity)
During the last 7 days, on how many days have you done a total of 30 min or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

RANGE 0..7

act004_intro (Section Activity)
Now we will ask you about the amount of time you spent in different sedentary and physically active behaviors. When answering these questions, please consider the different activities that you perform at home, work, while travelling, or while doing leisure activities. We understand that recalling the amount of time you spent in each of these activity categories can be difficult, but please try to give your best estimate.

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

act004a (hours spend sitting or lying down in section Activity)
During the last 7 days, how much time did you spend sitting or lying down?

Please include time spent working in a seated position, travelling, watching TV, using the computer, or when doing other activities in a seated or lying posture. Please note that this does not include sleeping time.

Please sum up the total time spent sitting or lying down over all 7 days.

RANGE 0..168

act004b (minutes spend sitting or lying down in section Activity)
RANGE 0..60

END OF GROUP

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

act005a (hours spend standing in section Activity)
During the last 7 days, how much time did you spend standing?

Please only include time spent standing still.

Please sum up the total time standing over all 7 days.

RANGE 0..168

act005b (minutes standing in section Activity)
RANGE 0..60

act006a (hours spend light physical activities in section Activity)
During the last 7 days, how much time did you spend in light physical activities?

Light activities refer to activities that take minimal physical effort and cause little to no elevation in your heart rate. Such activities include walking, light yard work or housework like washing dishes or cooking.

Please sum up the total time of light activities over all 7 days.

RANGE 0..168

act006b (minutes spend light physical activities in section Activity)
RANGE 0..60

act007a (hours spend moderate activities in section Activity)
During the last 7 days, how much time did you spend in moderate physical activities?

Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Examples of moderate physical activities include, but are not limited to, bicycling at a regular pace, or playing double tennis.

Please sum up the total time of moderate physical activities over all 7 days.

RANGE 0..168

act007b (minutes spend moderate activities in section Activity)
RANGE 0..60

act008a (hours spend vigorous activities in section Activity)
During the last 7 days, how much time did you spend in vigorous physical activities?

Vigorous activities refer to activities that take hard physical effort and make you breathe much harder than normal. Examples of vigorous physical activities include, but are not limited to, heavy lifting, digging, aerobics, or fast bicycling.

Please sum up the total time of vigorous physical activities over all 7 days.

RANGE 0..168

act008b (minutes spend vigorous activities in section Activity)
RANGE 0..60

act009a (hours spend sleeping in section Activity)
During the last 7 days, how much time did you spend sleeping?

Please sum up the total time spent sleeping over all 7 days.

RANGE 0..168

act009b (minutes spend sleeping in section Activity)
RANGE 0..60

IPAQV1_Num_V_Days (how many days done vigorous activities in section Activity)
We would now like for you to tell us about your physical activities over the last week.

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The question will ask you about the times you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for

recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

If you did not do any vigorous physical activities during the last 7 days, please enter "0."

RANGE 0..7

IF IPAQV1_Num_V_Days > 0 THEN
  GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

    IPAQV1_Num_V_Time_a (hours spend vigorous activities in section Activity)
    How much time did you usually spend doing **vigorous** physical activities on one of those days?

    RANGE 0..24

    IPAQV1_Num_V_Time_b (minutes spend vigorous activities in section Activity)
    RANGE 0..60

    IPAQV1_Num_V_Time_dk (don't know time spend vigorous activities in section Activity)
    OR
    1 Don't know/Not sure

    ipaq_script (Section Activity)
    Please enter the number of hours and/or minutes OR check the "Don't know/Not sure" box. You can also click "Next" to continue.

  END OF GROUP
END OF IF

IPAQV1_Num_M_Days_a (how many days done moderate activities in section Activity)
Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

During the **last 7 days**, on how many days did you do **moderate** physical activities like

carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

If you did not do any moderate physical activities during the last 7 days, please enter "0."

RANGE 0..7

IF IPAQV1_Num_M_Days_a > 0 THEN
  GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

  IPAQV1_Num_M_Time_a (hours spend moderate activities in section Activity)
  How much time did you usually spend doing **moderate** physical activities on one of those days?

  RANGE 0..24

  IPAQV1_Num_M_Time_b (minutes spend moderate activities in section Activity)
  RANGE 0..60

  IPAQV1_Num_M_Time_dk (don't know time spend moderate activities in section Activity)
  OR
  1 Don't know/Not sure

  ipaq_script (Section Activity)
  Please enter the number of hours and/or minutes OR check the "Don't know/Not sure" box. You can also click "Next" to continue.

  END OF GROUP
END OF IF

IPAQV1_Num_Walk_Days (how many days spent walking in section Activity)
Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

If you did not do any walking during the last 7 days, please enter "0."

RANGE 0..7

IF IPAQV1_Num_Walk_Days > 0 THEN
  GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

IPAQV1_Num_Walk_Time_a (hours spend walking in section Activity)
How much time did you usually spend **walking** on one of those days?

RANGE 0..24

IPAQV1_Num_Walk_Time_b (minutes spend walking in section Activity)
RANGE 0..60

IPAQV1_Num_Walk_Time_dk (don't know time spend walking in section Activity)
OR
1 Don't know/Not sure

ipaq_script (Section Activity)
Please enter the number of hours and/or minutes OR check the "Don't know/Not sure" box. You can also click "Next" to continue.

END OF GROUP
END OF IF

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

IPAQV1_Num_Sit_Time_a (hours spend sitting in section Activity)
The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

During the **last 7 days**, how much time did you spend **sitting** on weekdays?

RANGE 0..24

IPAQV1_Num_Sit_Time_b (minutes spend sitting in section Activity)
RANGE 0..60

IPAQV1_Num_Sit_Time_dk (don't know time spend sitting in section Activity)
OR
1 Don't know/Not sure

ipaq_script (Section Activity)
Please enter the number of hours and/or minutes OR check the "Don't know/Not sure" box. You can also click "Next" to continue.

END OF GROUP

End of section **Activity**

Start of section **Diary**

startdate := getStartDate()
FLDate := getSpanishDate()
FLDates := getSpanishDates(startdate)

diary_intro (Section Diary)
We will now ask you about your physical activity and sedentary behavior over each of the
7 days of the study.

When considering how physically active you were, please include all of your light, moderate, and vigorous activities over the last 7 days.

diary_cnt := 7

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

END OF GROUP

diary_cnt := 6

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

END OF GROUP

diary_cnt := 5

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3

4 4 Extremely
99 I don't remember

diary_cnt := 4

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

diary_cnt := 3

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3

4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

diary_cnt := 2

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

diary_cnt := 1

diary_intro2 (Section Diary)
For your reference, today is **(())**.

Day7_PA (how physically active on day in section Diary)
How physically active were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

Day7_SB (how sedentary on day in section Diary)
How sedentary were you on ((diary_cnt))?
0 0 Not at all
1 1
2 2
3 3
4 4 Extremely
99 I don't remember

END OF GROUP

PA_Typical (level of physical activity over last 7 days compared to typical level of physical activity in section Diary)
How would you describe your level of physical activity over the last 7 days compared to your typical level of physical activity?
1 Much lower than typical
2 Moderately lower than typical
3 Somewhat lower than typical
4 About the same
5 Somewhat higher than typical
6 Moderately higher than typical
7 Much higher than typical

SB_Typical (level of sedentary behavior over last 7 days compared to typical level of sedentary behavior in section Diary)
How would you describe your level of sedentary behavior over the last 7 days compared to your typical level of sedentary behavior?
1 Much lower than typical
2 Moderately lower than typical
3 Somewhat lower than typical
4 About the same
5 Somewhat higher than typical
6 Moderately higher than typical

7 Much higher than typical

mseq_intro (Section Exercise)
The next questions are about your participation in muscle-strengthening exercise.

The questions within this section relate to the physical activities that you perform during your leisure-time only. When we say leisure-time we mean your free-time and the activities that you perform that are NOT done as part of your work/job, transportation (moving to a different location), or as a part of household activities (chores). The types of muscle-strengthening exercise modes that we are interested in include;Use of weight machines (typically in a gym or fitness center)Bodyweight exercises (including push-ups, sit-ups)Resistance exercises (using resistance bands or free weights like dumbbells)Holistic exercises (including Yoga, Tai-chi and Pilates)There are no right or wrong responses to the following questions, we are interested in your open and honest feedback.

mseq_1 (do any muscle-strengthening exercise in section Exercise)
During the last 7 days, did you do any muscle-strengthening exercise?

The type of muscle-strengthening exercises include: Use of weight machines to do e.g. leg press, chess press, lat pulldown (typically in a gym or fitness center), body weight exercises (including push-ups, sit-ups), resistance bands (using resistance bands or free weights like dumbbells), holistic exercises (including Yoga, Tai-Chi, and Pilates)
1 Yes
2 No

IF mseq_1 = 1 THEN

mseq_2 (how many days do muscle-strengthening exercise in section Exercise)
How many days, during the last 7 days, did you do muscle-strengthening exercise?

The type of muscle-strengthening exercises include: Use of weight machines to do e.g. leg press, chess press, lat pulldown (typically in a gym or fitness center), body weight exercises (including push-ups, sit-ups), resistance bands (using resistance bands or free weights like dumbbells), holistic exercises (including Yoga, Tai-Chi, and Pilates)
1 1 day
2 2 days
3 3 days
4 4 days
5 5 days
6 6 days
7 7 days

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

mseq3_intro (Section Exercise)
During the last 7 days, please indicate how often you did each of the following types of muscle-strengthening exercise.

SUBGROUP OF QUESTIONS

MSEQ_3ndays_a (Use weight machines number of DAYS during the last 7 days in section Exercise)
Use weight machines (e.g. leg press, chest press, lat pulldown)
1 0 days
2 1 day
3 2 days
4 3 days
5 4 days
6 5 days
7 6 days
8 7 days

MSEQ_3ndays_b (Body weight exercises number of DAYS during the last 7 days in section Exercise)
Body weight exercises (e.g. push-ups, sit-ups)
1 0 days
2 1 day
3 2 days
4 3 days
5 4 days
6 5 days
7 6 days
8 7 days

MSEQ_3ndays_c (Use resistance bands or free weights number of DAYS during the last 7 days in section Exercise)
Use resistance bands or free weights (e.g. dumbbells)
1 0 days
2 1 day
3 2 days
4 3 days
5 4 days
6 5 days
7 6 days
8 7 days

MSEQ_3ndays_d (Holistic exercises number of DAYS during the last 7 days in section Exercise)
Holistic exercises (including Yoga, Tai-Chi, and Pilates)
1 0 days
2 1 day
3 2 days
4 3 days
5 4 days
6 5 days
7 6 days
8 7 days

END OF SUBGROUP

END OF GROUP

IF MSEQ_3ndays_a > 1 OR MSEQ_3ndays_b > 1 OR MSEQ_3ndays_c > 1 OR MSEQ_3ndays_d > 1 THEN
GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

mseq3_intro2 (Section Exercise)
During the last 7 days, please indicate how much time you spent doing each of the following types of muscle-strengthening exercise.

SUBGROUP OF QUESTIONS

IF MSEQ_3ndays_a > 1 THEN

MSEQ_3dur_a (Use weight machines minutes spent in a usual session during the last 7 days in section Exercise)
Use weight machines (e.g. leg press, chest press, lat pulldown)
1 Less than 10 minutes
2 10-20 minutes
3 21-30 minutes
4 31-40 minutes
5 41-50 minutes
6 51-60 minutes
7 More than 60 minutes

END OF IF

IF MSEQ_3ndays_b > 1 THEN

MSEQ_3dur_b (Body weight exercises minutes spent in a usual session during the last 7 days in section Exercise)
Body weight exercises (e.g. push-ups, sit-ups)
1 Less than 10 minutes
2 10-20 minutes
3 21-30 minutes
4 31-40 minutes
5 41-50 minutes
6 51-60 minutes
7 More than 60 minutes

END OF IF

IF MSEQ_3ndays_c > 1 THEN

MSEQ_3dur_c (Use resistance bands or free weights minutes spent in a usual session during the last 7 days in section Exercise)
Use resistance bands or free weights (e.g. dumbbells)
1 Less than 10 minutes
2 10-20 minutes
3 21-30 minutes
4 31-40 minutes
5 41-50 minutes
6 51-60 minutes
7 More than 60 minutes

END OF IF

IF MSEQ_3ndays_d > 1 THEN

MSEQ_3dur_d (Holistic exercises minutes spent in a usual session during the last 7 days in section Exercise)
Holistic exercises (including Yoga, Tai-Chi, and Pilates)
1 Less than 10 minutes
2 10-20 minutes
3 21-30 minutes
4 31-40 minutes
5 41-50 minutes
6 51-60 minutes
7 More than 60 minutes

END OF IF

END OF SUBGROUP

mseq4_intro (Section Exercise)
For each of the following types of muscle-strengthening exercises, please rate how hard (level of intensity) you exercised **in a usual session during the last 7 days**.

How hard you feel you are exercising can also be called intensity or rating of perceived effort. The level of intensity if often assessed on a 0 to 10 scale with 0 representing "extremely easy" and 10 representing "extremely hard". On a scale of 0-10, please indicate how hard you feel you exercise when you are doing muscle strengthening exercise.

MSEQ_4intensity_a (Use weight machines intensity in section Exercise)
Use weight machines (e.g. leg press, chest press, lat pulldown)
0 0 Extremely easy
1 1
2 2 Easy
3 3
4 4 Somewhat easy
5 5
6 6 Somewhat hard
7 7
8 8 Hard
9 9
10 10 Extremely hard

MSEQ_4intensity_b (Body weight exercises intensity in section Exercise)
Body weight exercises (e.g. push-ups, sit-ups)
0 0 Extremely easy
1 1
2 2 Easy
3 3
4 4 Somewhat easy
5 5

6 6 Somewhat hard
7 7
8 8 Hard
9 9
10 10 Extremely hard

END OF IF

IF MSEQ_3ndays_c > 1 THEN

MSEQ_4intensity_c (Use resistance bands or free weights intensity in section Exercise)
Use resistance bands or free weights (e.g. dumbbells)
0 0 Extremely easy
1 1
2 2 Easy
3 3
4 4 Somewhat easy
5 5
6 6 Somewhat hard
7 7
8 8 Hard
9 9
10 10 Extremely hard

END OF IF

IF MSEQ_3ndays_d > 1 THEN

MSEQ_4intensity_d (Holistic exercises intensity in section Exercise)
Holistic exercises (including Yoga, Tai-Chi, and Pilates)
0 0 Extremely easy
1 1
2 2 Easy
3 3
4 4 Somewhat easy
5 5
6 6 Somewhat hard
7 7
8 8 Hard
9 9
10 10 Extremely hard

| END OF IF

| END OF SUBGROUP

| END OF GROUP

END OF IF

END OF IF

END OF IF

End of section **Exercise**

Start of section **Sitting**

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

st001_intro (Section Sitting)
Sitting is something I do...

SUBGROUP OF QUESTIONS

st001a (sitting automatically in section Sitting)
...automatically.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

st001b (sitting without having to consciously remember in section Sitting)
...without having to consciously remember.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

st001c (sitting thinking in section Sitting)
...without thinking.
1 1 Strongly disagree
2 2
3 3

4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

st001d (sitting before realize doing it in section Sitting)
...before I realize I'm doing it.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

END OF SUBGROUP

END OF GROUP

End of section **Sitting**

Start of section **Selfconcept**

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

ac001_intro (Section Selfconcept)
The following questions concern your personal beliefs about physical activity. Please indicate the degree to which you agree or disagree with each statement when thinking about your physical activity and sedentary behavior. There are no right or wrong answers, so please choose the option that best reflects how you view your own physical activity and sedentary behavior.

SUBGROUP OF QUESTIONS

ac001a (I consider myself to be a physically active person in section Selfconcept)
I consider myself to be a physically active person.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001b (When I describe myself to others, I usually include my involvement in

physical activity in section Selfconcept)
When I describe myself to others, I usually include my involvement in physical activity.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001c (Being physically active is a central factor to my self-concept in section Selfconcept)
Being physically active is a central factor to my self-concept.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001d (I need to be physically active to feel good about myself in section Self-concept)
I need to be physically active to feel good about myself.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001e (Others see me as someone who is physically active regularly in section Selfconcept)
Others see me as someone who is physically active regularly.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001f (I would describe myself as someone who is physically active in section Selfconcept)

I would describe myself as someone who is physically active.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001g (I have numerous goals related to physical activity in section Selfconcept)
I have numerous goals related to physical activity.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac001h (I read instructions carefully. For this question, select "strongly agree" in section Selfconcept)
I read instructions carefully. For this question, select "strongly agree".
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

END OF SUBGROUP

END OF GROUP

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

ac002_intro (Section Selfconcept)
The following questions concern your personal beliefs about physical activity. Please indicate the degree to which you agree or disagree with each statement when thinking about your physical activity and sedentary behavior. There are no right or wrong answers, so please choose the option that best reflects how you view your own physical activity and sedentary behavior.

ac002a (For me, being physically active means more than just performing physical activity in section Selfconcept)
For me, being physically active means more than just performing physical activity.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002b (I would feel a real loss if I were not able to be physically active in section Selfconcept)
I would feel a real loss if I were not able to be physically active.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002c (Physical activity is something I think about often in section Selfconcept)
Physical activity is something I think about often.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002d (During my free time, I enjoy activities that allow me to get up and move more than most other activities in section Selfconcept)
During my free time, I enjoy activities that allow me to get up and move more than most other activities.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6

7 7 Strongly agree

ac002e (I would describe myself as someone who is more active than what's typical for people like me in section Selfconcept)
I would describe myself as someone who is more active than what's typical for people like me.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002f (I consider myself as a sedentary person in section Selfconcept)
I consider myself as a sedentary person.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002g (When I describe myself to others, I usually include my involvement in activities that are sedentary in section Selfconcept)
When I describe myself to others, I usually include my involvement in activities that are sedentary.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac002h (When answering surveys, I always pay attention. Select "strongly disagree" for this question in section Selfconcept)
When answering surveys, I always pay attention. Select "strongly disagree" for this question.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5

6 6
7 7 Strongly agree

ac003_intro (Section Selfconcept)
The following questions concern your personal beliefs about physical activity. Please indicate the degree to which you agree or disagree with each statement when thinking about your physical activity and sedentary behavior. There are no right or wrong answers, so please choose the option that best reflects how you view your own physical activity and sedentary behavior.

ac003a (Others see me as a couch potato in section Selfconcept)
Others see me as a couch potato.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003b (I would be disappointed if my activities were limited to those that required me to lie down, sit, or recline in section Selfconcept)
I would be disappointed if my activities were limited to those that required me to lie down, sit, or recline.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003c (I often think about being sedentary in section Selfconcept)
I often think about being sedentary.
1 1 Strongly disagree
2 2
3 3

4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003d (I enjoy being sedentary during my free (or leisure) time in section Self-concept)
I enjoy being sedentary during my free (or leisure) time.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003e (I would describe myself as someone that sits more than is typical for people like me in section Selfconcept)
I would describe myself as someone that sits more than is typical for people like me.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003f (When I am home, I want to sit, recline, or lie down more than anything else in section Selfconcept)
When I am home, I want to sit, recline, or lie down more than anything else.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

ac003g (I consider myself someone that sits (without standing) for long durations of time in section Selfconcept)
I consider myself someone that sits (without standing) for long durations of time.
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree

5 5
6 6
7 7 Strongly agree

ac003h (This question is a control question. Select "neither disagree nor agree" in section Selfconcept)
This question is a control question. Select "neither disagree nor agree".
1 1 Strongly disagree
2 2
3 3
4 4 Neither disagree nor agree
5 5
6 6
7 7 Strongly agree

END OF SUBGROUP

END OF GROUP

End of section **Selfconcept**

Start of section **Comparison**

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

c001 (compare how physically active in section Comparison)
When you answered the question "During the last 7 days, how physically active were you?", did you make any of the following comparisons?

Please select all that apply.
1 I compared myself with another person or other people
2 I made a comparison with how I was some time ago
3 I thought about how I would feel if something about me or my life were different
4 I compared myself with other things, please specify:
5 I did not make any comparisons when answering the question above

c001_other (other compare how physically active in section Comparison)
STRING

END OF GROUP

IF 1 IN c001 THEN
GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

c002 (compare people how physically active in section Comparison)
When you compared yourself with another person or other people, which of the following did you think about?

Please select all that apply.
1 Family and friends
2 People of similar age
3 People younger than me
4 People older than me
5 Others, please specify:

c002_other (other compare people how physically active in section Comparison)
STRING

c003 (how compared physically active to self some time ago in section Comparison)
When you compared yourself with how you were some time ago, what were you thinking about?
STRING

c004 (what thought about physically active in section Comparison)
When you thought about how you would feel if something about you or your life were different, what were you thinking about?
STRING

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

c005 (compare how sedentary in section Comparison)
When you answered the question "During the last 7 days, how sedentary were you?", did you make any of the following comparisons?

Please select all that apply.
1 I compared myself with another person or other people
2 I made a comparison with how I was some time ago
3 I thought about how I would feel if something about me or my life were different
4 I compared myself with other things, please specify:
5 I did not make any comparisons when answering the question above

c005_other (other compare how sedentary in section Comparison)
STRING

IF 1 IN c005 THEN
  GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

  c006 (compare people how sedentary in section Comparison)
  When you compared yourself with another person or other people, which of the following did you think about?

  Please select all that apply.
  1 Family and friends
  2 People of similar age
  3 People younger than me
  4 People older than me
  5 Others, please specify:

  c006_other (other compare people how sedentary in section Comparison)
  STRING

  END OF GROUP
END OF IF

IF 2 IN c005 THEN
  c007 (how compared sedentary to self some time ago in section Comparison)
  When you compared yourself with how you were some time ago, what were you thinking about?
  STRING
END OF IF

IF 3 IN c005 THEN
  c008 (what thought about sedentary in section Comparison)
  When you thought about how you would feel if something about you or your life were different, what were you thinking about?
  STRING
END OF IF

End of section **Comparison**

Start of section **Closing**

CS_004 (any specific thoughts in section Closing)

Thank you for completing the Final Questionnaire. We would like to offer you the opportunity to provide any feedback you may have about your experience participating in the USC FACT Study.

This is completely optional, but we would appreciate any and all feedback you may have.
STRING

CS_001 (HOW PLEASANT INTERVIEW in section Closing)
Could you tell us how interesting or uninteresting you found the questions in this questionnaire?
1 Very interesting
2 Interesting
3 Neither interesting nor uninteresting
4 Uninteresting
5 Very uninteresting

CS_reminder (Section Closing)
Thank you for answering these questions.

As a reminder, you must return the study devices to us in order to complete the study and receive compensation.

Please refer to the instructions included in the email we will send you within the next couple of days on how to return the devices to us. If you have any questions about this process, you can reach the study team by e-mailing us at uashelp@usc.edu or by calling us at 1-855-872-8673.

Thank you again for your participation in the USC FACT Study.

End of section **Closing**

/* Please note that although question CS_003 is listed in the routing, the answers are not included in the microdata in the event identifiable information is captured. Cleaned responses are available by request. */