

## Data Entry Template SIT-Q-7d

SIT-Q-7d – Version 1.0 (13 December 2010)

**\*\* For numbers in right hand column for each variable please see Annex 1 equivalent number**

**\*\*\* This template has been designed to be entered into fields initially defaulted to -1**

Page	Description	Variable Names	Variable Details	Annex code
<b>P1</b>	Participant Study Number	StudyID	Enter as TEXT without the prefix DRC e.g. <b>1234A</b>	
	Identification of questionnaire	d_questionnaire	Enter as TEXT: "4 test"	
	Compare your amount of sitting time over the last 7 days with a typical week for you. In the last 7 days, my amount of sitting was ...	d_repres_typ_w	"Much less than normal"..... = 1 "A little less than normal"..... = 2 "About the same"..... = 3 "A little more than normal"..... = 4 "A lot more than normal"..... = 5  -1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	<b>[1] [2] [3]</b>

P2	SECTION 1		SLEEPING AND NAPPING		
	1. In the last 7 days, at what time did you go to sleep? <b>Weekday?</b>	dA1_1_go_sle_wd_hr	Enter hour and minutes as separate variables, and as integers.	[2] [3] [4]	
		dA1_1_go_sle_wd_min	Enter hour as 24hr clock. Enter minutes as value between "00" and "59".		
	1. In the last 7 days, at what time did you get up? <b>Weekday?</b>	dA1_2_get_up_wd_hr	E.g. "11:00 (pm <input checked="" type="checkbox"/> / am <input type="checkbox"/> )" is entered as:		
		dA1_2_get_up_wd_min	dA1_1_go_sle_wd_hr = 23 dA1_1_go_sle_wd_min = 00		
	1. In the last 7 days, at what time did you go to sleep? <b>Weekend day?</b>	dA1_3_go_sle_wndd_hr	-1 = left blank If none of both (pm <input type="checkbox"/> / am <input type="checkbox"/> ) boxes are ticked, enter both the hour and minutes variables as "(-6) xx". E.g. "11:00 (pm <input type="checkbox"/> / am <input type="checkbox"/> )" is entered as: dA1_1_go_sle_wd_hr = (-6) 11 dA1_1_go_sle_wd_min = (-6) 00	[1] [2] [3]	
		dA1_3_go_sle_wndd_min			
	1. In the last 7 days, at what time did you get up? <b>Weekend day?</b>	dA1_4_get_up_wndd_hr			
		dA1_4_get_up_wndd_min			
	2. In the last 7 days, on average, how long did you nap per day? <b>Weekday?</b>	dA2_1_dur_nap_wd	"No daily napping"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30-45 min"..... = 4 "45 min-1 hour"..... = 5 "More than 1 hour a day"..... = 6		
	2. In the last 7 days, on average, how long did you nap per day? <b>Weekend day?</b>				dA2_2_dur_nap_wndd
			-1 = left blank -5 = more than one selected – see Annex 1 for coding instructions		

P3	SECTION 2		MEALS	
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekday, breakfast?</b>	dB3_1_dur_meal_wd_br	"None"..... = 1 "1-10 min"..... = 2 "10-20 min"..... = 3 "20-30 min"..... = 4	[1] [2] [3]
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekday, lunch?</b>	dB3_2_dur_meal_wd_lu	"30-45 min"..... = 5 "45 min – 1 hour"..... = 6 "More than 1 hour a day"..... = 7	
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekday, dinner?</b>	dB3_3_dur_meal_wd_di	-1 = left blank -5 = more than one selected – see Annex for coding instructions	
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekend day, breakfast?</b>	dB3_4_dur_meal_wndd_br		
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekend day, lunch?</b>	dB3_5_dur_meal_wndd_lu		
	3. In the last 7 days, on average, how long did you sit for each of these meals per day? <b>Weekend day, dinner?</b>	dB3_6_dur_meal_wndd_di		

P4	SECTION 3		TRANSPORTATION	
	4. Have you been working, studying or volunteering (referred to as "occupation") in the last 7 days?	dC4_status_occ	"Yes" ..... = 2 "No" ..... = 3  -1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	[1] [2] [3] [4]
	5. In the last 7 days, how many days a week did you sit while travelling to and from your occupation? <b>Occupation 1?</b>	dC5_1_freq_to_from_occ1	Integer [If decimal provided and it is: (a) < 0.5 round down or (b) ≥ 0.5 round up]  -1 = left blank	[2] [4]
	5. In the last 7 days, how many days a week did you sit while travelling to and from your occupation? <b>Occupation 2?</b>	dC5_2_freq_to_from_occ2	If a range has been entered, see Annex 4 for coding instructions	
	6. In the last 7 days, on average, how long did you sit while travelling to and from your occupation on such a day? <b>Occupation 1?</b>	dC6_1_dur_to_from_occ1	"None" ..... = 1 "1-15 min" ..... = 2 "15-30 min" ..... = 3 "30-45 min" ..... = 4 "45 min-1 hour" ..... = 5	[1] [2] [3]
	6. In the last 7 days, on average, how long did you sit while travelling to and from your occupation on such a day? <b>Occupation 2?</b>	dC6_2_dur_to_from_occ2	"1-1.5 hours" ..... = 6 "1.5-2 hours" ..... = 7 "2-2.5 hours" ..... = 8 "2.5-3 hours" ..... = 9 "3-4 hours" ..... = 10 "4-5 hours" ..... = 11 "5-6 hours" ..... = 12 "6-7 hours" ..... = 13 "More than 7 hours" ..... = 14  -1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	

P5	7. In the last 7 days, how many days a week did you sit while travelling as part of your occupation? <b>Occupation 1?</b>	dC7_1_freq_part_of_occ1	Integer [If decimal provided and it is: (a) < 0.5 round down or (b) ≥ 0.5 round up]  -1 = left blank	[2] [4]
	7. In the last 7 days, how many days a week did you sit while travelling as part of your occupation? <b>Occupation 2?</b>	dC7_2_freq_part_of_occ2	If a range has been entered, see Annex 4 for coding instructions	
	8. In the last 7 days, how long did you sit while travelling as part of your occupation on such a day? <b>Occupation 1?</b>	dC8_1_dur_part_of_occ1	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30-45 min"..... = 4 "45 min-1 hour"..... = 5	[1] [2] [3]
	8. In the last 7 days, how long did you sit while travelling as part of your occupation on such a day? <b>Occupation 2?</b>	dC8_2_dur_part_of_occ2	"1-1.5 hours"..... = 6 "1.5-2 hours"..... = 7 "2-2.5 hours"..... = 8 "2.5-3 hours"..... = 9 "3-4 hours"..... = 10	
	9. In the last 7 days, on average, how long did you sit for getting about apart from your occupation per day? <b>Weekday?</b>	dC9_1_dur_apart_from_wd	"4-5 hours"..... = 11 "5-6 hours"..... = 12 "6-7 hours"..... = 13 "More than 7 hours"..... = 14	
	9. In the last 7 days, on average, how long did you sit for getting about apart from your occupation per day? <b>Weekend day?</b>	dC9_2_dur_apart_from_wndd	-1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	

P6	SECTION 4		WORK, STUDY AND VOLUNTEERING	
	10. Did you have an occupation in the last 7 days?	dD10_status_occ	"Yes"..... = 2 "No"..... = 3  -1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	[1] [2] [3]
	11a. Type of occupation 1	dD11a_type_occ1	"Work"..... = 1 "Study"..... = 2 "Volunteering"..... = 3  -1 = left blank -5 = more than one selected – see Annex 1 for coding instructions	[1] [2] [3]
	12a. Name of occupation 1	dD12a_name_occ1	Text (Enter as is)  -1=left blank	[2]
	13a. How many days did you do occupation 1 in the last 7 days?	dD13a_freq_occ1	Decimal (format x.xx) [e.g. 2.50] [¼ = 0.25, □/3 = 0.33, ½ = 0.50, □/3 = 0.66, ¾ = 0.75]  -1 = left blank If a range has been entered, see Annex 4 for coding instructions	[2] [4]
	14a. In the last 7 days, on average, how much time per day did you spend sitting while doing occupation 1?	dD14a_dur_occ1	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30 min-1 hour"..... = 4 "1-2 hours"..... = 5 "2-3 hours"..... = 6 "3-4 hours"..... = 7 "4-5 hours"..... = 8 "5-6 hours"..... = 9 "6-7 hours"..... = 10 "7-8 hours"..... = 11 "More than 8 hours"..... = 12  -1 = left blank -5 = more than one selected Annex 1 for coding instructions	[1] [2] [3]

	15a. In the last 7 days, on average, how many times per day did you interrupt your sitting time while doing occupation 1, for example by standing up, walking somewhere, or getting a coffee?	dD15a_freq_break_occ1	Integer [If decimal provided and it is: (a) < 0.5 round down or (b) ≥ 0.5 round up]  -1 = left blank If a range has been entered, see Annex 4 for coding instructions	<b>[2] [4]</b>
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<b>P7</b>	16. Did you have a second occupation in the last 7 days?	dD16_status_occ2	"Yes"..... = 2 "No"..... = 3  -1 = left blank -5 = more than one selected – see Annex 1 for coding directions	<b>[1] [2] [3]</b>
	11b. Type of occupation 2	dD11b_type_occ2	"Work"..... = 1 "Study"..... = 2 "Volunteering"..... = 3  -1 = left blank -5 = more than one selected – see Annex 1 for coding directions	<b>[1] [2] [3]</b>
	12b. Name of occupation 2	dD12b_name_occ2	Text (Enter as is)  -1=left blank	<b>[2]</b>
	13b. How many days did you do occupation 2 in the last 7 days?	dD13b_freq_occ2	Decimal (format x.xx) [e.g. 2.50] [¼ = 0.25, ⅓ = 0.33, ½ = 0.50, ⅔ = 0.66, ¾ = 0.75]  -1 = left blank If a range has been entered, see Annex 4 for coding instructions	<b>[2] [4]</b>
	14b. In the last 7 days, on average, how much time per day did you spend sitting while doing occupation 2?	dD14b_dur_occ2	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30 min-1 hour"..... = 4 "1-2 hours"..... = 5 "2-3 hours"..... = 6 "3-4 hours"..... = 7 "4-5 hours"..... = 8 "5-6 hours"..... = 9 "6-7 hours"..... = 10 "7-8 hours"..... = 11 "More than 8 hours"..... = 12  -1 = left blank -5 = more than one selected Annex 1 for coding directions	<b>[1] [2] [3]</b>



	<p>15b. In the last 7 days, on average, how many times per day did you interrupt your sitting time while doing occupation 2, for example by standing up, walking somewhere, or getting a coffee?</p>	<p>dD15b_freq_break_occ2</p>	<p>Integer          [If decimal provided and it is: (a) &lt; 0.5 round down or (b) ≥ 0.5 round up]           -1 = left blank          If a range has been entered, see Annex 4 for coding instructions</p>	<p>[2] [4]</p>
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P8	SECTION 5		SCREEN TIME AND OTHER ACTIVITIES	
	17. In the last 7 days, on average, how long did you spend sitting or lying down in the following activities per day? Watching TV, dvds/videos? <b>Weekday?</b>	dE17_1_dur_tv_wd	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30 min-1 hour"..... = 4 "1-2 hours"..... = 5 "2-3 hours"..... = 6	[1] [2] [3]
	17. Watching TV, dvds/videos? <b>Weekend day?</b>	dE17_2_dur_tv_wndd	"3-4 hours"..... = 7 "4-5 hours"..... = 8 "5-6 hours"..... = 9	
	17. Using computer apart from work? <b>Weekday?</b>	dE17_3_dur_comp_wd	"6-7 hours"..... = 10 "More than 7 hours"..... = 11	
	17. Using computer apart from work? <b>Weekend day?</b>	dE17_4_dur_comp_wndd	-1 = left blank -5 = more than one selected – see Annex 1 for coding directions	
	17. Playing computer games? <b>Weekday?</b>	dE17_5_dur_game_wd		
	17. Playing computer games? <b>Weekend day?</b>	dE17_6_dur_game_wndd		
	18. In the last 7 days, on average, how many times per day did you interrupt your sitting time while watching TV for example, by standing up, walking somewhere, or getting a drink?	dE18_freq_break_tv	Integer [If decimal provided and it is: (a) < 0.5 round down or (b) ≥ 0.5 round up]  -1 = left blank If a range has been entered, see Annex 4 for coding instructions	[2] [4]

<b>P9</b>	19. In the last 7 days, on average, how often did you have the following snacks or drinks while watching TV in addition to your breakfast, lunch or dinner? Savoury snacks (e.g. crisps, salted nuts)	dE19_1_freq_savor	"None"..... =1 "1-2 times a week"..... = 2 "3-4 times a week"..... = 3 "5-6 times a week"..... = 4 "once a day"..... = 5 "2 times a day"..... = 6 "3 times a day"..... = 7 "4 times a day"..... = 8 "5 times a day"..... = 9 "more than 5 times a day"..... = 10  -1 = left blank -5 = more than one selected – see Annex 1 for coding directions	<b>[1] [2] [3]</b>
	19. Sweets, chocolate(s) (bars), cakes, biscuits	dE19_2_freq_sweet		
	19. Ice cream, chocolate mousse	dE19_3_freq_ice		
	19. Yoghurt, rice pudding	dE19_4_freq_yoghurt		
	19. Soda (e.g. coke)	dE19_5_freq_soda		
	19. Fruit juice	dE19_6_freq_frjuice		
	19. Squash	dE19_7_freq_squash		
	19. Milk, milkshake, hot chocolate	dE19_8_freq_milk		
	19. Tea or coffee	dE19_9_freq_tea		
	19. Alcoholic drinks (e.g. beer, wine, spirits)	dE19_10_freq_alcoh		
19. Other: name snack	dE19_11_name_other	Text (Enter as is)	<b>[2]</b>	
19. Other: frequency	dE19_12_freq_other	"None"..... =1 "1-2 times a week"..... = 2 "3-4 times a week"..... = 3	<b>[1] [2] [3]</b>	

			<p>"5-6 times a week" ..... = 4  "once a day" ..... = 5  "2 times a day" ..... = 6  "3 times a day" ..... = 7  "4 times a day" ..... = 8  "5 times a day" ..... = 9  "more than 5 times a day" ..... = 10</p> <p>-1 = left blank  -5 = more than one selected - see Annex 1  for coding directions</p>	
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<b>P10</b>	20. In the last 7 days, on average, how long did you spend sitting or lying down in the following activities per day? Sitting while reading? <b>Weekday?</b>	dE20_1_dur_read_wd	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30 min-1 hour"..... = 4 "1-2 hours"..... = 5 "2-3 hours"..... = 6 "3-4 hours"..... = 7 "4-5 hours"..... = 8 "5-6 hours"..... = 9 "6-7 hours"..... = 10 "More than 7 hours"..... = 11	<b>[1] [2] [3]</b>
	20. Sitting while reading? <b>Weekend day?</b>	dE20_2_dur_read_wndd		
	20. Sitting while doing household tasks? <b>Weekday?</b>	dE20_3_dur_house_wd		
	20. Sitting while doing household tasks? <b>Weekend day?</b>	dE20_4_dur_house_wndd	-1 = left blank -5 = more than one selected – see Annex 1 for coding directions	
	20. Sitting while caring? <b>Weekday?</b>	dE20_5_dur_cari_wd		
	20. Sitting while caring? <b>Weekend day?</b>	dE20_6_dur_cari_wndd		
	20. Sitting for hobbies? <b>Weekday?</b>	dE20_7_dur_hobb_wd		
	20. Sitting for hobbies? <b>Weekend day?</b>	dE20_8_dur_hobb_wndd		
	20. Sitting for socializing? <b>Weekday?</b>	dE20_9_dur_soc_wd		
	20. Sitting for socializing? <b>Weekend day?</b>	dE20_10_dur_soc_wndd		
	20. Sitting while listening to music? <b>Weekday?</b>	dE20_11_dur_music_wd		
	20. Sitting while listening to music? <b>Weekend day?</b>	dE20_12_dur_music_wndd		
	20. Sitting for other activities: name activity?	dE20_13_name_other	Text (Enter as is)  -1=left blank	<b>[2]</b>

	20. Sitting for other activities: frequency? <b>Weekday?</b>	dE20_14_dur_other_wd	"None"..... = 1 "1-15 min"..... = 2 "15-30 min"..... = 3 "30 min-1 hour"..... = 4 "1-2 hours"..... = 5 "2-3 hours"..... = 6 "3-4 hours"..... = 7 "4-5 hours"..... = 8 "5-6 hours"..... = 9 "6-7 hours"..... = 10 "More than 7 hours"..... = 11  -1 = left blank -5 = more than one selected - see Annex 1 for coding directions	[1] [2] [3]
	20. Sitting for other activities: frequency, <b>Weekend day?</b>	dE20_15_dur_other_wddd		

## ANNEX

[1]

### Multiple Selections

- When a single response should have been selected, but more than one was selected, this must be entered as: “(-5) **1 AND 2 AND 3 AND 4**”

For multiple selections, always put numbers in ascending order.

A few examples:

<i>Field Name</i>	<i>What was selected</i>	<i>What to enter</i>
d_repres_typ_w	“A little less than normal” AND “About the same”	(-5) 2 AND 3
dB3_1_dur_meal_wd_br	“20-30 min” AND “30-45 min”	(-5) 4 AND 5

[2]

### Text written on questionnaire

- If text is written next to a question and **no** response provided, this must be entered as: “(-10) *text as written*”
- If text is written next to a question where **one** response is selected, this must be entered as: “(-10) *text as written* (-12) *selection*”

For example: “(-10) **example text** (-12) **1**”

- If text is written next to a question where **multiple** responses are selected, this must be entered as: “(-10) *text as written* (-12) *multiple selections*”

For example: “(-10) **example text** (-12) **1 AND 2**”

- If text is written next to a question where a **number** should be written, this must be entered as: “(-10) *text as written* (-12) *number*”

For example: “(-10) **example text** (-12) **29**”

- If text is written next to a question where a **word** should be written, this must be entered as: “(-10) *text as written* (-12) *word*”

For example: “(-10) **example text** (-12) **receptionist**”

[3]

## Crosses instead of ticks

All questions with provided answer categories should be answered with a tick.

- If a cross has been used, but only one option has been selected, enter this as the answer, e.g.

Please tick (✓) **one box only**

Compare your amount of <u>sitting time</u> over the <b>last 7 days</b> with a <b>typical week for you</b> . In the <b>last 7 days</b> , my amount of sitting was ...				
Much less than normal	A little less than normal	About the same	A little more than normal	A lot more than normal
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**This should be entered as "2"**

- If a mixture of ticks and crosses have been used, enter the option that has been ticked (see example below). If more than one option has been ticked, refer to Annex 1.

Please tick (✓) **one box only**

Compare your amount of <u>sitting time</u> over the <b>last 7 days</b> with a <b>typical week for you</b> . In the <b>last 7 days</b> , my amount of sitting was ...				
Much less than normal	A little less than normal	About the same	A little more than normal	A lot more than normal
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**This should be entered as "4"**

- If a response has been ticked and then clearly crossed out, and another response has been selected, please ignore the response that has been crossed out, e.g.

Please tick (✓) **one box only**

Compare your amount of <u>sitting time</u> over the <b>last 7 days</b> with a <b>typical week for you</b> . In the <b>last 7 days</b> , my amount of sitting was ...				
Much less than normal	A little less than normal	About the same	A little more than normal	A lot more than normal
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**This should be entered as "3"**

**[4]**

## Range instead of one value

- When a value range has been given when one value was appropriate, enter to the form "(-4) 1 TO 3". For example, if "1-3" was given as an answer, when a single numeric value like "2" was expected, code as "(-4) 1 TO 3", e.g.

<i>Field Name</i>	<i>What was written</i>	<i>What to enter</i>
dC5_1_freq_to_from_occ1	3 - 5	(-4) 3 TO 5
dC5_1_freq_to_from_occ1	2 ½ - 4	(-4) 2.5 TO 4
dD15a_freq_break_occ1	20 - 30	(-4) 20 TO 30