Project EAT 2010 and F-EAT Surveys

The following table lists constructs assessed on the EAT 2010 and Project F-EAT surveys. The table is a working draft and will be updated as additional psychometric testing is completed and new scales or scores are constructed. Constructs are organized according to the theoretical model, which was developed to guide the overall study.

The constructs are listed in the far left column. For each construct, information is provided in the other columns: 1) the exact wording for survey items; 2) selected psychometrics for scales or scores when relevant and available; and 3) sources and other notes. Selected psychometrics include test-retest reliability correlations and internal consistency for scales. The test-retest values included in the following table were determined in a school-based sample of 100 adolescents (12-18 years) and a sample of 100 parents of adolescents. Test-retest reliability for adolescents was assessed over a one-week period and for parents was determined over a two-week period. The full citation for all references and an explanation of symbols can be found at the end of the table.

<table>
<thead>
<tr>
<th>Construct</th>
<th>Measures which form scale or derived variable</th>
<th>Selected psychometrics‡</th>
<th>Notes and source</th>
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<tbody>
<tr>
<td><strong>ENVIRONMENTAL FACTORS</strong></td>
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<tr>
<td>Neighborhood</td>
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<td><strong>Neighborhood safety</strong></td>
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<tr>
<td>Perceived safety</td>
<td>Please choose the answer that best applies to you and the neighborhood where you lived for the majority of the past year. (strongly disagree, somewhat disagree, somewhat agree, strongly agree)</td>
<td>α = 0.80 ( r = 0.69 ) Mean = 6.0 Range = 2-8</td>
<td>Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003. SCORING: Items were reverse coded before summing.</td>
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<tr>
<td>Family/Home</td>
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<tr>
<td><strong>Shared meals</strong></td>
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<tr>
<td>Family meal routines</td>
<td>How much do you agree with the following statements? [Strongly Disagree, Somewhat Disagree, Somewhat Agree, Strongly Agree]</td>
<td>α = 0.51 ( r = 0.72 )</td>
<td>EAT Surveys – Neumark-Sztainer et al, 2004(a); Fulkerson et al, 2006. Items were drawn from the FEABS (Family Eating Attitude and Behavior Scale) – Pamela Earborn Hogens PhD. (unpublished dissertation, 1988).</td>
</tr>
<tr>
<td>Media use at meals</td>
<td>How often does your child do the following at family meals? [Never or Rarely, Sometimes, Usually, Always]</td>
<td>α = 0.76 ( r = 0.72 )</td>
<td>Developed for Project F-EAT based on the results of the Generation M Study – Roberts et al, 2005.</td>
</tr>
</tbody>
</table>
## Foods served at meals

Think about a typical family dinner at your home…

- We never eat family dinners (If true, check the box to the left and skip to Question 16) [Never or rarely, Sometimes, Usually, Always]
  - a. Is a green salad served?
  - b. Are vegetables other than potatoes served?
  - c. Is 100% fruit juice served?
  - d. Is fruit (not including juice) served?
  - e. Is milk served?
  - f. Are sugar-sweetened beverages (soda pop, kool-aid, etc.) served?

### Selected psychometrics\(^\dagger\)

- \(\alpha = 0.54\)
- \(r = 0.81\)

### Notes and source

Adapted from the Healthy Home Offerings via the Mealtime Environment (HOME) Survey – Fulkerson et al, 2010

## Food availability/food security

- **Healthy home food availability**
  - a. Fruits and vegetables are available in my home.
  - b. Vegetables are served at dinner in my home.
  - c. I have fruit juice in my home.
  - d. Milk is served at meals at my home.
  - e. Whole wheat bread is available in my home.

### Selected psychometrics\(^\dagger\)

- \(\alpha = 0.62\)
- \(r = 0.76\)

### Mean = 14.7

### Range = 5-20

- **Fruit and vegetable availability/accessibility**
  - a. In my home, there are cut-up vegetables in the fridge for me to eat.
  - b. In my home, there is fresh fruit on the counter, table, or somewhere where I can easily get it.
  - c. Fruits and vegetables are available in my home.
  - d. Vegetables are served at dinner in my home.
  - e. I have fruit juice in my home.

### Selected psychometrics\(^\dagger\)

- \(\alpha = 0.73\)
- \(r = 0.71\)

### Mean = 14.7

### Range = 5-20

- **Unhealthy home food availability**
  - a. I have “junk food” in my home.
  - b. Potato chips or other salty snacks are available in my home.
  - c. Chocolate or other candy is available in my home.
  - d. Soda pop is available in my home.

### Selected psychometrics\(^\dagger\)

- \(\alpha = 0.79\)
- \(r = 0.65\)

### Mean = 10.1

### Range = 4-16

## Household food security

Please indicate how often each statement was true for your household in the last 12 months: [Often true, Sometimes true, Never true]

- a. The food that we bought just didn’t last, and we didn’t have money to get more
- b. We couldn’t afford to eat balanced meals

**In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn’t enough money for food?**

- a. No
- b. Yes, only 1 or 2 months/
- c. Yes, some months but not every month
- d. Yes, almost every month

**In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food? [No/Yes/Don’t know]**

**In the last 12 months, were you ever hungry but didn’t eat because there was not enough money for food? [No/Yes/Don’t know]**

### Selected psychometrics\(^\dagger\)

- \(r = 0.77\)

### Mean = 90%

### Range = 91%

Blumberg et al, 1999
<table>
<thead>
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</table>
| **Perceptions of food cost & quality** | How much do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree] | α = 0.79  
 r = 0.59 | Nepean Kids Growing Up Parent Questionnaire – Campbell et al, 2007 |
| a) I don’t buy many fruits because they cost too much |                                |                         |                                                      |
| b) I don’t buy many vegetables because they cost too much |                                |                         |                                                      |
| c) At the store where I buy my groceries, the variety of fresh fruits and vegetables is limited |                                |                         |                                                      |
| d) At the store where I buy my groceries, the condition of fruits and vegetables is poor |                                |                         |                                                      |
| **Weight culture**                |                                               |                         |                                                      |
| **Food controlling practices**    | How much do you agree with the following statements? [Disagree, Slightly disagree, Slightly agree, Agree] | Scale a-j  
 (feeding): α = 0.83  
 Scale a-d  
 (pressure): α = 0.70  
 Scale e-j  
 (restriction): α = 0.86 | Adapted from Birch’s Child Feeding Questionnaire – Birch et al, 2001; Kaur et al, 2006 |
| a. My child should always eat all of the food on his/her plate |                                |                         |                                                      |
| b. I have to be especially careful to make sure my child eats enough |                                |                         |                                                      |
| c. If my child says “I’m not hungry”, I try to get him/her to eat anyway |                                |                         |                                                      |
| d. If I did not guide or regulate my child’s eating, my child would eat much less than he/she should |                                |                         |                                                      |
| e. I have to be sure that my child does not eat too many high fat foods |                                |                         |                                                      |
| f. I have to be sure that my child does not eat too many sweets (candy, ice cream, cake, or pastries) |                                |                         |                                                      |
| g. I have to be sure that my child does not eat too much of his/her favorite foods |                                |                         |                                                      |
| h. If I did not guide or regulate my child’s eating, he/she would eat too much of his/her favorite foods |                                |                         |                                                      |
| i. I intentionally keep some foods out of my child’s reach |                                |                         |                                                      |
| j. If I did not guide or regulate my child’s eating, he/she would eat too many junk foods |                                |                         |                                                      |
| **Parent weight concern**         | My mother (father) diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] | α = 0.68  
 r = 0.53  
 Mean = 6.9  
 Range = 4-16 |                                                      |
| My mother (father) encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] |                                |                         |                                                      |
| **Mother’s weight concern**       | My mother diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] | α = 0.52  
 r = 0.66  
 Mean = 3.7  
 Range = 2-8 |                                                      |
| My mother encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] |                                |                         |                                                      |
| **Father’s weight concern**       | My father diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] | α = 0.64  
 r = 0.46  
 Mean = 3.1  
 Range = 2-8 |                                                      |
<p>| My father encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] |                                |                         |                                                      |</p>
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<tr>
<td><strong>Parent weight talk/concern</strong></td>
<td>My mother (father) diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much]</td>
<td>α = 0.75</td>
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<tr>
<td></td>
<td>My mother (father) encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>r = N/A</td>
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<td></td>
<td>My mother (father) talks about her (his) weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Mean = 13.5</td>
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<td></td>
<td>My mother (father) makes comments about other people’s weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Range = 8-32</td>
<td></td>
</tr>
<tr>
<td><strong>Mother’s weight talk/concern</strong></td>
<td>My mother diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much]</td>
<td>α = 0.65</td>
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<tr>
<td></td>
<td>My mother encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>r = N/A</td>
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<td></td>
<td>My mother talks about her weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Mean = 7.2</td>
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<tr>
<td></td>
<td>My mother makes comments about other people’s weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Range = 4-16</td>
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<tr>
<td><strong>Father’s weight talk/concern</strong></td>
<td>My father diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much]</td>
<td>α = 0.72</td>
<td></td>
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<tr>
<td></td>
<td>My father encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>r = N/A</td>
<td></td>
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<tr>
<td></td>
<td>My father talks about his weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Mean = 6.1</td>
<td></td>
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<tr>
<td></td>
<td>My father makes comments about other people’s weight. [Not at all, A little bit, Somewhat, Very much]</td>
<td>Range = 4-16</td>
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<tr>
<td><strong>Parent binge eating</strong></td>
<td>In the past year, have you ever eaten so much food in a short period of time that you would be embarrassed if others saw you (binge-eating)? [Yes/No]</td>
<td>α = 0.90</td>
<td>From QEWP, Questionnaire on Eating and Weight Patterns – Yanovski, 1993.</td>
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<td></td>
<td>During the times when you ate this way, did you feel you couldn’t stop eating or control what or how much you were eating? (Yes/No)</td>
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<tr>
<td><strong>Parent body image</strong></td>
<td>How satisfied are you with your: [5-point scale - Very dissatisfied to Very satisfied]</td>
<td>α = 0.90</td>
<td>Modified from the Body Satisfaction Scale – Pingitore et al, 1997</td>
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</tbody>
</table>
| **Family weight talk**            | How often in the past year... [Never or Rarely, A few times a year, A few times a month, A few times a week, Almost every day]  
  a. Have you had a conversation with your child about healthy eating habits?  
  b. Have you had a conversation with your child about being physically active?  
  c. Have you had a conversation with your child about his/her weight or size?  
  d. Have you mentioned to your child that he/she weighs too much?  
  e. Have you mentioned to your child that he/she should eat differently in order to lose weight or keep from gaining weight?  
  f. Have you mentioned to your child that he/she should exercise in order to lose weight or to keep from gaining weight? | Scale a-f:  
  $\alpha = 0.88$  
  $r = 0.73$  
  Scale c-f:  
  $\alpha = 0.89$  
  $r = 0.73$ | Adapted from the “Parental Energy Index” – Lytle et al, 1999. |
| **Family eating behaviors**       |                                                                                                                                                                                                                                                                  |                        |                                                                                  |
| **Parent fast food consumption**  | In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? [Never/rarely, 1-3 times per month, 1-2 times per week, 3-4 times per week, 5-6 times per week, 1+ times per day]  
  a. Traditional “burger-and-fries” fast food restaurant (such as McDonald’s, Burger King, Wendy’s, or Culver’s)  
  b. Mexican fast food restaurant (such as Taco Bell, Taco John’s, or Chipotle)  
  c. Fried chicken (such as KFC)  
  d. Sandwich or sub shop (such as Subway, Panera, or Quiznos)  
  e. Pizza place  
  f. Sit-down restaurant (where wait-staff brings food to your table) | $r = 0.75$ | Adapted from the TREC-IDEA Student Survey – Nelson and Lytle 2009.  
  The is the sum number of monthly occasions for items a-f. Response categories were scored 0, 2, 6, 14, 22, and 28 times per month. |
| **Parental modeling**             | My mother [father]... [Never, Rarely, Sometimes, On a regular basis]  
  a. eats a lot of fruit.  
  b. eats vegetables at dinner.  
  c. drinks milk at dinner. | $\alpha = 0.71$  
  $r = 0.56$  
  Mean = 16.9  
  Range = 6-24 |                                                                                  |
| **Mother’s modeling**             | My mother... [Never, Rarely, Sometimes, On a regular basis]  
  a. eats a lot of fruit.  
  b. eats vegetables at dinner.  
  c. drinks milk at dinner. | $\alpha = 0.57$  
  $r = 0.69$  
  Mean = 8.7  
  Range = 3-12 |                                                                                  |
| **Father’s modeling**             | My father... [Never, Rarely, Sometimes, On a regular basis]  
  a. eats a lot of fruit.  
  b. eats vegetables at dinner.  
  c. drinks milk at dinner. | $\alpha = 0.70$  
  $r = 0.59$  
  Mean = 8.1  
  Range = 3-12 |                                                                                  |
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<tr>
<td><strong>Family PA behaviors</strong></td>
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<tr>
<td><strong>Parent TOTAL hours of physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
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<td></td>
<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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<td>Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<td></td>
<td>Mild exercise (minimal effort) Examples: walking slowly (to school, to friend’s house, etc.), bowling, golf, fishing, snowmobiling, yoga.</td>
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<td><strong>Parent hours of mild physical activity, usual week/energy expenditure</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
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<tr>
<td></td>
<td>Mild exercise (minimal effort) Examples: walking slowly (to school, to friend’s house, etc.), bowling, golf, fishing, snowmobiling, yoga.</td>
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<td><strong>Parent TOTAL hours of moderate and vigorous physical activity, usual week/energy expenditure</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
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<td></td>
<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading</td>
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<tr>
<td></td>
<td>Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<tr>
<td><strong>Parent hours of moderate physical activity, usual week/energy expenditure</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
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<td>Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<tr>
<td><strong>Parent hours of vigorous physical activity, usual week/energy expenditure</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
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<td></td>
<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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| **Family support for PA**         | How strongly do you agree with the following statements? For these questions, think about your family in general (including your parents and your brothers and sisters). [Strongly disagree, Somewhat Disagree, Somewhat Agree, Strongly agree]  
1) My family and I do active things together (for example, going on bike rides or walks)  
2) My family supports me in being physically active (for example, enrolling me in sports, watching me perform, providing transportation to places to be active). | α = 0.59  
r = 0.73  
Mean = 5.7  
Range = 2-8 |                                                                                     |
| **Family functioning**            |                                                                                                                                                                                                                                              |                                                                                       |                                                                                                                                 |
| **Family communication** (connectedness) | How much do you feel you can talk to your mother [father] about your problems? [Not at all, A little, Somewhat, Quite a bit, Very much]  
How much do you feel your mother [father] cares about you? [Not at all, A little, Somewhat, Quite a bit, Very much] | α = 0.67  
r = 0.81  
Mean = 14.8  
Range = 4-20  
Only mom:  
α = 0.61  
r = 0.79  
Only dad:  
α = 0.60  
r = 0.83 |                                                                                     |
| **Family functioning**            | How strongly do you agree with the following statements? For these questions, think about your family in general. [Strongly disagree, Somewhat disagree, Strongly agree, Somewhat agree]  
a. Family members are accepted for who they are  
b. Making decisions is a problem for the family  
c. We don’t get along well together  
d. We can express feelings to each other  
e. Planning family activities is difficult because we misunderstand each other  
f. We confide in each other (By ‘confide’ we mean to trust your family members enough to tell them something that is important to you) | α = 0.70  
r = N/A  
Mean = 17.9  
Range = 6-24  
Note: Items on making decisions, getting along, and planning activities were reversed |                                                                                     |
| **Parental respect for psychological autonomy** | My mother [father] is a person who… [Not like her, Somewhat like her, A lot like her]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when she criticizes me.  
c. is less friendly with me if I do not see things her way.  
My mother is a person who… [Not like her, Somewhat like her, A lot like her]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when she criticizes me.  
c. is less friendly with me if I do not see things her way.  
My father is a person who… [Not like him, Somewhat like him, A lot like him]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when he criticizes me.  
c. is less friendly with me if I do not see things his way.  
My father is a person who… [Not like him, Somewhat like him, A lot like him]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when he criticizes me.  
c. is less friendly with me if I do not see things his way. | α = 0.79  
r = 0.70  
Mean = 10.1  
Range = 6-18 |                                                                                     |
| **Mother’s respect for psychological autonomy** | My mother is a person who… [Not like her, Somewhat like her, A lot like her]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when she criticizes me.  
c. is less friendly with me if I do not see things her way.  | α = 0.67  
r = 0.70  
Mean = 5.3  
Range = 3-9 |                                                                                     |
| **Father’s respect for psychological autonomy** | My father is a person who… [Not like him, Somewhat like him, A lot like him]  
a. is always trying to change how I feel or think about things.  
b. brings up past mistakes when he criticizes me.  
c. is less friendly with me if I do not see things his way.  | α = 0.72  
r = 0.68  
Mean = 4.8  
Range = 3-9 |                                                                                     |
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| Parental monitoring        | How much does your mother [father] REALLY know… [Doesn’t know, Knows a little, Knows a lot] a. who your friends are? b. where you go at night? c. where you are most afternoons after school? | α = 0.81  
r = 0.79  
Mean = 13.5  
Range = 6-18 |                                                                  |
| Mother's monitoring        | How much does your mother REALLY know… [Doesn’t know, Knows a little, Knows a lot] d. who your friends are? e. where you go at night? f. where you are most afternoons after school? | α = 0.75  
r = 0.79  
Mean = 7.4  
Range = 3-9 |                                                                  |
| Father's monitoring        | How much does your father REALLY know… [Doesn’t know, Knows a little, Knows a lot] a. who your friends are? b. where you go at night? c. where you are most afternoons after school? | α = 0.87  
r = 0.85  
Mean = 6.1  
Range = 3-9 |                                                                  |
| Other family factors       | Parent work demands How much do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree, Not Employed] a. Because of the requirements of my job, I miss out on home or family activities that I would prefer to participate in b. Because of the requirements of my job, my family time is less enjoyable or more pressured c. Working leaves me with too little time or energy to be the kind of parent I want to be | α = 0.86  
r = 0.75 | Selected items from the HILDA Questionnaire – Kruesmann et al, 2003 |
| Parent depression          | Below is a list of ways you may have felt or behaved. Please indicate how often you have felt these during the past week: [Rarely or none of the time (less than 1 day), Some or a little of the time (1-2 days), Occasionally or moderate amount of the time (3-4 days), Most or all of the time (5-7 days)] a. I felt depressed b. My sleep was restless c. I felt lonely d. I had crying spells e. I could not get going | α = 0.81  
r = 0.79  
Mean = 0-15 | Scale:  
*(*height)=0.95  
*(*weight)=0.97  
EAT surveys |
| Parent weight status       | How tall are you? ___ feet ___ inches How much do you weigh? ___ pounds | α = 0.79  
r = 0.97 |                                                                  |
| Parent health              | Please indicate if you have ever been told by your doctor that you have the following conditions: [No/Yes] a. Anorexia Nervosa b. Asthma c. Binge Eating Disorder d. Bulimia Nervosa e. Depression f. Diabetes (Type 1) g. Diabetes (Type 2) h. High blood pressure i. High cholesterol j. Other (Please specify): ________________ | α = 0.86  
r = 0.79  
Mean = 0-15 | Modified from the College Student Health Survey (Boynton). Conditions were selected for inclusion based on their prevalence and relevance to nutrition and physical activity. |
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<thead>
<tr>
<th>Construct</th>
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<tr>
<td><strong>Friends</strong></td>
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<tr>
<td><strong>Friends’ support for PA</strong></td>
<td>How strongly do you agree with the following statements? [Strongly disagree, Disagree, Agree, Strongly agree] 1) My friends often play sports or do something active. 2) My friends think it is important to be physically active. 3) My friends and I like to do active things together.</td>
<td>α = 0.77  r = 0.55</td>
<td>Mean = 9.2, Range = 3-12</td>
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<tr>
<td><strong>Discrimination/teasing</strong></td>
<td>How often do any of the following things happen to you? (Never; Less than once a year; A few times a year; A few times a month; At least once a week)  a) You are teased or harassed about your race  b) You are teased or harassed about your financial situation  c) You are teased or harassed in a sexual way (e.g., grabbing/pinching, sexual comments, unwanted touching, etc…)  d) You are teased about your weight  e) You are teased about your appearance</td>
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<tr>
<td><strong>INDIVIDUAL FACTORS</strong></td>
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<td><strong>Personal Factors</strong></td>
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<td><strong>Weight-related concerns</strong></td>
<td>How strongly do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree]  a) I think a lot about being thinner  b) I am worried about gaining weight</td>
<td>α = 0.83  r = 0.77</td>
<td>Mean = 4.6, Range = 2-8</td>
</tr>
<tr>
<td><strong>Eating-related attitudes</strong></td>
<td>How strongly do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree]  a) Milk tastes good to me  b) I like the taste of most fruits  c) I like the taste of whole wheat bread  d) Most vegetables taste bad  e) Most healthy foods just don’t taste that great</td>
<td>α = 0.51  r = 0.77</td>
<td>Mean = 9.8, Range = 5-20  SCORING: Milk, fruit, and bread items were reversed</td>
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<tr>
<td><strong>PA attitudes</strong></td>
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<tr>
<td><strong>Self-efficacy –physical activity</strong></td>
<td>I can be physically active during my free time on most days …[Disagree a lot, Disagree a little, Agree a little, Agree a lot]  1) no matter how busy my day is  2) even if it is very hot or cold outside  3) even if I have to stay at home</td>
<td>α = 0.73  r = 0.71</td>
<td>Mean = 7.9, Range = 3-12</td>
</tr>
<tr>
<td><strong>Barriers to physical activity</strong></td>
<td>How often do these things keep you from being physically active? (Never, Rarely, Sometimes, Often, Very often) a. The weather is bad. b. I don’t have time to do physical activity. c. It would take time away from my school work. d. I’m embarrassed about how I look when I’m active</td>
<td>α = 0.61  r = 0.61</td>
<td>Mean = 9.7, Range = 4-20</td>
</tr>
<tr>
<td><strong>Physical activity enjoyment</strong></td>
<td>When I am physically active….[Disagree a lot, Disagree a little, Agree a little, Agree a lot]  1) I feel bored.  2) I dislike it.  3) It frustrates me.</td>
<td>α = 0.82  r = 0.69</td>
<td>Mean = 5.3, Range = 3-12</td>
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<tr>
<td>Construct</td>
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<tr>
<td><strong>Emotional health</strong></td>
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</table>
| **Self-esteem** | How strongly do you agree with the following statements? [Strongly disagree, Disagree, Agree, Strongly agree] | α = 0.77  
r = 0.69  
Mean = 17.9  
Range = 6-24 | SCORING: Reversed items c, e, and f |
| | a) On the whole, I am satisfied with myself  
b) I feel that I have a number of good qualities  
c) At times I think I am no good at all  
d) I am able to do things as well as most other people  
e) I wish I could have more respect for myself  
f) I certainly feel useless at times | | |
| **Depression** | During the past 12 months, how often have you been bothered or troubled by…[Not at all, Somewhat, Very much] | α = 0.83  
r = 0.75  
Mean = 10.2  
Range = 6-18 | |
| | 1) Feeling too tired to do things  
2) Having trouble going to sleep or staying asleep  
3) Feeling unhappy, sad, or depressed  
4) Feeling hopeless about the future  
5) Feeling nervous or tense  
6) Worrying too much about things | | |
| **Kandel and Davies Depressive Mood Score** | During the past 12 months, how often have you been bothered or troubled by…[Not at all, Somewhat, Very much] | Score:  
Mean = 17.0  
Range = 10-30  
r = 0.79 | SCORING: Represents the average score of the six items, multiplied by a factor of ten. See Kandel DB, Davies M. Epidemiology of depressive mood in adolescents. Arch Gen Psychiatry. 1982;39:1205-1212. |
| | 1) Feeling too tired to do things  
2) Having trouble going to sleep or staying asleep  
3) Feeling unhappy, sad, or depressed  
4) Feeling hopeless about the future  
5) Feeling nervous or tense  
6) Worrying too much about things | | |
| **Other personal factors** | | | |
| **Health conditions** | Please indicate if you have ever been diagnosed with the following conditions: [No/Yes] | po(AN)=98%  
po(AST)=98%  
po(BED)=98%  
po(BN)=100%  
po(DEP)=96%  
po(DM1)=100%  
po(DM2)=100%  
po(OTH)=97% | |
| a. Anorexia Nervosa  
b. Asthma  
c. Binge Eating Disorder  
d. Bulimia Nervosa  
e. Depression  
f. Diabetes (Type 1)  
g. Diabetes (Type 2)  
h. Other (please specify): | | | |
| **Grade point average** | Mark the two grades you get most often.(A, B, C, D, F or incomplete) | Mean = 2.7  
Range = 0-4  
r=0.88 | SCORING: To calculate grade point average, grades were assigned the values A=4, B=3, C=2, D=1, and F=0. An average score was calculated for the two grades. |
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<tr>
<td><strong>Behavioral Factors</strong></td>
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<tr>
<td><strong>Binge eating</strong></td>
<td>In the past year, have you ever eaten so much food in a short period of time that you would be embarrassed if others saw you (binge-eating)? [Yes/No]</td>
<td>p=89%</td>
<td>SCORING: Participants were classified into four exclusive groups based on their responses: 1) Binge eating disorder 2) Binge eating with loss of control 3) Binge eating with no loss of control 4) No binge eating To be classified as having binge eating disorder, participants needed to respond ‘yes’ to the first item, ‘yes’ to the second item about control, and indicate a frequency of ‘least a few times a week’ to the third item as well as ‘some’ or ‘a lot’ to the item about being upset.</td>
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<td>During the times when you ate this way, did you feel you couldn’t stop eating or control what or how much you were eating? [Yes/No]</td>
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<td>How often, on average, did you have times when you ate this way - that is, large amounts of food plus the feeling that your eating was out of control? [Nearly every day, A few times a week, A few times a month, Less than once a month]</td>
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<td>In general, how upset were you by overeating (eating more than you think is best for you)? [Not at all, A little, Some, A lot]</td>
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<tr>
<td><strong>Food preparation &amp; eating out</strong></td>
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<tr>
<td><strong>Traditional fast food restaurants</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) a. Traditional “burger-and-fries” fast food restaurant (such as McDonalds, Burger King, Wendy’s, or Culvers)</td>
<td>Mean = 3.7 Range = 0-28 r=0.47</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<td></td>
<td>Mean = 3.5 Range = 0-28 r=0.51</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<tr>
<td><strong>Mexican fast food restaurants</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) b. Mexican fast food restaurant (such as Taco Bell, Taco Johns or Chipotle)</td>
<td>Mean = 1.9 Range = 0-28 r=0.56</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
</tr>
<tr>
<td><strong>Fried chicken restaurants</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) c. Fried chicken (such as KFC)</td>
<td>Mean = 2.8 Range = 0-28 r=0.59</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<tr>
<td><strong>Sandwich or sub shops</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) d. Sandwich or sub shop (such as Subway, Panera, or Quiznos)</td>
<td>Mean = 3.2 Range = 0-28 r=0.40</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<tr>
<td><strong>Pizza places</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) e. Pizza place</td>
<td>Mean = 3.5 Range = 0-28 r=0.51</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<tr>
<td><strong>Sit-down restaurants</strong></td>
<td>In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) f. Sit-down restaurant (where wait-staff brings food to your table)</td>
<td>Mean = 2.5 Range = 0-28 r=0.61</td>
<td>Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<tr>
<td>Construct</td>
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<tr>
<td><strong>Total fast food restaurants</strong></td>
<td></td>
<td>Mean = 14.9</td>
<td>Sum frequency of eating something from traditional fast food restaurants, Mexican fast food restaurants, fried chicken restaurants, sandwich or sub shops, and pizza places. Response categories are scored 0, 2, 6, 14, 22, and 28 times per month</td>
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<td></td>
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<td>Range = 0-140</td>
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<tr>
<td><strong>All restaurants</strong></td>
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<td>r=0.49</td>
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<tr>
<td><strong>PA self-management</strong></td>
<td>How often was each of these things true for you in the LAST MONTH? (Never, Rarely, Sometimes, Often, Very often)</td>
<td>α = 0.82</td>
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<td></td>
<td>1) When I get off track with my physical activity plans, I tell myself I can start again and get right back on track.</td>
<td>r = 0.70</td>
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<td>2) I set goals to do physical activity.</td>
<td>Mean = 8.8</td>
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<td>3) I make backup plans to be sure I get my physical activity.</td>
<td>Range = 3-15</td>
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<td><strong>Media use/sedentary behavior</strong></td>
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<tr>
<td><strong>Total hours of sedentary behavior, average week</strong></td>
<td>In your free time on an average weekday (Monday-Friday), how many hours do you spend doing the following activities?…[0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr]</td>
<td>Mean= 40.2</td>
<td>Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week</td>
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<td>a) Watching TV/DVDs/videos</td>
<td>Range = 0-126</td>
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<td>b) Using a computer (not for homework)</td>
<td>r=0.86</td>
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<td></td>
<td>c) Xbox/Play-Station/other electronic games that you play when sitting</td>
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<td>d) Watching TV/DVDs/videos</td>
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<td>e) Using a computer (not for homework)</td>
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<td></td>
<td>f) Xbox/Play-Station/other electronic games that you play when sitting</td>
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<td></td>
<td>Watching TV/DVDs/videos</td>
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<td></td>
<td>Mean = 17.2</td>
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<td></td>
<td>Range = 0-42</td>
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<td></td>
<td>r=0.67</td>
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<td><strong>Hours of TV/DVD/video viewing, average week</strong></td>
<td>Watching TV/DVDs/videos</td>
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<td></td>
<td>Mean = 14.6</td>
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<td></td>
<td>Range = 0-42</td>
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<tr>
<td></td>
<td>r=0.81</td>
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<td><strong>Hours of computer use, average week</strong></td>
<td>Using a computer (not for homework)</td>
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<td>Mean = 8.3</td>
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<tr>
<td></td>
<td>Range = 0-42</td>
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<td></td>
<td>r=0.84</td>
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<tr>
<td><strong>Hours of sedentary electronic games, average week</strong></td>
<td>Xbox/Play-Station/other electronic games that you play when sitting</td>
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<tr>
<td></td>
<td>Mean = 8.3</td>
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<td></td>
<td>Range = 0-42</td>
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<td></td>
<td>r=0.84</td>
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| **Hours of interactive video games, average week** | In your free time on an average weekday (Monday-Friday), how many hours do you spend doing the following activities?...[0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr]  
  
g) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution  
  
in your free time on an average weekend day (Saturday or Sunday), how many hours do you spend doing the following activities?...[0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr]  
  
h) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution | Mean = 5.4  
Range = 0-42  
r = 0.73 | Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week  
SCORING: 5*g + 2*h |

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<th>Other behavioral factors</th>
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| **Hunger/satiety cues** | Which of the following best describes your eating behavior? [Hardly ever, Sometimes, Much of the time, Almost always]  
  
a. I stop eating when I feel full  
  
b. I eat everything that is on my plate, even if I’m not that hungry.  
  
c. I trust my body to tell me how much to eat. | α = 0.24  
Mean = 8.7  
Range = 3-12  
r = N/A | SCORING: Item b was reverse scored. |

| **Compulsive exercise** | Listed below are statements about people’s exercise habits. How often are the following true? [Never, Sometimes, Usually, Always]  
  
1. When I miss a scheduled exercise session, I may feel tense, irritable, or depressed.  
2. If I feel I have overeaten I will try to make up for it by increasing the amount I exercise.  
3. When I don’t exercise, I feel guilty. | α = 0.73  
r = 0.66  
Mean = 5.0  
Range = 3-12 |  |

| **Sleep patterns/behaviors - weekdays** | On an average weekday (Monday-Friday):  
  
a. What time do you go to bed (to go to sleep)?  
  
b. What time do you get out of bed (to start your day)? | Mean = 8.2  
Range = 4-16 | Modified from the TREC-IDEA Student Survey (Pasch et al, 2010).  
SCORING: Calculated hours of sleep for an average day. Scoring assumes the wake time occurred after the bedtime. To correct problems with the designation of AM/PM, sleep times longer than 16 hours were adjusted by subtracting 12 (which is what the value would have been if the correct a.m. or p.m. would have been indicated. Sleep times less than 4 hours were set to missing. |

| **Sleep patterns/behaviors - weekends** | On an average weekend day (Saturday or Sunday):  
  
a. What time do you go to bed (to go to sleep)?  
  
b. What time do you get out of bed (to start your day)? | Mean = 9.6  
Range = 4-16 | Modified from the TREC-IDEA Student Survey (Pasch et al, 2010).  
SCORING: Calculated hours of sleep for an average day. Scoring assumes the wake time occurred after the bedtime. To correct problems with the designation of AM/PM, sleep times longer than 16 hours were adjusted by subtracting 12 (which is what the value would have been if the correct a.m. or p.m. would have been indicated. Sleep times less than 4 hours were set to missing. |
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<td><strong>STUDY OUTCOMES</strong></td>
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<td><strong>Body image</strong></td>
<td>How satisfied are you with your: (5-point Likert scale – Very dissatisfied to Very satisfied) a. Height b. Weight c. Body shape d. Waist e. Hips f. Thighs g. Stomach h. Face i. Body build j. Shoulders k. Muscles l. Chest m. Overall body fat</td>
<td>Items a-j: ( \alpha = 0.93 ) ( r = 0.67 ) Mean = 33.9 Range = 10-50 Items a-m: ( \alpha = 0.94 ) ( r = 0.66 ) Mean = 43.8 Range = 13-65</td>
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<tr>
<td><strong>Body satisfaction – body build</strong></td>
<td>How satisfied are you with your: (5-point Likert scale – Very dissatisfied to Very satisfied) a. Body build b. Shoulders c. Muscles d. Chest</td>
<td>( \alpha = 0.89 ) ( r = 0.60 ) Mean = 14.0 Range = 4-20</td>
<td></td>
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<tr>
<td><strong>Body satisfaction - fatness</strong></td>
<td>How satisfied are you with your: (5-point Likert scale – Very dissatisfied to Very satisfied) a. Weight b. Body shape c. Waist d. Hips e. Thighs f. Stomach g. Overall body fat</td>
<td>( \alpha = 0.94 ) ( r = 0.73 ) Mean = 22.4 Range = 7-35</td>
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<td><strong>Weight control behaviors</strong></td>
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<tr>
<td><strong>Healthy weight control – 6 behaviors</strong></td>
<td>How often have you done each of the following things in order to lose weight or keep from gaining weight during the past year? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets e) Drank less soda pop (not including diet pop) f) Watched my portion sizes (serving sizes)</td>
<td>( \alpha = 0.88 ) ( r = 0.71 ) Mean = 15.6 Range = 6-24</td>
<td>SCORING: The response categories were assigned the values 1 (never) – 4 (on a regular basis).</td>
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<tr>
<td><strong>Healthy weight control – 6 behaviors, dichotomized</strong></td>
<td>How often have you done each of the following things in order to lose weight or keep from gaining weight during the past year? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets e) Drank less soda pop (not including diet pop) f) Watched my portion sizes (serving sizes)</td>
<td>( \alpha = 0.83 ) ( r = 0.62 ) Mean = 3.6 Range = 0-6 po(\geq1 \text{ behavior}) = 91%</td>
<td>SCORING: The response categories never and rarely were assigned the value ‘0’. The response categories sometimes and on a regular basis were assigned the value ‘1’.</td>
</tr>
<tr>
<td>Construct</td>
<td>Measures which form scale or derived variable</td>
<td>Selected psychometrics</td>
<td>Notes and source</td>
</tr>
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</tbody>
</table>
| Healthy weight control – 4 behaviors          | How often have you done each of the following things in order to lose weight or keep from gaining weight during the past year? (Never, Rarely, Sometimes, On a regular basis)  
  a) Exercised  
  b) Ate more fruits and vegetables  
  c) Ate less high-fat foods  
  d) Ate less sweets | $\alpha = 0.84$  
 $r = 0.74$  
 Mean = 10.8  
 Range = 4-16 | SCORING: The response categories were assigned the values 1 (never) – 4 (on a regular basis). |
| Healthy weight control – 4 behaviors, dichotomized | How often have you done each of the following things in order to lose weight or keep from gaining weight during the past year? (Never, Rarely, Sometimes, On a regular basis)  
  a) Exercised  
  b) Ate more fruits and vegetables  
  c) Ate less high-fat foods  
  d) Ate less sweets | $\alpha = 0.77$  
 $r = 0.61$  
 Mean = 2.6  
 Range = 0-4  
 po($\geq 1$ behavior) = 88% | SCORING: The response categories never and rarely were assigned the value ‘0’. The response categories sometimes and on a regular basis were assigned the value ‘1’. |
| Unhealthy weight control                      | Have you done any of the following things in order to lose weight or keep from gaining weight during the past year? (Yes/No)  
  a) Fasted  
  b) Ate very little food  
  c) Took diet pills  
  d) Made myself vomit (throw up)  
  e) Used laxatives  
  f) Used diuretics  
  g) Used food substitute (powder/special drink) (yrsubst_10)  
  h) Skipped meals  
  i) Smoked more cigarettes | Mean = 0.9  
 Range = 0-9  
 $r=0.76$  
 po($\geq 1$ behavior) = 85% | |
| Extreme unhealthy weight control              | Have you done any of the following things in order to lose weight or keep from gaining weight during the past year? (Yes/No)  
  a) Took diet pills  
  b) Made myself vomit (throw up)  
  c) Used laxatives  
  d) Used diuretics | Mean = 0.1  
 Range = 0-4  
 $r=0.66$  
 po($\geq 1$ behavior) = 96% | |
| Less extreme unhealthy weight control         | Have you done any of the following things in order to lose weight or keep from gaining weight during the past year? (Yes/No)  
  a) Fasted  
  b) Ate very little food  
  c) Used food substitute (powder/special drink)  
  d) Skipped meals  
  e) Smoked more cigarettes | Mean = 0.9  
 Range = 0-5  
 $r=0.76$  
 po($\geq 1$ behavior) = 85% | |
<table>
<thead>
<tr>
<th>Construct</th>
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<th>Selected psychometrics ( ^\dagger )</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical activity</strong></td>
<td></td>
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<tr>
<td><strong>TOTAL hours of physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
<td>Mean = 8.4 Range = 0-24 ( r=0.74 )</td>
<td>Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8</td>
</tr>
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<td></td>
<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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<td></td>
<td>Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<tr>
<td></td>
<td>Mild exercise (minimal effort) Examples: walking slowly (to school, to friend’s house, etc.), bowling, golf, fishing, snowmobiling, yoga.</td>
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<tr>
<td><strong>Hours of mild physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
<td>Mean = 2.6 Range = 0-8 ( r=0.54 )</td>
<td>Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8</td>
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<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading</td>
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<tr>
<td></td>
<td>Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<tr>
<td><strong>TOTAL hours of moderate and vigorous physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
<td>Mean = 5.8 Range = 0-16 ( r = 0.73 )</td>
<td>Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8</td>
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<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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<td></td>
<td>Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</td>
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<tr>
<td><strong>Hours of moderate physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
<td>Mean = 2.8 Range = 0-8 ( r=0.53 )</td>
<td>Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8</td>
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<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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<td><strong>Hours of vigorous physical activity, usual week</strong></td>
<td>In a usual week, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week)</td>
<td>Mean = 3.0 Range = 0-8 ( r=0.72 )</td>
<td>Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8</td>
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<td>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.</td>
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<tr>
<td><strong>Weight status</strong></td>
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<tr>
<td><strong>BMI, measured</strong></td>
<td></td>
<td>Median = 22.2 Range: 14-56</td>
<td>The correlation of measured and self-reported BMI was ( r=0.88 ) for both female and male adolescents.</td>
</tr>
<tr>
<td>Construct</td>
<td>Measures which form scale or derived variable</td>
<td>Selected psychometrics†</td>
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<tr>
<td>BMI, self-report</td>
<td>How tall are you? _____ feet _____ inches How much do you weigh? _____ pounds</td>
<td>Median = 21.8</td>
<td>*r=0.94</td>
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<td></td>
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<td>Range: 11-58</td>
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</tbody>
</table>

†Key:
Theoretical ranges indicated in the table assume no missing responses. Actual ranges are given for weight status variables.
po = percent agreement
* = test-retest Pearson correlation
r = test-retest Spearman correlation

References:


Demo DH, Acock AC. Family diversity and the division of domestic labor: how much have things really changed? *Family Relations.* 1993;42(3):323-331


Utter J, Neumark-Sztainer D, Jeffery R, Story M. Couch potatoes or french fries: Are sedentary behaviors associated with body mass index, physical activity, and dietary behaviors among adolescents? *J Am Diet Assoc.* 2003;103:1298-1305. (a)


