

The following table lists constructs assessed on the Project EAT-III survey. 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 pilot sample of 66 young adults (20-29 years). The internal consistency values were determined in the full sample of 2287 Project EAT participants who responded to the Time 3 follow-up survey. Test-retest reliability was assessed over a three-week period. The full citation for all references and an explanation of symbols can be found at the end of the table.

Construct	Measures which form scale or derived variable	Selected Psychometrics [†]	Notes and Source
ENVIRONMENTAL FACTORS			
Neighborhood			
<i>Local food environment</i>			
<i>Fast food restaurants</i>	About how long (in minutes) would it take to get from <u>your home</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) fast food restaurant	r=0.76 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
<i>Grocery stores</i>	About how long (in minutes) would it take to get from <u>your home</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) convenience/small grocery store b) supermarket/mid-size grocery store	r (store) =0.72 r (market) =0.71 Range for both items = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
Recreational physical activity environment			
<i>Indoor recreational facilities</i>	About how long (in minutes) would it take to get from <u>your home</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) gym or fitness facility	r=0.70 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
<i>Outdoor recreational facilities</i>	About how long (in minutes) would it take to get from <u>your home</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) park b) lake (or other body of water) c) walking or bike path	r (park) =0.67 r (lake) =0.85 r (path) =0.60 Range for all 3 items = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.

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Utilitarian physical activity environment			
<i>Distance to work</i>	About how long (in minutes) would it take to get from <u>your work place</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) home	r=0.71 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
<i>Public transit stops</i>	About how long (in minutes) would it take to get from <u>your home</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) bus or train stop	r=0.74 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
<i>Mixed destinations</i>	About how long (in minutes) would it take to get from <u>your work place</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) shopping center (e.g., clothing store, video store, drug store, etc) b) coffee place	r (center) =0.83 r (coffee) =0.79 Range for both items = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
Neighborhood aesthetics	Please choose the answer that best applies to you and the neighborhood where you lived for the majority of the past year. (1=Strongly disagree, 2=Somewhat disagree, 3=Somewhat agree, 4=strongly agree) a) There are trees along the streets in my neighborhood. b) There are many interesting things to look at while walking in my neighborhood. c) My neighborhood is free from litter.	$\alpha = 0.55$ $*r = 0.73$ Range = 3-12	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003
Neighborhood safety	Please choose the answer that best applies to you and the neighborhood where you lived for the majority of the past year. (1=Strongly disagree, 2=Somewhat disagree, 3=Somewhat agree, 4=strongly agree) a) The crime rate in my neighborhood makes it unsafe to go on walks <u>during the day</u> . b) The crime rate in my neighborhood makes it unsafe to go on walks <u>at night</u> .	$\alpha = 0.77$ r = 0.74 Range = 2-8	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Items are reverse coded before summing.
Workplace			
Food environment	About how long (in minutes) would it take to get from <u>your work place</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) fast food restaurant	r=0.54 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.
Physical activity environment	About how long (in minutes) would it take to get from <u>your work place</u> to the nearest places listed below <u>if you walked</u> to them? Please put only one check mark for each place. (1-5 min, 6-10 min, 11-20 min, 21-30 min, 31+ min, I don't know) a) gym or fitness facility	r=0.68 Range = 3-45 minutes	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Response categories are assigned the values 3, 8, 15, 25, and 45 minutes. Don't know responses are set to missing.

Construct	Measures which form scale or derived variable	Selected Psychometrics [‡]	Notes and Source
Home			
Healthy food availability	<p>How often are the following true? (by 'home' we mean where you lived for the majority of the time for the past year) (1=Never, 2=Sometimes, 3=Usually, 4=Always)</p> <p>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) Whole wheat bread is available in my home. e) Fruit is served at meals at my home.</p>	<p>$\alpha = 0.68$ $*r = 0.84$ Range = 5-20</p>	<p>EAT Surveys - Developed for this project based on focus groups with adolescents – Neumark-Sztainer et al, 1999; French et al, 2001</p>
Unhealthy food availability	<p>How often are the following true? (by 'home' we mean where you lived for the majority of the time for the past year) (1=Never, 2=Sometimes, 3=Usually, 4=Always)</p> <p>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.</p>	<p>$\alpha = 0.80$ $*r = 0.86$ Range = 4-16</p>	<p>EAT Surveys - Developed for this project based on focus groups with adolescents – Neumark-Sztainer et al, 1999; French et al, 2001</p>
Friends/Family			
Support for physical activity			
<i>Support of friends</i>	<p>How strongly do you agree with the following statements? (1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly agree)</p> <p>a) My friends often play sports or do something active. b) My friends think it is important to be physically active. c) My friends and I like to do active things together.</p>	<p>$\alpha = 0.84$ $*r = 0.70$ Range = 3-12</p>	<p>Adapted from Davison 2004</p>
<i>Support of significant other</i>	<p>How strongly do you agree with the following statements? (1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly agree)</p> <p>a) My significant other often plays sports or does something active. b) My significant other thinks it is important to be physically active. c) My significant other and I like to do active things together.</p>	<p>$\alpha = 0.81$ $*r = 0.94$ Range = 3-12</p>	<p>Adapted from Davison 2004</p>

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INDIVIDUAL FACTORS			
Personal			
Body satisfaction	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	Items a-j: $\alpha = 0.92$ $*r = 0.90$ Range = 10-50 Items a-m: $\alpha = 0.93$ $*r = 0.89$ Range = 13-65	Modified from the Body Satisfaction Scale – Pingitore et al, 1997 EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2004(b) Items k-m were added for Project EAT-III to better capture body satisfaction among males.
Weight-related concerns			
<i>Weight concerns</i>	How strongly do you agree with the following statements? (1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree) a) I think a lot about being thinner b) I am worried about gaining weight c) I weigh myself often d) I sometimes skip meals since I am concerned about my weight	Items a-d: $\alpha = 0.75$ $*r = 0.88$ Range = 4-16 Items a-b: $\alpha = 0.86$ $r = 0.77$ Range = 4-8	EAT Surveys – Neumark-Sztainer et al, 2003(a); Neumark-Sztainer et al, 2003(c) Most EAT papers do not include items c and d in the weight concerns scale when predicting unhealthy weight control behaviors (for example, see Neumark-Sztainer et al, 2003 in <i>Health Psychology</i> , v22(1):88-98).
<i>Weight disparity</i>	How much do you weigh?__pounds At what weight do you think you would look best?__pounds	$*r = 0.95$	EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2002(c) SCORING: <i>Disparity</i> = (Best weight/Actual weight)*100%
Eating-related attitudes			
<i>Time barriers</i>	How strongly do you agree with the following statements? (1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly agree) a) I am too busy to eat healthy foods b) I am too rushed in the morning to eat a healthy breakfast c) Eating healthy meals just takes too much time d) I don't have time to think about healthy eating	$\alpha = 0.79$ $*r = 0.62$ Range = 4-16	EAT Surveys – French et al, 2001; Fulkerson et al, 2004
<i>Food preferences</i>	How strongly do you agree with the following statements? (1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree) a) Milk tastes good to me b) Most unhealthy foods taste better than healthy foods c) I like the taste of most fruits d) I like the taste of whole wheat bread e) Most vegetables taste bad f) Most healthy foods just don't taste that great	$\alpha = 0.56$ $*r = 0.77$ Range = 6-24	EAT Surveys – French et al, 2001; Fulkerson et al, 2004 SCORING: Items a, c, and d are reverse coded.

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<i>Eating identity (Power of Food)</i>	How strongly do you agree with the following statements? (1=Strongly Disagree, 2=Somewhat Disagree, 3=Somewhat Agree, 4=Strongly Agree) a) It seems like I have food on my mind a lot. b) I think I enjoy eating a lot more than most other people.	$\alpha = 0.73$ $*r = 0.78$ Range = 2-8	Selected items from the Power of Food Scale – Michael Lowe, Drexel University (Forman et al, 2007; Lowe and Butryn 2007; Lowe et al, 2009)
<i>Concern for production practices</i>	How important is it to you that your food is: (1=Not at all, 2=A little, 3=Somewhat, 4=Very important) a) Organic b) Not processed c) Locally grown	$\alpha = 0.84$ $*r = 0.72$ Range = 3-12	EAT-II Surveys – Robinson-O'Brien et al, 2009(a)
Physical activity attitudes			
<i>Self-efficacy –physical activity</i>	I can be physically active during my free time on most days ... (1=Disagree a lot, 2=Disagree a little, 3=Agree a little, 4=Agree a lot) a) no matter how busy my day is b) even if it is very hot or cold outside c) even if I have to stay at home d) even if I could watch TV or play video games instead.	$\alpha = 0.80$ $*r = 0.74$ Range = 4-16	Adapted from Motl et al, 2000 and the Trial of Activity in Adolescent Girls (TAAG) Student Survey – Barr-Anderson et al, 2008
<i>Barriers to physical activity</i>	How often do these things keep you from being physically active? (1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Very often) a) The weather is bad. b) I don't have time to do physical activity. c) I might get hurt or sore. d) It would make me tired. e) It would take time away from my work or school. f) I'm embarrassed about how I look when I'm active	$\alpha = 0.72$ $*r = 0.83$ Range = 6-30	Adapted from the Trial of Activity in Adolescent Girls (TAAG) Student Survey - Dishman et al, 2005
<i>Physical activity enjoyment</i>	When I am physically active... (1=Disagree a lot, 2=Disagree a little, 3=Agree a little, 4=Agree a lot) a) I feel bored. b) I dislike it. c) It frustrates me.	$\alpha = 0.84$ $*r = 0.81$ Range = 3-12	Modified from Motl et al, 2001
Other personal factors			
<i>Self-esteem</i>	Indicate how strongly you agree with the following statements: (1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly agree) 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	$\alpha = 0.83$ $*r = 0.85$ Range = 6-24	Rosenberg Self-esteem Scale - Rosenberg, 1965. SCORING: Items c, e, and f are reverse coded.
<i>Depression</i>	During the past 12 months, how often have you been bothered or troubled by... (1=Not at all, 2=Somewhat, 3=Very much) a) Feeling too tired to do things b) Having trouble going to sleep or staying asleep c) Feeling unhappy, sad, or depressed d) Feeling hopeless about the future e) Feeling nervous or tense f) Worrying too much about things	$\alpha = 0.83$ $*r = 0.73$ Range = 6-18	Kandel and Davies, 1982; Patten et al, 1997

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<i>Kandel and Davies Depressive Mood Score</i>	During the past 12 months, how often have you been bothered or troubled by...(1=Not at all, 2=Somewhat, 3=Very much) a) Feeling too tired to do things b) Having trouble going to sleep or staying asleep c) Feeling unhappy, sad, or depressed d) Feeling hopeless about the future e) Feeling nervous or tense f) Worrying too much about things	Range = 10-30	SCORING: This scale is based on the average score of the six items, multiplied by a factor of ten. See Kandel DB, Davies M. Epidemiology of depressive mood in adolescents. <i>Arch Gen Psychiatry</i> . 1982;39:1205-1212. Cut-off values: 1) scores less than 17 = low-depressive symptoms; 2) scores between 18 and 22 = moderate-depressive symptoms; and 3) scores ≥ 23 = clinically relevant. See Fulkerson JA, et al. Depressive symptoms and adolescent eating and health behaviors: a multifaceted view in a population-based sample. <i>Prev Med</i> . 2004;38:865-875.
Behavioral			
Meal patterns & structure			
<i>Social eating (with others)</i>	How strongly do you agree with the following statements? (1=Strongly disagree, 2=Somewhat disagree, 3=Somewhat agree, 4=Strongly agree) a) I enjoy sitting down with family or friends and eating a meal together. b) It is important to sit down and eat at least one meal a day with other people (family or friends). c) I usually eat dinner with other people.	$\alpha = 0.71$ $*r = 0.65$ Range = 3-12	EAT-II Young Adult Survey – Larson et al, 2009
<i>Meal structure</i>	How strongly do you agree with the following statements (1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree) a) It is hard to find time to sit down and eat a meal b) I tend to “eat on the run” c) Regular meals are important to me d) I eat meals at about the same time every day	$\alpha = 0.67$ $*r = 0.68$ Range = 4-16	EAT-II Young Adult Survey – Larson et al, 2009 SCORING: Items c and d are reverse coded.
Food preparation & eating out			
<i>Traditional fast food restaurants</i>	In the <u>past month</u> , 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)	$r=0.57$ Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.
<i>Mexican fast food restaurants</i>	In the <u>past month</u> , 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)	$r=0.65$ Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.
<i>Fried chicken restaurants</i>	In the <u>past month</u> , 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)	$r=0.83$ Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.

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<i>Sandwich or sub shops</i>	In the <u>past month</u> , 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)	r=0.59 Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.
<i>Pizza places</i>	In the <u>past month</u> , 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	r=0.57 Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.
<i>Sit-down restaurants</i>	In the <u>past month</u> , 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)	r=0.61 Range = 0-28 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month.
<i>Total fast food restaurants</i>	In the <u>past month</u> , 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) b) Mexican fast food restaurant (such as Taco Bell, Taco Johns or Chipotle) c) Fried chicken (such as KFC) d) Sandwich or sub shop (such as Subway, Panera, or Quiznos) e) Pizza place	*r=0.71 Range = 0-140 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. The list of quick-service restaurant types was reduced in number. Frequency response options were also added to better capture variability. A prompt to include take-out and delivery from restaurants was added based on feedback from pilot groups. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month. Sum frequency of eating something from traditional fast food restaurants, Mexican fast food restaurants, fried chicken restaurants, sandwich or sub shops, and pizza places.
<i>All restaurants</i>	In the <u>past month</u> , 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) b) Mexican fast food restaurant (such as Taco Bell, Taco Johns 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=0.71 Range = 0-168 times per month	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle, 2009. The list of quick-service restaurant types was reduced in number and an item was added to assess use of sit-down restaurants. Frequency response options were also added to better capture variability. A prompt to include take-out and delivery from restaurants and a definition for a sit-down restaurant was added based on feedback from pilot groups. SCORING: Response categories are assigned the values 0, 2, 6, 14, 22, and 28 times per month. Sum frequency of eating something from traditional fast food restaurants, Mexican fast food restaurants, fried chicken restaurants, sandwich or sub shops, pizza places, and sit-down restaurants.

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Physical activity self-management	<p>How often was each of these things true for you in the LAST MONTH? (1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Very often)</p> <p>a) I do things to make physical activity more enjoyable. b) I say positive things to myself about physical activity. c) When I get off track with my physical activity plans, I tell myself I can start again and get right back on track. d) I try different kinds of physical activity so that I have more options to choose from. e) I set goals to do physical activity. f) I make backup plans to be sure I get my physical activity.</p>	<p>$\alpha = 0.91$ $*r = 0.81$ Range = 6-30</p>	<p>Modified from the Trial of Activity in Adolescent Girls (TAAG) Student Survey - Dishman et al, 2005</p>
Media use/sedentary behavior			
<i>Total hours of sedentary behavior, average week</i>	<p>In your free time <u>on an average weekday</u> (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)</p> <p>a) Watching TV/DVDs/videos b) Using a computer (NOT for work or school) c) Xbox/Play-Station/other electronic games that you play when sitting</p> <p>In your free time <u>on an average weekend day</u> (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)</p> <p>d) Watching TV/DVDs/videos e) Using a computer (NOT for work or school) f) Xbox/Play-Station/other electronic games that you play when sitting</p>	<p>Range = 0-126 hours</p> <p>Weekly hours of TV $r=0.81$</p>	<p>Modified from the EAT Surveys (French et al, 2001; Utter et al, 2003) and the Growing Up Today Study Survey (Gortmaker et al, Wolf et al, 1994, Harvard School of Public Health Nutrition Department web page at http://regepi.bwh.harvard.edu/health)</p> <p>Minor modifications to the items were made following test-retest piloting in young adults to allow for an assessment of interactive video game use.</p> <p>SCORING: Response categories were assigned the values 0, 0.5, 1, 2, 3, 4, and 6 hours per week.</p> <p><i>Total inactive hours</i> = $5*(a + b + c) + 2*(d + e + f)$</p> <p><i>Hours of TV/DVD/video viewing</i> = $(5*a) + (2*d)$</p> <p><i>Hours of computer use</i> = $(5*b) + (2*e)$</p> <p><i>Hours of sedentary electronic games</i> = $(5*c) + (2*f)$</p>
<i>Hours of interactive video games, average week</i>	<p>In your free time <u>on an average weekday</u> (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)</p> <p>a) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution</p> <p>In your free time <u>on an average weekend day</u> (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)</p> <p>b) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution</p>	<p>Range = 0-42 hours</p>	<p>Developed for Project EAT-III</p> <p>SCORING: Response categories were assigned the values 0, 0.5, 1, 2, 3, 4, and 6 hours per week.</p> <p><i>Hours of interactive video games</i> = $(5*a) + (2*b)$</p>

Construct	Measures which form scale or derived variable	Selected Psychometrics [‡]	Notes and Source
Other behavioral factors			
<i>Compulsive exercise</i>	Listed below are statements about people's exercise habits. How often are the following true? (1=Never, 2=Sometimes, 3=Usually, 4=Always) a) When I miss a scheduled exercise session, I may feel tense, irritable, or depressed. b) If I feel I have overeaten I will try to make up for it by increasing the amount I exercise. c) When I don't exercise, I feel guilty.	$\alpha = 0.75$ $*r = 0.78$ Range = 3-12	Thompson & Pasman 1991; Steffen & Brehm 1999; Ackard et al, 2002. These three items were selected from the Obligatory Exercise Questionnaire because they were shown in factor analysis to be most strongly associated with disordered eating behaviors and characteristics (as measured by the EDI).
<i>Sleep patterns/behaviors - weekdays</i>	On an average weekday (Monday-Friday): a) What time do you usually go to bed (to go to sleep)? b) What time do you get out of bed (to start your day)?	Range = 4-15.5 hours	Modified from the TREC-IDEA Student Survey (Pasch et al, 2010) for young adults based on pilot group feedback indicating it is not uncommon to have a sleep schedule that involves sleeping during the daytime hours. Further modifications were made to the format of the questions following test-retest piloting in young adults due to problems with the selection of AM/PM. SCORING: Hours of sleep are calculated 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 are adjusted by subtracting 12. Sleep times less than 4 hours are set to missing.
<i>Sleep patterns/behaviors - weekends</i>	On an average weekend day (Saturday or Sunday): a) What time do you usually go to bed (to go to sleep)? b) What time do you get out of bed (to start your day)?	Range = 4-15.5 hours	Modified from the TREC-IDEA Student Survey for young adults (Pasch et al, 2010) based on pilot group feedback indicating it is not uncommon to have a sleep schedule that involves sleeping during the daytime hours. Further modifications were made to the format of the questions following test-retest piloting in young adults due to problems with the selection of AM/PM. SCORING: Hours of sleep are calculated 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 are adjusted by subtracting 12. Sleep times less than 4 hours are set to missing.

Construct	Measures which form scale or derived variable	Selected Psychometrics [‡]	Notes and Source
STUDY OUTCOMES			
Physical activity			
<i>TOTAL hours of physical activity, usual week</i>	<p>In a usual <u>week</u>, 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 ½ -6 hours a week, 6+ hours a week)</p> <p>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading</p> <p>Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</p> <p>Mild exercise (minimal effort) Examples: walking slowly, bowling, golf, fishing, snowmobiling.</p>	Range = 0-24 *r=0.80	<p>Modified from Godin & Shepard, 1985; Sallis et al, 1993 EAT Surveys – Neumark-Sztainer et al, 2004(b); McGuire et al, 2002</p> <p>SCORING: Response categories are assigned the values 0, 0.3, 1.3, 3.3, 5.3, and 8 hours per week.</p>
<i>Hours of mild physical activity, usual week</i>	<p>In a usual <u>week</u>, 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 ½ -6 hours a week, 6+ hours a week)</p> <p>Mild exercise (minimal effort) Examples: walking slowly, bowling, golf, fishing, snowmobiling.</p>	Range = 0-8 r=0.44	<p>Modified from Godin & Shepard, 1985; Sallis et al, 1993 EAT Surveys – Neumark-Sztainer et al, 2004(b); McGuire et al, 2002</p> <p>SCORING: Response categories are assigned the values 0, 0.3, 1.3, 3.3, 5.3, and 8 hours per week.</p>
<i>TOTAL hours of moderate and vigorous physical activity, usual week</i>	<p>In a usual <u>week</u>, 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 ½ -6 hours a week, 6+ hours a week)</p> <p>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading</p> <p>Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</p>	Range = 0-16 *r = 0.85	<p>Modified from Godin & Shepard, 1985; Sallis et al, 1993 EAT Surveys – Neumark-Sztainer et al, 2004(b); McGuire et al, 2002</p> <p>SCORING: Response categories are assigned the values 0, 0.3, 1.3, 3.3, 5.3, and 8 hours per week.</p>
<i>Hours of moderate physical activity, usual week</i>	<p>In a usual <u>week</u>, 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 ½ -6 hours a week, 6+ hours a week)</p> <p>Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.</p>	Range = 0-8 r = 0.68	<p>Modified from Godin & Shepard, 1985; Sallis et al, 1993 EAT Surveys – Neumark-Sztainer et al, 2004(b); McGuire et al, 2002</p> <p>SCORING: Response categories are assigned the values 0, 0.3, 1.3, 3.3, 5.3, and 8 hours per week.</p>

Construct	Measures which form scale or derived variable	Selected Psychometrics [‡]	Notes and Source
<i>Hours of vigorous physical activity, usual week</i>	<p>In a usual <u>week</u>, 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 ½ -6 hours a week, 6+ hours a week)</p> <p>Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading</p>	Range = 0-8 r = 0.83	<p>Modified from Godin & Shepard, 1985; Sallis et al, 1993 EAT Surveys – Neumark-Sztainer et al, 2004(b); McGuire et al, 2002</p> <p>SCORING: Response categories are assigned the values 0, 0.3, 1.3, 3.3, 5.3, and 8 hours per week.</p>
Weight control behaviors			
<i>Healthy weight control – frequency of 6 behaviors</i>	<p>How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (1=Never, 2=Rarely, 3=Sometimes, 4=On a regular basis)</p> <p>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)</p>	α = 0.92 *r = 0.90 Range = 6-24	<p>Modified from the Pound of Prevention Survey - Jeffery et al, 1999; Sherwood et al, 2000. EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2003(c)</p> <p>Two new items were added for Project EAT-III to address recent concerns about portion sizes and sweetened beverage intake. A frequency scale was also added to gain a better understanding of how regularly young people use these strategies to manage their weight.</p>
<i>Healthy weight control – any past year use of 4 behaviors</i>	<p>How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (Never or Rarely = 0; Sometimes or On a regular basis = 1)</p> <p>a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets</p>	α = 0.83 r = 0.85 Range = 0-4	<p>Modified from the Pound of Prevention Survey - Jeffery et al, 1999; Sherwood et al, 2000. EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2003(c)</p> <p>This healthy weight control behavior score includes only the original four behaviors that were assessed at EAT-I and EAT-II. When this score is transformed to examine the use of any versus no healthy weight control behaviors the po is 92%.</p>
<i>Unhealthy weight control</i>	<p>Have you done any of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (1=Yes, 0=No)</p> <p>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) h) Skipped meals i) Smoked more cigarettes</p>	α = 0.74 r = 0.75 Range = 0-9	<p>Modified from the Pound of Prevention Survey - Jeffery et al, 1999; Sherwood et al, 2000. EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2003(c)</p> <p>When this score is transformed to examine the use of any versus no unhealthy weight control behaviors the po is 83%.</p>
<i>Extreme unhealthy weight control</i>	<p>Have you done any of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (1=Yes, 0=No)</p> <p>a) Took diet pills b) Made myself vomit (throw up) c) Used laxatives d) Used diuretics</p>	α = 0.53 r = 0.68 Range = 0-4	<p>Modified from the Pound of Prevention Survey - Jeffery et al, 1999; Sherwood et al, 2000. EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2003(c)</p> <p>When this score is transformed to examine the use of any versus no extreme unhealthy weight control behaviors the po is 97%.</p>

Construct	Measures which form scale or derived variable	Selected Psychometrics [‡]	Notes and Source
<i>Less extreme unhealthy weight control</i>	Have you done any of the following things in order to <u>lose weight or keep from gaining weight</u> during the <u>past year</u> ? (1=Yes, 0=No) a) Fasted b) Ate very little food c) Used food substitute (powder/special drink) d) Skipped meals e) Smoked more cigarettes	$\alpha = 0.71$ $r = 0.75$ Range = 0-5	Modified from the Pound of Prevention Survey - Jeffery et al, 1999; Sherwood et al, 2000. EAT Surveys – Neumark-Sztainer et al, 2002(b); Neumark-Sztainer et al, 2003(c) When this score is transformed to examine the use of any versus no less extreme unhealthy weight control behaviors the po is 83%.
Weight status (BMI)	How tall are you? _____ feet _____ inches How much do you weigh? _____ pounds	* r (BMI)=0.98	EAT Surveys – Neumark-Sztainer et al, 2002(a); Himes et al, 2005; Neumark-Sztainer et al, 2006. Self-report of height and weight were validated in a subsample of 63 male and 62 female participants in Project EAT-III for whom height and weight measurements were completed by trained research staff. Results showed very high correlations between self-reported BMI and measured BMI in males ($r=0.95$) and females ($r=0.98$).

*Key:

Theoretical ranges indicated in the table assume no missing responses.

po = percent agreement

* r = test-retest Pearson correlation

r = test-retest Spearman correlation

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