

## **Longitudinal Aging Study Amsterdam (LASA)**

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# **LASA Sedentary Behavior Questionnaire**

The LASA Sedentary Behavior Questionnaire is a self-administered questionnaire to assess sedentary behavior of older persons. The questionnaire consists of 10 items. The average time per 24 hours spent on each individual sedentary activity will be recorded in hours and/or minutes. This will be done for an average weekday as well as for an average weekend day.

Instruction study participant:

*The next questions refer to the time you spend sitting or lying down during a full day (24 hours). Could you first respond to the questions for an average weekday (Monday-Friday) and then for an average weekend day (Saturday and Sunday)? If you do not perform an activity, please write down '0' (zero).*

*PLEASE NOTE: if you perform two activities at the same time, for example listening to music while knitting, please report only one of the two activities. You can choose yourself for which activity you report this time.*

**On average, during a weekday (Monday - Friday), how many hours / minutes in a day (24 hours) do you .....**

- |    |   |       |         |
|----|---|-------|---------|
| 1* | take a nap on a chair or couch?.....  | ___ h | ___ min |
| 2* | read while being seated or lying down?.....   | ___ h | ___ min |
| 3* | listen to music while being seated or lying down? .....   | ___ h | ___ min |
| 4* | watch television, video or DVD?.....  | ___ h | ___ min |
| 5* | perform a hobby while being seated, such as knitting, doing jigsaw puzzles or playing a music instrument? ..... | ___ h | ___ min |
| 6* | talk (in person or on the phone) with friends, family or acquaintances while being seated?.....                 | ___ h | ___ min |
| 7  | sit at the computer for work or leisure.....  | ___ h | ___ min |
| 8  | perform sitting activities such as administrative tasks, writing a letter or having a meeting.....              | ___ h | ___ min |
| 9  | sit in car, bus or train.....   | ___ h | ___ min |
| 10 | visit church or (movie) theater.....  | ___ h | ___ min |

**On average, during the weekend (Saturday and Sunday), how many hours / minutes in a day (24 hours) do you .....**

- |    |   |       |         |
|----|---|-------|---------|
| 1* | take a nap on a chair or couch?.....  | ___ h | ___ min |
| 2* | read while being seated or lying down?.....   | ___ h | ___ min |
| 3* | listen to music while being seated or lying down? .....   | ___ h | ___ min |
| 4* | watch television, video or DVD?.....  | ___ h | ___ min |
| 5* | perform a hobby while being seated, such as knitting, doing jigsaw puzzles or playing a music instrument? ..... | ___ h | ___ min |
| 6* | talk (in person or on the phone) with friends, family or acquaintances while being seated?.....                 | ___ h | ___ min |
| 7  | sit at the computer for work or leisure.....  | ___ h | ___ min |
| 8  | perform sitting activities such as administrative tasks, writing a letter or having a meeting.....              | ___ h | ___ min |
| 9  | sit in car, bus or train.....   | ___ h | ___ min |
| 10 | visit church or (movie) theater.....  | ___ h | ___ min |