

SBRN membership survey results

1. Please rate your general level of satisfaction with the Sedentary Behaviour Research Network (SBRN).

Responses	Counts	Props
Somewhat unsatisfied	3	2.3
Neutral	26	19.5
Somewhat satisfied	37	27.8
Very satisfied	66	49.6
Missing	1	0.8
Totals	133	100

2. What could SBRN do to improve your level of satisfaction? Please describe.

- Nothing can be done – keep doing the same thing! **(11 responses)**
- More active communication **(36 responses)**
 - use a monthly newsletter, social media (twitter) or regular emails to inform members about recently published articles, SBRN updates, collaboration opportunities.
 - post links to SB related conferences, webinars, and peer-reviewed articles
 - create a better process of inclusion for members to get involved in major projects
 - post more infographics about SB to help explain to the general public
- Increase network collaboration **(10 responses)**
 - gather at conferences, write papers as a network, review papers
 - provide online training on SB research and data analysis
 - offer a way for researchers and practitioners to connect for collaborative work (webinars)
 - offer funding for graduate students to attend meetings in which SBRN is a sponsor or support
- Create SB specific programs **(7 responses)**
 - for example: an international conference or a journal
 - develop more activities (congress, summer school)
 - organize web style or regional meetings for those who are unable to make international conferences
 - create a mentorship platform for young researchers
- Use the useful information SBRN has collected to apply to people’s daily life and expand SBRN to influence more people. **(3 responses)**

3. On June 10, 2017, the SBRN website was re-launched with a fresh look and feel (e.g., new logo, new colours). Please rate your level of satisfaction with the new website design.

Responses	Counts	Props
Very unsatisfied	1	0.8
Neutral	22	16.5
Somewhat satisfied	33	24.8
Very satisfied	77	57.9

Totals	133	100
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4. **What could SBRN do to improve the website and membership communications more generally? Please describe.**

- No suggestions – everything is good! **(16 responses)**
- Increase communication **(19 responses)**
 - add a monthly newsletter or a news section with SBRN recommended news
 - post about SB-related conferences, SB research, and grants
 - post more article reviews
- Change the logo/font. **(6 responses)**
 - add more colour
 - make the logo more dynamic with larger imagery
 - “red font on black background is too difficult to read”
 - “I liked the old logo, the chair looks inviting to sit down and is sending the opposite message”
- Create special interest groups/lists with an opt-in option. **(3 responses)**
 - create database with topics, measurements and populations that members usually works with

5. **Do you feel the current SBRN logo appropriately reflects the network?**

Responses	Counts	Props
Very unhappy with the logo	1	0.8
Somewhat unhappy with the logo	10	7.5
Neutral	25	18.8
Somewhat happy with the logo	37	27.8
Very happy with the logo	58	43.6
Missing	2	1.5
Totals	133	100

6. **What could SBRN do to improve the logo? Please describe.**

- Nothing, it is good. **(15 responses)**
- It doesn’t capture all the ways people can be sedentary, it only highlights one obvious way. **(10 responses)**
 - doesn’t highlight other forms of SB at school, work, commuting etc.
 - include technology (computers, tablets) in addition to the couch
- The logo gives the wrong impression. **(9 responses)**
 - “we want people to sit less, so perhaps a logo that is not a chair, but perhaps something more strength based like getting off a chair or more actionable”
 - “sitting is what most people think sedentary means but that’s not how it is defined – so it doesn’t take into account the many ways people can be sedentary”
 - use a sit, stand, move logo

- remove chair and replace with a more active/outcome based image like sit/stand desk to show a positive outcome

- **Make the logo more dynamic and/or colorful. (10 responses)**
 - put the image on a black background
 - use a graphic image
 - add a human body or figure sitting
 - make the image of someone standing up or reducing sedentary time
- I preferred the old logo of the burning couch; it was clearer. **(4 responses)**

7. What initiative(s) do you think SBRN should focus on next? Please describe.

- **Develop methods of measuring sedentary behaviour and its subsets (e.g. screen time). (30 responses)**
 - create standardized SB questionnaires
 - develop a question that correctly captures all aspects of SB and encourage SB researchers to use it so that results can be more easily compared and SB stops being included with PA.
 - develop scales for public use
 - synthesize all the existing measurement methods and generate a review of their strengths and limitations
 - share statistical programming code for analyzing data from research grade accelerometers
- **Focus on how to apply the research results to daily activities and achieve the SB recommendations. (16 responses)**
 - find ways to encourage employees to work in action
 - involve schools in projects that stimulate physical activity
 - use a campaign to offer alternatives to break SB
 - compile evidence based interventions to interrupt SB
- **Focus on creating a 24 hour movement behaviour guidelines for adults, and people with special needs (4 responses)**
- **Focus on researching SB in different populations (retired communities, seniors, new immigrants, vulnerable populations, transportation industry workers) (4 responses)**
- **Bring together researchers, re-group and collaborate through forums or conferences. (8 responses)**
 - have webinars
 - pool SB data to write a paper
 - get to know what others around the world are working on
 - organize a meeting every 2-3 years
 - create a database with SB research and the standardized measures for all studies to help homogenize procedures and generate future hypothesis
 - integrate academic, clinical and commercial parties to increase effectiveness
- **Focus on setting priorities for future SB research. (8 responses)**
 - settings, populations, urban vs. rural living
 - associations with obesity and built environment
 - standardization of cutoff points in different age groups to categorize SB studies that analyzed this variable through self-report

- mechanism and biological plausibility
- effect of SB on health outcomes (glucose, blood pressure) when taking variables like MVPA and BMI into consideration

8. Do you have other comments/feedback about SBRN? Please describe.

- Keep up the great work/nothing to add. **(37 responses)**
- Initiate more collaboration among network members. **(4 responses)**
 - it is helpful when researchers provide commentary on articles
 - have close coaching of the members
 - have national member meetings and group development to increase international contributions