**Longitudinal Aging Study Amsterdam** (LASA)

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**LASA Sedentary Behavior Questionnaire**

The LASA Sedentary Behavior Questionnaire is a self-administered questionnaire to asses sedentary behavior of older persons. The questionnaire consists of 10 items. The average time per 24 hours spend 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.

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| **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 |

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.*

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| **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 |