

Supplementary Digital Content 1

Appendix. Occupational Sitting and Physical Activity Questionnaire (OSPAQ)

1. How many hours did you work in the last 7 days? _____ hours
2. During the last 7 days, how many days were you at work? _____ days

Example:

Jane is an administrative officer. Her work day involves working on the computer at her desk, answering the phone, filing documents, photocopying, and some walking around the office. Jane would describe a typical work day in the last 7 days like this:

Sitting (including driving)	90 %
Standing	5 %
Walking	5 %
Heavy labour or physically demanding tasks	0 %
Total	100 %

3. How would you describe your typical work day in the last 7 days? (This involves only your work day, and does not include travel to and from work, or what you did in your leisure time)

a. Sitting (including driving)	_____ %
b. Standing	_____ %
c. Walking	_____ %
d. Heavy labour or physically demanding tasks	_____ %
Total	_____ %

*Make sure
this adds up
to 100%*

Scoring:

Minutes sitting at work per week = Item 1 * Item 3a

Minutes sitting per workday = (Item 1/Item 2) * Item 3a

Similar calculations can be done for standing, walking, and heavy labour.