

Sedentary Behavior Questionnaire

Citation:

Rosenberg DE, Norman GJ, Wagner N, Patrick K, Calfas KJ, Sallis J. Reliability and validity of the Sedentary Behavior Questionnaire for adults. *J Phys Act Health*. 2010;7:697-705. <https://doi.org/10.1123/jpah.7.6.697> [available on request from the lead author]

Reliability:

Two-week test-retest reliability in a sample of 49 adults was high for total scores (ICC = 0.85 weekday and 0.77 for weekend total scores) and moderate to excellent for all items and the total score (ICC range = 0.64 to 0.90 weekdays; 0.48-0.93 for weekend days).

Validity:

In overweight men (N = 354) and women (N = 300), validity with accelerometer counts < 100 counts per minute was non-significant. Total scores were significantly correlated with the International Physical Activity Questionnaire sitting time items and BMI though effect sizes were small.

Scoring:

- Convert all times into hours (e.g. a response of 15 minutes or less is recoded as 0.25 and 30 minutes is recoded as 0.5)
- For total scores of sedentary behavior, sum the hours per day separately for weekday and weekend items.
- To obtain weekly estimates, weekday hours are multiplied by 5 and weekend hours are multiplied by 2 and these are summed for total hours per week.
 - Estimates over 24 hours per day are truncated to 24 hours per day
- Note: there is known overestimation for total sedentary behavior time because items are not necessarily mutually exclusive.

Other versions of the SBQ:

Sallis, J.F., Conway, T.L., Cain, K.L., Geremia, C., Bonilla, E., and Spoon, C. (2020). Electronic devices as correlates of sedentary behavior and screen time among diverse low-income adolescents during the school year and summer time. **Journal of Healthy Eating and Active Living**, 1(1), 17-30.

Open access: <http://profpubs.com/index.php/jheal/article/view/7/16>

Research brief: <https://paresearchcenter.org/electronic-devices-as-correlates-of-sedentary-behavior-and-screen-time-among-diverse-low-income-adolescents-during-the-school-year-and-summer-time/>

Acknowledgements:

Originally from the PACE+ Studies (PIs: Kevin Patrick, Jim Sallis, Karen Calfas)

Clinical & Web-based Diet & Activity Counseling for Men
NIH [R01CA098861](#) Sep 27, 2002 - Sep 29, 2005

Counseling for Overweight Women for Diet and Activity
NIH [R01CA085873](#) Sep 1, 2001 - Aug 31, 2005

PACE+---COUNSELING ADOLESCENTS FOR EXERCISE AND NUTRITION
NIH [R01CA081495](#) Sep 30, 2000 - Aug 31, 2004

More information:

Please visit: https://drjimsallis.org/measure_paceadult.html for more information on Dr. Sallis' research and the PACE+ measures

Please visit: <https://www.kpWASHINGTONresearch.org/our-research/our-scientists/rosenberg-dori-e> for more information on Dr. Rosenberg's sedentary behavior research

➔ The original Sedentary Behavior Questionnaire items are on the following pages.

SEDDENTARY BEHAVIOR: Weekday

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following?

	None	15 min. or less	30 min.	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs or more
1. Watching television (including videos on VCR/DVD).	<input type="radio"/>								
2. Playing computer or video games.	<input type="radio"/>								
3. Sitting listening to music on the radio, tapes, or CDs.	<input type="radio"/>								
4. Sitting and talking on the phone.	<input type="radio"/>								
5. Doing paperwork or computer work (office work, emails, paying bills, etc.)	<input type="radio"/>								
6. Sitting reading a book or magazine.	<input type="radio"/>								
7. Playing a musical instrument.	<input type="radio"/>								
8. Doing artwork or crafts.	<input type="radio"/>								
9. Sitting and driving in a car, bus, or train.	<input type="radio"/>								

SEDENTARY BEHAVIOR: Weekend Day

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following?

	None	15 min. or less	30 min	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs or more
1. Watching television (including videos on VCR/DVD).	<input type="radio"/>								
2. Playing computer or video games.	<input type="radio"/>								
3. Sitting listening to music on the radio, tapes, or CDs.	<input type="radio"/>								
4. Sitting and talking on the phone.	<input type="radio"/>								
5. Doing paperwork or computer work (office work, emails, paying bills, etc.)	<input type="radio"/>								
6. Sitting reading a book or magazine.	<input type="radio"/>								
7. Playing a musical instrument.	<input type="radio"/>								
8. Doing artwork or crafts.	<input type="radio"/>								
9. Sitting and driving in a car, bus, or train.	<input type="radio"/>								