# CODEBOOK for the SCRIIN study, Karolinska Institutet, Sweden

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| **Child/adolescent questionnaire** | | |
| **Variable name** | **Description/Question** | **Value description** |
| consent | Web-based consent to participation | 1 = yes  2 = no |
|  | What you answer here will not your parents or school staff know. |  |
| date\_of\_birth | What year were you born? | open numbers |
| sex | Are you a girl or a boy? | 1 = girl  2 = boy |
| heigh\_cm | Enter your height in cm | 1 = <130 cm  2 = 135  3 = 136 cm  and so on….  66 = 194  67 = 195  68 = >195 cm |
| weight\_kg | Enter your weight in kg | 2 = don’t know/don’t want to answer  1 = > 30 kg  3 = 31  4 = 32  5 =33  6 = 34  And so on….  62 = 90 kg  63 = > 90 kg |
| trans\_school | How do you usually go to and from school? | 1 = I walk all the way to school  2 = I walk at least 5 minutes to bus, metro or train  3 = I bicycle all the way to school  4 = I bicycle at least 5 minutes to bus, metro or train  5 = I go by car, bus, metro or train all the way |
| trans\_time\_school | How long does it take? (fill in minutes, e.g. 15 minutes/day)  minutes/day on the way to school | open number |
| trans\_time\_home | How long does it take? (fill in minutes, e.g. 15 minutes/day)  minutes/day on the way home | open number |
| sportlesson | How many times do you attend to physical education (PE) at school each week? | 1 = once a week  2 = 2 times/week  3 = 3 times/week  4 = none  5 = I do not have PE |
| act\_org | Are you going to any organized sports or activity outside school? | 1 = no  2 = yes, once a week  3 = yes, 1-2 times/week  4 = yes, 2-3 times/week  5= yes, 3-4 times/week  6= yes, 4-5 times/week  7= yes, 5-6 times/week  8= yes, every day |
| pa\_evening | How physically active are you after school or in the evening a regular school day (walk, dance, gym, sports, other similar activity)? | 1 = not active at all, most sedentary  2 = less than 30 minutes  3 = 30-60 minutes  4 = 1-2 hours  5 = 2-3 hours  6 = more than 3 hours  7= do not know/do not want to answer |
| pa\_we | How physically active are you usually during a regular weekend day (Saturday & Sunday)? (e.g. walking, dancing, gymnastics, sports, other similar activity) | 1 = not active at all, most sedentary  2 = less than 30 minutes  3 = 30-60 minutes  4 = 1-2 hours  5 = 2-3 hours  6 = more than 3 hours  7= do not know/do not want to answer |
| pa\_more | Would you like to be more physically active on the days than you are right now? | 1 = yes, I would like to be more physically active  2 = no, I'm satisfied with my physical activity level  3= do not know/do not want to answer |
| screen\_fam | Do you and your family use screens at home during dinner (TV, tablet, computer, mobile, etc.)? | 1 = no, never  2 = yes, but only on weekends  3 = yes, 1-2 daily dinners/week  4 = yes, 3-4 daily dinners/week  5 = yes, 5-6 dinners/week  6 = yes, every dinner |
| screen\_bed | Do you have access to screens (TV, tablet, mobile, computer, etc.) in your bedroom? | 1 = yes  2 = no  3 = do not know/do not want to answer |
| screen\_sleep | Do you look at any type of screen before you go to sleep (mobile, TV, tablet, computer, etc.)? | 1 = no, never  2 = yes, sometimes  3 = yes, often/always |
| wakeup\_wd | When do you usually get up from bed on a normal school day? | 1 = earlier than 06:00  2 = 06:00-06:30  3 =06:30-07:00  4 = 07:00-07:30  5 = 07:30-08:00  6 = 08:00-08:30  7 = 08:30-09:00  8 = 09:00-09:30  9 = later than 09:30 |
| bedtime\_wd | When do you usually go to sleep a normal school day? | 1 = earlier than 21:00  2 = 21:00-21:30  3 = 21:20-22:00  4 = 22:00-22:30  5 = 22:30-23:00  6 = 23:00-23:30  7 = later than 23:30 |
| wakeup\_we | When do you usually get upfrom bed on the weekend (Saturday & Sunday)? | 1 = earlier than 07:00  2 = 07:00-07:30  3 = 07:30-08:00  4 = 08:00-08:30  5 = 08:30-09:00  6 = 09:00-09:30  7 = 09:30-10:00  8 = 10:00-10:30  9 = later than 10:30 |
| bedtime\_we | When do you usually go to sleep on the weekend (Saturday & Sunday)? | 1 = earlier than 21:00  2 = 21:00-21:30  3 = 21:20-22:00  4 = 22:00-22:30  5 = 22:30-23:00  6 = 23:00-23:30  7 = later than 23:30 |
| screen\_change | Would you like to change your daily screen time (i.e. surf and games on mobile, computer, TV or other) or are you satisfied with the way it is now? | 1 = I would like to reduce my screen time  2 = I'm satisfied  3 = I want more screen time  4 = do not know/do not want to answer |
| mobile\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  On the smartphone and/or tablet | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| tv\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Watch TV (including Netflix and Youtube) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| game\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Playing computer or video games | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| music\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting listening to music (e.g. Spotify/CD) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| talk\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting and talking on the phone | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| paper\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Doing paper work or computer work (office work, emails, paying bills etc.) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| book\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting reading a book or magazine | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| instrument\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Playing a musical instrument | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| art\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Doing artwork or crafts (e.g. painting, knitting etc.) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| car\_wd | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting and driving in a car, bus, train or other motorized vehicle | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| mobile\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  On the smartphone and/or tablet | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| tv\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Watch TV (including Netflix and Youtube) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| game\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Playing computer or video games | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| music\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting listening to music (e.g. Spotify/CD) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| talk\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting and talking on the phone | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| paper\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Doing paper work or computer work (office work, emails, paying bills etc.) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| book\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting reading a book or magazine | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| instrument\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Playing a musical instrument | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| art\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Doing artwork or crafts (e.g. painting, knitting etc.) | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| car\_we | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting and driving in a car, bus, train or other motorized vehicle | 1 = none  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| health\_sick | First of all, we would like to know something about your physical health…  During the past week …  ... I felt ill | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| health\_pain | First of all, we would like to know something about your physical health…  During the past week …  ... I had a headache or tummy-ache | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| health\_tired | First of all, we would like to know something about your physical health…  During the past week …  ... I was tired and worn-out | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| health\_energy | First of all, we would like to know something about your physical health…  During the past week …  ...I felt strong and full of energy | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| feel\_fun | Then something about how you’ve been feeling in general…  During the past week …  ... I had fun and laughed a lot | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| feel\_bored | Then something about how you’ve been feeling in general…  During the past week …  ... I was bored | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| feel\_alone | Then something about how you’ve been feeling in general…  During the past week …  ... I felt alone | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| feel\_scared | Then something about how you’ve been feeling in general…  During the past week …  ... I was scared | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| you\_proud | ... and how you have been feeling about yourself  During the past week …  ... I was proud of myself | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| you\_good | ... and how you have been feeling about yourself  During the past week …  ... I felt on the top of the world | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| you\_like | ... and how you have been feeling about yourself  During the past week …  ... I felt pleased with myself | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| you\_fun | ... and how you have been feeling about yourself  During the past week …  ... I had lots of good ideas | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| family\_agree | The next questions are about your family ...  During the past week …  ... I got on well with my parents | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| family\_fun | The questions that come below are about your family ...  During the past week …  ... I felt fine at home | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| family\_angry | The questions that come below are about your family ...  During the past week …  ... We quarrelled at home | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| family\_forbid | The questions that come below are about your family ...  During the past week …  … My parents stopped me from doing certain things | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| friend\_social | ... and then about your friends  During the past week …  ... I played with friends | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| friend\_like | ... and then about your friends  During the past week …  ... Other kids liked me | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| friend\_agree | ... and then about your friends  During the past week …  ... I got along well with my friends | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| friend\_diff | ... and then about your friends  During the past week …  ... I felt different from other children | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| school\_task | Last of all, we would like to know something about school  During the last week in which I was in school…  ... doing my school work was easy | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| school\_learn | Now we want to know a little about the school  During the last week in which I was in school…  ... I enjoyed my lessons | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| school\_future | Now we want to know a little about the school  During the last week in which I was in school…  ... I worried about my future | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |
| school\_grades | Now we want to know a little about the school  During the last week in which I was in school…  ... I worried about bad marks or grades | 1 = never  2 = seldom  3 = sometimes  4 = often  5 = all the time |

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| **Parental questionnaire** | | |
| **Variable name** | **Description/Question** | **Value description** |
| consent\_p | Web-based consent to participation | 1 = yes  2 = no |
| date\_of\_birth\_p | What year were you born? | open numbers |
| date\_of\_birth\_child\_p | What year is your child (participating in this research study) born? | open numbers |
| sex\_parent | What is your sex? | 1 = girl  2 = boy |
| country\_p | In which country were you born? | 1 = Sweden or another Nordic country  2 = Europe  3 = Another country outside Europe |
| height\_cm\_p | Enter your height in cm | 1 = <145 cm  2 = 146  3 = 147 cm  and so on….  76 = 219  77 = 220  78 = >220 cm  79 = do not know/do not want to answer |
| weight\_kg\_p | Enter your weight in kg | 2 = > 40 kg  1 = 40 kg  3 = 41  4 = 42  5 =43  6 = 44  And so on….  198 = 235 kg  199 = > 235 kg  200 = do not know/do not want to answer |
| education\_p | What is your highest education? | 1 = elementary school  2 = 2-year high school/vocational school  3 = 3-year high school  4 = university  5 = do not know/do not want to answer |
| pa\_daily\_p | What is your daily activity level (work, studies or similar)? | 1 = sitting most of the time  2  3 = standing and walking most of the time  4  5 = heavy labour  6  7 = do not know/do not want to answer |
| pa\_leisure\_p | What is your usual physical activity level during leisure time? | 1 = sitting most of the time  2  3 = walking 30 minutes per day  4  5 = vigorous activity 60 minutes per day  6  7 = do not know/do not want to answer |
| sitting\_p | How many hours do you usually sit during a normal day? | 1 = never  2 = 1-3 hours  3 = 4-6 hours  4 = 7-9 hours  5 = 10-12 hours  6 = 13-15 hours  7 = almost the entire day  8 = do not know/do not want to answer |
| pa\_sport\_p | Do you exercise or do sports regularly (at least once a week)? | 1 = yes  2 = no  3 = do not know/do not want to answer |
| mobile\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  On the smartphone and/or tablet | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| tv\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Watch TV (including Netflix and Youtube) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| game\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Playing computer or video games | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| music\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting listening to music (e.g. Spotify/CD) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| talk\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting and talking on the phone | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| paper\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Doing paper work or computer work (office work, emails, paying bills etc.) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| book\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting reading a book or magazine | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| instrument\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Playing a musical instrument | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| art\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Doing artwork or crafts (e.g. painting, knitting etc.) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| car\_wd\_p | How much time do you spend on the following during a normal weekday, from the time you wake up until you go to bed?  Sitting and driving in a car, bus, train or other motorized vehicle | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| mobile\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  On the smartphone and/or tablet | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| tv\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Watch TV (including Netflix and Youtube) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| game\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Playing computer or video games | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| music\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting listening to music (e.g. Spotify/CD) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| talk\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting and talking on the phone | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| paper\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Doing paper work or computer work (office work, emails, paying bills etc.) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| book\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting reading a book or magazine | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| instrument\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Playing a musical instrument | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| art\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Doing artwork or crafts (e.g. painting, knitting etc.) | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| car\_we\_p | How much time do you spend on the following during a normal weekend, from the time you wake up until you go to bed?  Sitting and driving in a car, bus, train or other motorized vehicle | 1 = no time  2 = 15 min or more  3 = 30 min  4 = 1 hour  5 = 2 hours  6 = 3 hours  7 = 4 hours  8 = 5 hours  9 = 6 hours or more |
| screen\_child\_p | Does your child have access to screens (TV, tablet, computer, mail etc.)? | 1 = yes  2 = no  3 = do not know/do not want to answer |
| screen\_family\_p | Do you as a family use screens during dinner (TV, tablet, computer, mobile, etc.)? | 1 = no, never  2 = yes, but only on weekends  3 = yes, 1-2 daily dinners/week  4 = yes, 3-4 daily dinners/week  5 = yes, 5-6 dinners/week  6 = yes, every dinner  7= do not know/do not want to answer |
| screen\_bed\_child\_p | Does your child have the mobile phone in his/her bedroom during the night when he/she sleeps? | 1 = no, never  2 = yes, but only on weekends  3 = yes, 1-2 weekday evenings/week  4 = yes, 3-4 weekday evenings/week  5 = yes, 5-6 evenings/week  6 = yes, every evening  7= do not know/do not want to answer |
| screen\_sleep\_child\_p | Does your child use any type of screen to fall asleep (mobile, TV, tablet, computer, etc.)? | 1 = no, never  2 = yes, but only on weekends  3 = yes, 1-2 times/week  4 = yes, 3-4 times/week  5 = yes, 5-6 times/week  6 = yes, every evening  7 = do not know/do not want to answer |
| wakeup\_wd\_child\_p | When does your child usually get up from bed on a normal weekday? | 1 = earlier than 06:00  2 = 06:00-06:30  3 = 06:30-07:00  4 = 07:00-07:30  5 = 07:30-08:00  6 = 08:00-08:30  7 = 08:30-09:00  8 = later than 09:00  9 = do not know/do not want to answer |
| bedtime\_wd\_child\_p | When does your child usually go to sleep a normal weekday? | 1 = earlier than 21:00  2 = 21:00-21:30  3 = 21:20-22:00  4 = 22:00-22:30  5 = 22:30-23:00  6 = later than 23:00  7 = do not know/do not want to answer |
| wakeup\_we\_child\_p | When does your child usually get up from bed on the weekend? | 1 = earlier than 07:00  2 = 07:00-07:30  3 = 07:30-08:00  4 = 08:00-08:30  5 = 08:30-09:00  6 = 09:00-09:30  7 = 09:30-10:00  8 = 10:00-10:30  9 = later than 10:30  10 = do not know/do not want to answer |
| bedtime\_we\_child\_p | When does your child usually go to sleep on the weekend? | 1 = earlier than 21:00  2 = 21:00-21:30  3 = 21:20-22:00  4 = 22:00-22:30  5 = 22:30-23:00  6 = 23:00-23:30  7 = later than 23:30  8 = do not know/do not want to answer |
| act\_org\_child\_p | Does your child go to any organized sports or sport activity outside of school? | 1 = no  2 = yes, once a week  3 = yes, 1-2 times/week  4 = yes, 2-3 times/week  5 = yes, 3-4 times/week  6 = yes, 4-5 times/week  7 = yes, 5-6 times/week  8 = yes, every day  9 = do not know/do not want to answer |
| pa\_evening\_child\_p | How physically active is your child after school or in the evening a normal weekday (walking, dancing, gymnastics, sports, other similar activity)? | 1 = not active at all, most sedentary  2 = less than 30 minutes  3 = 30-60 minutes  4 = 1-2 hours  5 = 2-3 hours  6 = more than 3 hours  7 = do not know/do not want to answer |
| pa\_we\_child\_p | How physically active is your child usually on the weekend (walking, dancing, gymnastics, sports, other similar activity)? | 1 = not active at all, most sedentary  2 = less than 30 minutes  3 = 30-60 minutes  4 = 1-2 hours  5 = 2-3 hours  6 = more than 3 hours  7 = do not know/do not want to answer |