

Appendix A. Adapted psychosocial measures with sedentary-specific questions and internal consistencies (Cronbach's α).

Variable	Items	Questions*	Baseline Alpha	Follow-up Alpha
Perceived Benefits	6	Please indicate the degree to which you agree or disagree with each or the statements: <ul style="list-style-type: none"> Sitting less will improve my health Sitting less will improve my energy level Sitting less will improve my mood Sitting less will improve my sleep Sitting less would increase my muscle strength I would feel better if I sat less 	0.92	0.86
Perceived Barriers	4	Please indicate the degree to which you agree or disagree with each or the statements: <ul style="list-style-type: none"> Sitting less would be tiring My health would make it hard to sit less I lack motivation to sit less I lack energy to sit less 	0.75	0.62
Social support	1	Friends and family would support me in sitting less	NA	NA
Self-efficacy	9	How sure are you that you can... <ul style="list-style-type: none"> Take breaks from sitting every 20 minutes? Stand while watching part of a TV show? Reduce the amount of time you watch TV? Stand while using the computer periodically? Spend more time standing throughout the day? Stand for 20 minutes at a time without resting? Reduce the amount of time you spend sitting by 1 hour per day? Reduce the amount of time you spend sitting by 2 hours per day Reduce the amount of time you spend sitting while watching TV? 	0.75	0.84
Sedentary Habit strength	10	Please indicate the degree to which you agree or disagree with each or the statements: <ul style="list-style-type: none"> Sitting is something that I do frequently Sitting is something that I do automatically It would require effort not to sit I would find it hard not to sit I enjoy watching TV I enjoy sitting I enjoy using my computer, tablet, or smartphone I experience exhaustion, weakness, or pain when I stand for long periods of time It is difficult for me to get up out of a chair I would feel awkward or embarrassed if I stood while others were standing 	0.69	0.72

*All response options ranged 1-5.