Project EAT 2010 and F-EAT Surveys   **Derived Variables and Scales**

The following table lists constructs assessed on the EAT 2010 and Project F-EAT surveys. The table is a working draft and will be updated as additional psychometric testing is completed and new scales or scores are constructed. Constructs are organized according to the theoretical model, which was developed to guide the overall study.

The constructs are listed in the far left column. For each construct, information is provided in the other columns: 1) the exact wording for survey items; 2) selected psychometrics for scales or scores when relevant and available; and 3) sources and other notes. Selected psychometrics include test-retest reliability correlations and internal consistency for scales. The test-retest values included in the following table were determined in a school-based sample of 100 adolescents (12-18 years) and a sample of 100 parents of adolescents. Test-retest reliability for adolescents was assessed over a one-week period and for parents was determined over a two-week period. The full citation for all references and an explanation of symbols can be found at the end of the table.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
ENVIRONMENTAL FACTORS			
Neighborhood			
Neighborhood safety			
Perceived safety	Please choose the answer that best applies to you and the neighborhood where you lived for the majority of the past year. (strongly disagree, somewhat disagree, somewhat agree, strongly agree) 1) The crime rate in my neighborhood makes it unsafe to go on walks during the day. 2) The crime rate in my neighborhood makes it unsafe to go on walks at night.	α = 0.80 r = 0.69 Mean = 6.0 Range = 2-8	Modified from the Neighborhood Environment Walkability Scale – Saelens et al, 2002; Saelens et al, 2003 SCORING: Items were reverse coded before summing
Family/Home			
Shared meals			
Family meal routines	How much do you agree with the following statements? [Strongly Disagree, Somewhat Disagree, Somewhat Agree, Strongly Agree] a. It is important that our family eat at least one meal a day together b. Different schedules make it hard to eat meals together on a regular basis c. In our family, it is often difficult to find a time when family members can sit down to a meal together d. In my family, children are expected to be home for dinner	α = 0.51 r = 0.72	EAT Surveys – Neumark-Sztainer et al, 2004(a); Fulkerson et al, 2006 Items were drawn from the FEABS (Family Eating Attitude and Behavior Scale) – Pamela Earborn Hogens PhD. (unpublished dissertation, 1988)
Media use at meals	How often does your child do the following at family meals? [Never or Rarely, Sometimes, Usually, Always] a. Watch television or movies b. Play with hand-held games (e.g., DS, PSP, Game Boy, etc.) c. Talk on the phone (cell or other) d. Text message e. Listen to music with headphones (e.g., with iPod, MP3 player, or other devices)	α = 0.76 r = 0.72	Developed for Project F-EAT based on the results of the Generation M Study – Roberts et al, 2005

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Foods served at meals	Think about a typical family dinner at your home… 　　We never eat family dinners (If true, check the box to the left and skip to Question 16) [Never or rarely, Sometimes, Usually, Always] a.　Is a green salad served? b.　Are vegetables other than potatoes served? c.　Is 100% fruit juice served? d.　Is fruit (not including juice) served? e.　Is milk served? f.　Are sugar-sweetened beverages (soda pop, kool-aid, etc.) served?	α = 0.54 r = 0.81	Adapted from the Healthy Home Offerings via the Mealtime Environment (HOME) Survey – Fulkerson et al, 2010
Food availability/food security			
Healthy home food availability	How often are the following true? [Never, Sometimes, Usually, Always] a.　Fruits and vegetables are available in my home. b.　Vegetables are served at dinner in my home. c.　I have fruit juice in my home. d.　Milk is served at meals at my home. e.　Whole wheat bread is available in my home.	α = 0.62 r =0.76 Mean = 14.7 Range = 5-20	
Fruit and vegetable availability/ accessibility	How often are the following true? [Never, Sometimes, Usually, Always] a.　In my home, there are cut-up vegetables in the fridge for me to eat. b.　In my home, there is fresh fruit on the counter, table, or somewhere where I can easily get it. c.　Fruits and vegetables are available in my home. d.　Vegetables are served at dinner in my home. e.　I have fruit juice in my home.	α = 0.73 r =0.71 Mean = 14.7 Range = 5-20	
Unhealthy home food availability	How often are the following true? [Never, Sometimes, Usually, Always] a.　I have "junk food" in my home. b.　Potato chips or other salty snacks are available in my home. c.　Chocolate or other candy is available in my home. d.　Soda pop is available in my home.	α = 0.79 r = 0.65 Mean = 10.1 Range = 4-16	
Household food security	Please indicate how often each statement was true for your household in the last <u>12 months</u>: [Often true, Sometimes true, Never true] a.　The food that we bought just didn't last, and we didn't have money to get more b.　We couldn't afford to eat balanced meals In the last <u>12 months</u>, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? a.　No b.　Yes, only 1 or 2 months/ c.　Yes, some months but not every month d.　Yes, almost every month In the last <u>12 months</u>, did you ever eat less than you felt you should because there wasn't enough money for food? [No/Yes/Don't know] In the last <u>12 months</u>, were you ever hungry but didn't eat because there was not enough money for food? [No/Yes/Don't know]	r=0.77 Score po (low or very low food security score) = 90% Score po (very low food security score): 91%	Blumberg et al, 1999

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Perceptions of food cost & quality	How much do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree] a) I don't buy many fruits because they cost too much b) I don't buy many vegetables because they cost too much c) At the store where I buy my groceries, the variety of fresh fruits and vegetables is limited d) At the store where I buy my groceries, the condition of fruits and vegetables is poor	α = 0.79 r = 0.59	Nepean Kids Growing Up Parent Questionnaire – Campbell et al, 2007
Weight culture			
Food controlling practices	How much do you agree with the following statements? [Disagree, Slightly disagree, Slightly agree, Agree] a. My child should always eat all of the food on his/her plate b. I have to be especially careful to make sure my child eats enough c. If my child says "I'm not hungry", I try to get him/her to eat anyway d. If I did not guide or regulate my child's eating, my child would eat much less than he/she should e. I have to be sure that my child does not eat too many high fat foods f. I have to be sure that my child does not eat too many sweets (candy, ice cream, cake, or pastries) g. I have to be sure that my child does not eat too much of his/her favorite foods h. If I did not guide or regulate my child's eating, he/she would eat too much of his/her favorite foods i. I intentionally keep some foods out of my child's reach j. If I did not guide or regulate my child's eating, he/she would eat too many junk foods	Scale a-j (feeding): α = 0.83 Scale a-d (pressure): α = 0.70 Scale e-j (restriction): α = 0.86	Adapted from Birch's Child Feeding Questionnaire – Birch et al, 2001; Kaur et al, 2006
Parent weight concern	My mother (father) diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My mother (father) encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]	α = 0.68 r = 0.53 Mean = 6.9 Range = 4-16	
Mother's weight concern	My mother diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My mother encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]	α = 0.52 r = 0.66 Mean = 3.7 Range = 2-8	
Father's weight concern	My father diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My father encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much]	α = 0.64 r = 0.46 Mean = 3.1 Range = 2-8	

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Parent weight talk/concern	My mother (father) diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My mother (father) encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] My mother (father) talks about her (his) weight. [Not at all, A little bit, Somewhat, Very much] My mother (father) makes comments about other people's weight. Not at all, A little bit, Somewhat, Very much]	α = 0.75 r = N/A Mean = 13.5 Range = 8-32	
Mother's weight talk/concern	My mother diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My mother encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] My mother talks about her weight. [Not at all, A little bit, Somewhat, Very much] My mother makes comments about other people's weight. Not at all, A little bit, Somewhat, Very much]	α = 0.65 r = N/A Mean = 7.2 Range = 4-16	
Father's weight talk/concern	My father diets to lose weight or keep from gaining weight? [Not at all, A little bit, Somewhat, Very much] My father encourages me to diet to control my weight. [Not at all, A little bit, Somewhat, Very much] My father talks about his weight. [Not at all, A little bit, Somewhat, Very much] My father makes comments about other people's weight. Not at all, A little bit, Somewhat, Very much] *(dad_comments_wt_10)*	α = 0.72 r = N/A Mean = 6.1 Range = 4-16	
Parent binge eating	In the <u>past year</u>, have you ever eaten so much food in a short period of time that you would be embarrassed if others saw you (binge-eating)? [Yes/No] During the times when you ate this way, did you feel you couldn't stop eating or control what or how much you were eating? (Yes/No)		From QEWP, Questionnaire on Eating and Weight Patterns – Yanovski, 1993.
Parent body image	How satisfied are you with your: [5-point scale - Very dissatisfied to Very satisfied] a. Weight b. Body shape c. Body build	α = 0.90	Modified from the Body Satisfaction Scale – Pingitore et al, 1997

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Family weight talk	How often in the <u>past year</u>…. [Never or Rarely, A few times a year, A few times a month, A few times a week, Almost every day] a. Have you had a conversation with your child about healthy eating habits? b. Have you had a conversation with your child about being physically active? c. Have you had a conversation with your child about his/her weight or size? d. Have you mentioned to your child that he/she weighs too much? e. Have you mentioned to your child that he/she should eat differently in order to lose weight or keep from gaining weight? f. Have you mentioned to your child that he/she should exercise in order to lose weight or to keep from gaining weight?	Scale a-f: $\alpha = 0.88$ $r = 0.73$ Scale c-f: $\alpha = 0.89$ $r = 0.73$	Adapted from the "Parental Energy Index" – Lytle et al, 1999.
Family eating behaviors			
Parent fast food consumption	In the <u>past month</u>, how often did <u>you</u> eat something from the following types of restaurants (include take-out and delivery)? [Never/rarely, 1-3 times per month, 1-2 times per week, 3-4 times per week, 5-6 times per week, 1+ times per day] a. Traditional "burger-and-fries" fast food restaurant (such as McDonald's, Burger King, Wendy's, or Culver's) b. Mexican fast food restaurant (such as Taco Bell, Taco John's, or Chipotle) c. Fried chicken (such as KFC) d. Sandwich or sub shop (such as Subway, Panera, or Quiznos) e. Pizza place f. Sit-down restaurant (where wait-staff brings food to your table)	$r=0.75$	Adapted from the TREC-IDEA Student Survey – Nelson and Lytle 2009. The is the sum number of monthly occasions for items a-f. Response categories were scored 0, 2, 6, 14, 22, and 28 times per month.
Parental modeling	My mother [father]… [Never, Rarely, Sometimes, On a regular basis] a. eats a lot of fruit. b. eats vegetables at dinner. c. drinks milk at dinner.	$\alpha = 0.71$ $r = 0.56$ Mean = 16.9 Range = 6-24	
Mother's modeling	My mother… [Never, Rarely, Sometimes, On a regular basis] a. eats a lot of fruit. b. eats vegetables at dinner. c. drinks milk at dinner.	$\alpha = 0.57$ $r = 0.69$ Mean = 8.7 Range = 3-12	
Father's modeling	My father… [Never, Rarely, Sometimes, On a regular basis] a. eats a lot of fruit. b. eats vegetables at dinner. c. drinks milk at dinner.	$\alpha = 0.70$ $r = 0.59$ Mean = 8.1 Range = 3-12	

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Family PA behaviors			
Parent TOTAL hours of physical activity, <u>usual week</u>	In a usual <u>week</u>, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football. Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding. Mild exercise (minimal effort) Examples: walking slowly (to school, to friend's house, etc.), bowling, golf, fishing, snowmobiling, yoga.		Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Parent hours of mild physical activity, <u>usual week</u>/energy expenditure	In a usual <u>week</u>, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Mild exercise (minimal effort) Examples: walking slowly (to school, to friend's house, etc.), bowling, golf, fishing, snowmobiling, yoga.		Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Parent TOTAL hours of <u>moderate and vigorous</u> physical activity, <u>usual week</u>/energy expenditure	In a usual <u>week</u>, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.		Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Parent hours of moderate physical activity, <u>usual week</u>/energy expenditure	In a usual <u>week</u>, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.		Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Parent hours of vigorous physical activity, <u>usual week</u>/energy expenditure	In a usual <u>week</u>, how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.		Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Family support for PA	How strongly do you agree with the following statements? For these questions, think about your family in general (including your parents and your brothers and sisters). [Strongly disagree, Somewhat Disagree, Somewhat Agree, Strongly agree] 1) My family and I do active things together (for example, going on bike rides or walks) 2) My family supports me in being physically active (for example, enrolling me in sports, watching me perform, providing transportation to places to be active).	α = 0.59 r = 0.73 Mean = 5.7 Range = 2-8	
Family functioning			
Family communication (connectedness)	How much do you feel you can talk to your mother [father] about your problems? [Not at all, A little, Somewhat, Quite a bit, Very much] How much do you feel your mother [father] cares about you? [Not at all, A little, Somewhat, Quite a bit, Very much]	α = 0.67 r = 0.81 Mean = 14.8 Range = 4-20 Only mom: α = 0.61 r = 0.79 Only dad: α = 0.60 r = 0.83	
Family functioning	How strongly do you agree with the following statements? For these questions, think about your family in general. [Strongly disagree, Somewhat disagree, Somewhat agree, Strongly agree] a. Family members are accepted for who they are b. Making decisions is a problem for the family c. We don't get along well together d. We can express feelings to each other e. Planning family activities is difficult because we misunderstand each other f. We confide in each other (By 'confide' we mean to trust your family members enough to tell them something that is important to you)	α = 0.70 r = N/A Mean = 17.9 Range = 6-24	Note: Items on making decisions, getting along, and planning activities were reversed
Parental respect for psychological autonomy	My mother [father] is a person who… [Not like her, Somewhat like her, A lot like her] a. is always trying to change how I feel or think about things. b. brings up past mistakes when she criticizes me. c. is less friendly with me if I do not see things her way.	α = 0.79 r = 0.70 Mean = 10.1 Range = 6-18	
Mother's respect for psychological autonomy	My mother is a person who… [Not like her, Somewhat like her, A lot like her] a. is always trying to change how I feel or think about things. b. brings up past mistakes when she criticizes me. c. is less friendly with me if I do not see things her way.	α = 0.67 r = 0.70 Mean = 5.3 Range = 3-9	
Father's respect for psychological autonomy	My father is a person who… [Not like him, Somewhat like him, A lot like him] a. is always trying to change how I feel or think about things. b. brings up past mistakes when he criticizes me. c. is less friendly with me if I do not see things his way.	α = 0.72 r = 0.68 Mean = 4.8 Range = 3-9	

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Parental monitoring	How much does your mother [father] REALLY know… [Doesn't know, Knows a little, Knows a lot] a. who your friends are? b. where you go at night? c. where you are most afternoons after school?	α = 0.81 r = 0.79 Mean = 13.5 Range = 6-18	
Mother's monitoring	How much does your mother REALLY know… [Doesn't know, Knows a little, Knows a lot] d. who your friends are? e. where you go at night? f. where you are most afternoons after school?	α = 0.75 r = 0.79 Mean = 7.4 Range = 3-9	
Father's monitoring	How much does your father REALLY know… [Doesn't know, Knows a little, Knows a lot] a. who your friends are? b. where you go at night? c. where you are most afternoons after school?	α = 0.87 r = 0.85 Mean = 6.1 Range = 3-9	
Other family factors			
Parent work demands	How much do <u>you</u> agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree, Not Employed] a. Because of the requirements of my job, I miss out on home or family activities that I would prefer to participate in b. Because of the requirements of my job, my family time is less enjoyable or more pressured c. Working leaves me with too little time or energy to be the kind of parent I want to be	α = 0.86 r = 0.75	Selected items from the HILDA Questionnaire – Kruesmann et al, 2003
Parent depression	Below is a list of ways <u>you</u> may have felt or behaved. Please indicate how often you have felt these during the <u>past week</u>: [Rarely or none of the time (less than 1 day), Some or a little of the time (1-2 days), Occasionally or moderate amount of the time (3-4 days), Most or all of the time (5-7 days)] a. I felt depressed b. My sleep was restless c. I felt lonely d. I had crying spells e. I could not get going	Scale: α = 0.81 *r = 0.79 Range = 0-15	
Parent weight status	How tall are you? ___ feet ___ inches How much do you weigh? ___ pounds	*r(height)=0.95 *r(weight)=0.97	EAT surveys
Parent health	Please indicate if <u>you</u> have <u>ever</u> been told by your doctor that you have the following conditions: [No/Yes] a. Anorexia Nervosa b. Asthma c. Binge Eating Disorder d. Bulimia Nervosa e. Depression f. Diabetes (Type 1) g. Diabetes (Type 2) h. High blood pressure i. High cholesterol j. Other (Please specify):_____		Modified from the College Student Health Survey (Boynton). Conditions were selected for inclusion based on their prevalence and relevance to nutrition and physical activity.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Friends			
Friends' support for PA	How strongly do you agree with the following statements? [Strongly disagree, Disagree, Agree, Strongly agree] 1) My friends often play sports or do something active. 2) My friends think it is important to be physically active. 3) My friends and I like to do active things together.	α = 0.77 r = 0.55 Mean = 9.2 Range = 3-12	
Discrimination/teasing	How often do any of the following things happen to you? (Never; Less than once a year; A few times a year; A few times a month; At least once a week) a) You are teased or harassed about your race b) You are teased or harassed about your financial situation c) You are teased or harassed in a sexual way (e.g., grabbing/pinching, sexual comments, unwanted touching, etc…) d) You are teased about your weight e) You are teased about your appearance		
INDIVIDUAL FACTORS			
Personal Factors			
Weight-related concerns	How strongly do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree] a) I think a lot about being thinner b) I am worried about gaining weight	α = 0.83 r = 0.77 Mean = 4.6 Range = 2-8	
Eating-related attitudes			
Food preferences	How strongly do you agree with the following statements? [Strongly Disagree, Disagree, Agree, Strongly Agree] a) Milk tastes good to me b) I like the taste of most fruits c) I like the taste of whole wheat bread d) Most vegetables taste bad e) Most healthy foods just don't taste that great	α = 0.51 r = 0.77 Mean = 9.8 Range = 5-20	SCORING: Milk, fruit, and bread items were reversed
PA attitudes			
Self-efficacy –physical activity	I can be physically active during my free time on most days …[Disagree a lot, Disagree a little, Agree a little, Agree a lot] 1) no matter how busy my day is 2) even if it is very hot or cold outside 3) even if I have to stay at home	α = 0.73 r = 0.71 Mean = 7.9 Range = 3-12	
Barriers to physical activity	How often do these things keep you from being physically active? (Never, Rarely, Sometimes, Often, Very often) a. The weather is bad. b. I don't have time to do physical activity. c. It would take time away from my school work. d. I'm embarrassed about how I look when I'm active	α = 0.61 r = 0.61 Mean = 9.7 Range = 4-20	
Physical activity enjoyment	When I am physically active….[Disagree a lot, Disagree a little, Agree a little, Agree a lot] 1) I feel bored. 2) I dislike it. 3) It frustrates me.	α = 0.82 r = 0.69 Mean = 5.3 Range = 3-12	

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Emotional health			
Self-esteem	How strongly do you agree with the following statements? [Strongly disagree, Disagree, Agree, Strongly agree] a) On the whole, I am satisfied with myself b) I feel that I have a number of good qualities c) At times I think I am no good at all d) I am able to do things as well as most other people e) I wish I could have more respect for myself f) I certainly feel useless at times	α = 0.77 r = 0.69 Mean = 17.9 Range = 6-24	SCORING: Reversed items c, e, and f
Depression	During the past 12 months, how often have you been bothered or troubled by…[Not at all, Somewhat, Very much] 1) Feeling too tired to do things 2) Having trouble going to sleep or staying asleep 3) Feeling unhappy, sad, or depressed 4) Feeling hopeless about the future 5) Feeling nervous or tense 6) Worrying too much about things	α = 0.83 r = 0.75 Mean = 10.2 Range = 6-18	
Kandel and Davies Depressive Mood Score	During the past 12 months, how often have you been bothered or troubled by…(Not at all, Somewhat, Very much) 1) Feeling too tired to do things 2) Having trouble going to sleep or staying asleep 3) Feeling unhappy, sad, or depressed 4) Feeling hopeless about the future 5) Feeling nervous or tense 6) Worrying too much about things	Score: Mean = 17.0 Range = 10-30 r = 0.79	SCORING: Represents the average score of the six items, multiplied by a factor of ten. See Kandel DB, Davies M. Epidemiology of depressive mood in adolescents. *Arch Gen Psychiatry*. 1982;39:1205-1212.
Other personal factors			
Health conditions	Please indicate if you have ever been diagnosed with the following conditions: [No/Yes] a. Anorexia Nervosa b. Asthma c. Binge Eating Disorder d. Bulimia Nervosa e. Depression f. Diabetes (Type 1) g. Diabetes (Type 2) h. Other (please specify):	po(AN)=98% po(AST)=98% po(BED)=98% po(BN)=100% po(DEP)=96% po(DM1)=100% po(DM2)=100% po(OTH)=97%	
Grade point average	Mark the two grades you get most often.(A, B, C, D, F or incomplete)	Mean = 2.7 Range = 0-4 r=0.88	SCORING: To calculate grade point average, grades were assigned the values A=4, B=3, C=2, D= 1, and F=0. An average score was calculated for the two grades.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Behavioral Factors			
Binge eating	In the past year, have you ever eaten so much food in a short period of time that you would be embarrassed if others saw you (binge-eating)? [Yes/No] During the times when you ate this way, did you feel you couldn't stop eating or control what or how much you were eating? [Yes/No] How often, on average, did you have times when you ate this way - that is, large amounts of food plus the feeling that your eating was out of control? [Nearly every day, A few times a week, A few times a month, Less than once a month] In general, how upset were you by overeating (eating more than you think is best for you)? [Not at all, A little, Some, A lot]	po=89%	SCORING: Participants were classified into four exclusive groups based on their responses: 1) Binge eating disorder 2) Binge eating with loss of control 3) Binge eating with no loss of control 4) No binge eating To be classified as having binge eating disorder, participants needed to respond 'yes' to the first item, 'yes' to the second item about control, and indicate a frequency of least 'a few times a week' to the third item as well as 'some' or 'a lot' to the item about being upset.
Food preparation & eating out			
Traditional fast food restaurants	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) a. Traditional "burger-and-fries" fast food restaurant (such as McDonalds, Burger King, Wendy's, or Culvers)	Mean = 3.7 Range = 0-28 r=0.47	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
Mexican fast food restaurants	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) b. Mexican fast food restaurant (such as Taco Bell, Taco Johns or Chipotle)	Mean = 1.9 Range = 0-28 r=0.56	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
Fried chicken restaurants	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) c. Fried chicken (such as KFC)	Mean = 2.8 Range = 0-28 r=0.59	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
Sandwich or sub shops	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) d. Sandwich or sub shop (such as Subway, Panera, or Quiznos)	Mean = 3.2 Range = 0-28 r=0.40	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
Pizza places	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) e. Pizza place	Mean = 3.5 Range = 0-28 r=0.51	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
Sit-down restaurants	In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)? (Never/rarely, 1-3 times/month, 1-2 times/week, 3-4 times/week, 5-6 times/week, 1+ times/day) f. Sit-down restaurant (where wait-staff brings food to your table)	Mean = 2.5 Range = 0-28 r=0.61	Response categories are scored 0, 2, 6, 14, 22, and 28 times per month

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Total fast food restaurants		Mean = 14.9 Range = 0-140 r=0.49	Sum frequency of eating something from traditional fast food restaurants, Mexican fast food restaurants, fried chicken restaurants, sandwich or sub shops, and pizza places. Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
All restaurants		Mean = 17.4 Range = 0-168 r=0.53	Sum frequency of eating something from traditional fast food restaurants, Mexican fast food restaurants, fried chicken restaurants, sandwich or sub shops, pizza places, and sit-down restaurants. Response categories are scored 0, 2, 6, 14, 22, and 28 times per month
PA self-management	How often was each of these things true for you in the LAST MONTH? (Never, Rarely, Sometimes, Often, Very often) 1) When I get off track with my physical activity plans, I tell myself I can start again and get right back on track. 2) I set goals to do physical activity. 3) I make backup plans to be sure I get my physical activity.	$\alpha = 0.82$ r = 0.70 Mean = 8.8 Range = 3-15	
Media use/sedentary behavior			
Total hours of sedentary behavior, average week	In your free time <u>on an average weekday</u> (Monday-Friday), how many hours do you spend doing the following activities?…[0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr] a) Watching TV/DVDs/videos b) Using a computer (not for homework) c) Xbox/Play-Station/other electronic games that you play when sitting In your free time <u>on an average weekend day</u> (Saturday or Sunday), how many hours do you spend doing the following activities?…(0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr) d) Watching TV/DVDs/videos e) Using a computer (not for homework) f) Xbox/Play-Station/other electronic games that you play when sitting	Mean= 40.2 Range = 0-126 r=0.86	Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week SCORING: Total hours= 5*(a + b+ c) + 2*(d + e + f)
Hours of TV/DVD/video viewing, average week	Watching TV/DVDs/videos	Mean = 17.2 Range = 0-42 r=0.67	Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week SCORING: 5*a + 2*d
Hours of computer use, average week	Using a computer (not for homework)	Mean = 14.6 Range = 0-42 r=0.81	Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week SCORING: 5*b + 2*e
Hours of sedentary electronic games, average week	Xbox/Play-Station/other electronic games that you play when sitting	Mean = 8.3 Range = 0-42 r=0.84	Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week SCORING: 5*c + 2*f

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Hours of interactive video games, average week	In your free time <u>on an average weekday</u> (Monday-Friday), how many hours do you spend doing the following activities?…[0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr] g) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution In your free time <u>on an average weekend day</u> (Saturday or Sunday), how many hours do you spend doing the following activities?…(0 hr, ½ hr, 1 hr, 2 hr, 3 hr, 4 hr, 5+ hr) h) Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution	Mean = 5.4 Range = 0-42 r=0.73	Response categories are scored 0, 0.5, 1, 2, 3, 4, and 6 hours per week SCORING: 5*g + 2*h
Other behavioral factors			
Hunger/satiety cues	Which of the following best describes your eating behavior? [Hardly ever, Sometimes, Much of the time, Almost always] a. I stop eating when I feel full b. I eat everything that is on my plate, even if I'm not that hungry. c. I trust my body to tell me how much to eat.	α = 0.24 Mean = 8.7 Range = 3-12 r=N/A	SCORING: Item b was reverse scored.
Compulsive exercise	Listed below are statements about people's exercise habits. How often are the following true? [Never, Sometimes, Usually, Always] 1. When I miss a scheduled exercise session, I may feel tense, irritable, or depressed. 2. If I feel I have overeaten I will try to make up for it by increasing the amount I exercise. 3. When I don't exercise, I feel guilty.	α = 0.73 r = 0.66 Mean = 5.0 Range = 3-12	
Sleep patterns/behaviors - weekdays	On an average weekday (Monday-Friday): a. What time do you **go to bed** (to go to sleep)? b. What time do you **get out of bed** (to start your day)?	Mean = 8.2 Range = 4-16	Modified from the TREC-IDEA Student Survey (Pasch et al, 2010). SCORING: Calculated hours of sleep for an average day. Scoring assumes the wake time occurred after the bedtime. To correct problems with the designation of AM/PM, sleep times longer than 16 hours were adjusted by subtracting 12 (which is what the value would have been if the correct a.m. or p.m. would have been indicated. Sleep times less than 4 hours were set to missing.
Sleep patterns/behaviors - weekends	On an average weekend day (Saturday or Sunday): a. What time do you **go to bed** (to go to sleep)? b. What time do you **get out of bed** (to start your day)?	Mean = 9.6 Range = 4-16	Modified from the TREC-IDEA Student Survey (Pasch et al, 2010). SCORING: Calculated hours of sleep for an average day. Scoring assumes the wake time occurred after the bedtime. To correct problems with the designation of AM/PM, sleep times longer than 16 hours were adjusted by subtracting 12 (which is what the value would have been if the correct a.m. or p.m. would have been indicated. Sleep times less than 4 hours were set to missing.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
STUDY OUTCOMES			
Body image	How satisfied are you with your: (5-point Likert scale –Very dissatisfied to Very satisfied) a. Height b. Weight c. Body shape *d.* Waist e. Hips *f.* Thighs *g.* Stomach h. Face i. Body build j. Shoulders k. Muscles l. Chest m. Overall body fat	Items a-j: α = 0.93 r = 0.67 Mean = 33.9 Range = 10-50 Items a-m: α = 0.94 r = 0.66 Mean = 43.8 Range = 13-65	
Body satisfaction – body build	How satisfied are you with your: (5-point Likert scale –Very dissatisfied to Very satisfied) a. Body build b. Shoulders c. Muscles d. Chest	α = 0.89 r = 0.60 Mean = 14.0 Range = 4-20	
Body satisfaction - fatness	How satisfied are you with your: (5-point Likert scale –Very dissatisfied to Very satisfied) a. Weight b. Body shape *c.* Waist d. Hips *e.* Thighs *f.* Stomach g. Overall body fat	α = 0.94 r = 0.73 Mean = 22.4 Range = 7-35	
Weight control behaviors			
Healthy weight control – 6 behaviors	How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets e) Drank less soda pop (not including diet pop) f) Watched my portion sizes (serving sizes)	α = 0.88 r = 0.71 Mean = 15.6 Range = 6-24	SCORING: The response categories were assigned the values 1 (never) – 4 (on a regular basis).
Healthy weight control – 6 behaviors, dichotomized	How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets e) Drank less soda pop (not including diet pop) f) Watched my portion sizes (serving sizes)	α = 0.83 r = 0.62 Mean = 3.6 Range = 0-6 po(>1 behavior) = 91%	SCORING: The response categories never and rarely were assigned the value '0'. The response categories sometimes and on a regular basis were assigned the value '1'.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Healthy weight control – 4 behaviors	How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets	α = 0.84 r = 0.74 Mean = 10.8 Range = 4-16	SCORING: The response categories were assigned the values 1 (never) – 4 (on a regular basis)..
Healthy weight control – 4 behaviors, dichotomized	How often have you done each of the following things in order to <u>lose weight</u> or <u>keep from gaining weight</u> during the <u>past year</u>? (Never, Rarely, Sometimes, On a regular basis) a) Exercised b) Ate more fruits and vegetables c) Ate less high-fat foods d) Ate less sweets	α = 0.77 r = 0.61 Mean = 2.6 Range = 0-4 po($\geq$1 behavior) = 88%	SCORING: The response categories never and rarely were assigned the value '0'. The response categories sometimes and on a regular basis were assigned the value '1'.
Unhealthy weight control	Have you done any of the following things in order to <u>lose weight </u>or <u>keep from gaining weight</u> during the <u>past year</u>? (Yes/No) a) Fasted b) Ate very little food c) Took diet pills d) Made myself vomit (throw up) e) Used laxatives f) Used diuretics g) Used food substitute (powder/special drink) *(yrsubst_10)* h) Skipped meals i) Smoked more cigarettes	Mean = 0.9 Range = 0-9 r=0.76 po($\geq$1 behavior) =85%	
Extreme unhealthy weight control	Have you done any of the following things in order to <u>lose weight </u>or <u>keep from gaining weight</u> during the <u>past year</u>? (Yes/No) a) Took diet pills b) Made myself vomit (throw up) c) Used laxatives d) Used diuretics	Mean = 0.1 Range = 0-4 r=0.66 po($\geq$1 behavior) = 96%	
Less extreme unhealthy weight control	Have you done any of the following things in order to <u>lose weight </u>or <u>keep from gaining weight</u> during the <u>past year</u>? (Yes/No) a) Fasted b) Ate very little food c) Used food substitute (powder/special drink) d) Skipped meals e) Smoked more cigarettes	Mean = 0.9 Range = 0-5 r=0.76 po($\geq$1 behavior) =85%	

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
Physical activity			
TOTAL hours of physical activity, usual week	In a usual <u>week,</u> how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football. Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding. Mild exercise (minimal effort) Examples: walking slowly (to school, to friend's house, etc.), bowling, golf, fishing, snowmobiling, yoga.	Mean = 8.4 Range = 0-24 r=0.74	Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Hours of mild physical activity, usual week	In a usual <u>week,</u> how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Mild exercise (minimal effort) Examples: walking slowly (to school, to friend's house, etc.), bowling, golf, fishing, snowmobiling, yoga.	Mean = 2.6 Range = 0-8 r=0.54	Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
TOTAL hours of <u>moderate and vigorous</u> physical activity, <u>usual week</u>	In a usual <u>week,</u> how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobics, jogging, basketball, swimming laps, soccer, rollerblading Moderate exercise (not exhausting) Examples: walking quickly, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.	Mean = 5.8 Range = 0-16 r = 0.73	Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Hours of moderate physical activity, usual week	In a usual <u>week,</u> how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Moderate exercise (not exhausting) Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding.	Mean = 2.8 Range = 0-8 r =0.53	Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Hours of vigorous physical activity, usual week	In a usual <u>week,</u> how many hours do you spend doing the following activities? (None, Less than 1/2 hour a week, 1/2 -2 hours a week, 2-4 hours a week, 4-6 hours a week, 6+ hours a week) Strenuous exercise (Heart beats rapidly) Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football.	Mean = 3.0 Range = 0-8 r = 0.72	Response categories are scored: none = 0, less than ½ hr/wk = 0.3, ½-2 hr/wk = 1.3, 2-4 hr/wk = 3.3, 4-6 hr/wk = 5.3, 6+ hr/wk = 8
Weight status			
BMI, <u>measured</u>		Median = 22.2 Range: 14-56	The correlation of measured and self-reported BMI was r=0.88 for both female and male adolescents.

Construct	Measures which form scale or derived variable	Selected psychometrics[‡]	Notes and source
BMI, <u>self-report</u>	How tall are you? _____ feet _____ inches How much do you weigh? _____ pounds	Median = 21.8 Range: 11-58 *r=0.94	

[‡]**Key:**
 Theoretical ranges indicated in the table assume no missing responses. Actual ranges are given for weight status variables.
 po = percent agreement
 *r = test-retest Pearson correlation
 r = test-restest Spearman correlation

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