

The influencing factors topics, options and scores of energy balance -related behaviors

|                                 |                                       | Subject                                                                                                                                                                                                                                                                                                                      | Option                              |
|---------------------------------|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Personal variables              | Attitude                              | I think that drinking fizzy drinks is/ eating breakfast is/ physical activity is/ watching TV is...                                                                                                                                                                                                                          | very good (5), very bad (1)         |
|                                 | Health beliefs                        | I think that drinking fizzy drinks / NOT eating breakfast / NOT doing physical activities/ watching too much television will make me fat.                                                                                                                                                                                    | very agree (5), very disagree (1)   |
|                                 | Preference/liking                     | I like the taste of fizzy drinks / eating breakfast /doing physical activity/ watching television.                                                                                                                                                                                                                           | very agree (5), very disagree (1)   |
|                                 | Self-efficacy                         | I find not drinking fizzy drinks / eating breakfast every day/ doing physical activity everyday/ NOT watching television...                                                                                                                                                                                                  | very simple (5), very difficult (1) |
|                                 | Automaticity                          | Drinking fizzy drinks/ Eating breakfast / Doing physical activity/ Watching television is something I do without even really thinking about it                                                                                                                                                                               | very agree (5), very disagree (1)   |
| Family environment al variables | Parental subjective norm              | If you drink fizzy drinks/eat breakfast/do physical activity/watch television ,your parents think this is...                                                                                                                                                                                                                 | very good (5), very bad (1)         |
|                                 | Parent modelling                      | How often do your parents drink fizzy drinks/eat breakfast/do physical activity/watch television?                                                                                                                                                                                                                            | always (5), never (1)               |
|                                 | Parental practices                    | If you ask your parents for a fizzy drink , you get one.<br>/If you ask your parents to buy a certain band of food or drink for breakfast, will he(she) do it? /If you indicate that you like a certain physical activity, will your parents allow you to do it?/If you ask your parents to watch television, you can do so. | always (5), never (1)               |
|                                 | Home availability                     | Are there usually fizzy drinks/breakfast products at your home?                                                                                                                                                                                                                                                              | always (5), never (1)               |
|                                 | Active encouragement/parental support | Your parents encourage you to have breakfast/ do physical activity.                                                                                                                                                                                                                                                          | Very agree (5), very disagree (1)   |