Hours Spent Sitting on a usual week and weekend day variables

July 2018, David Fitzgerald

The ALSWH surveys asked questions on the number of hours spent sitting on a usual week and weekend day. Some respondents entered impossible values, greater than 24 hours, or implausible, greater than 16 hours. Where appropriate these responses were re-coded in the method explained below.

Now think about all of the time you spend sitting during each day while at home, at work, while getting from place to place or during your spare time.

How many hours in total do you typically spend sitting down while doing things like visiting friends, driving, reading, watching television, or working at a desk or computer?

On a usual week day
On a usual weekend day

The two questions have been asked in the following surveys, at the time of writing.

| | | EXER-013 | EXER-014 |
| | | Usual Week Day | Usual Weekend Day |
Cohort			
1973-78	2	Y2q67ah	Y2q67bh
	3	Y3q60a	Y3q60b
	4	Y4q66ah	Y4q66bh
	5	Y5q71ah	Y5q71bh
	7	Y7q60ahrs	Y7q60bhrs
1946-51	3	M3q70a	M3q70b
	4	M4q65a	M4q65b
	5	M5q80a	M5q80b
	6	M6q80a	M6q80b
	7	M7q45a	M7q45b
	8	M8q44a	M8q44b
1921-26	3	O3q36ah	O3q36bh
1989-95	1	SITHRS1	SITHRS2
	2	SITHRS1	SITHRS2

Recoding Method

The ALSWH uses the recoding method described by van Uffelen et al (2011). This takes 16 hours as a maximum for daily sitting time. The sitting time questions asked about daily sitting time but they were amongst questions asking for weekly times and there appeared to be confusion about the number of hours.

Some women reported that they sat for more than 24 hours on a week day or a weekend day, or both. The vast majority of these impossible hours were multiples of five for the week day sitting and multiples of two for the weekend sitting. The ALSWH Data Management Group decided to follow the work of van Uffelen et all (2011) and assume that these responses were most likely a misreading of the question to be the total number of week day hours in one week and the weekend hours in one weekend. Therefore, where appropriate, the values above 24 that were multiples of five were divided by five for the week day and those that were multiples of two were divided by two for the weekend day and included in the datasets. This procedure was appropriate when the resultant hours were 16 or less. Any values above 16, after the procedure above, were set to missing.

This SAS code is from Survey 3 of the 1973-78 (young) cohort. The method is the same for each survey.

```
if 25 <= y3q60a <= 80 and mod(y3q60a, 5) = 0 then y3q60a = y3q60a/5 ;
else if  17 <= y3q60a then y3q60a = . ;
if 26 <= y3q60b <= 32 and mod(y3q60b, 2) = 0 then y3q60b = y3q60b/2 ;
else if  17 <= y3q60b then y3q60b = . ;
```

References

van Uffelen JG, Watson MJ, Dobson AJ, Brown WJ. Comparison of self-reported week-day and weekend-day sitting time and weekly time-use: results from the Australian Longitudinal Study on Women's Health. Int J Behav Med. 2011;18(3):221–228.