

## Additional File

### Overview of items included in the long and short versions of the questionnaires

| Section                               | Topic  | Details                                     | Long   | Short   |                    |
|---------------------------------------|--|---|--|---|--------------------|
| <b>Perceptions of the environment</b> |  |   |  |   |                    |
| <b>A</b>                              | Perceptions of the neighbourhood environment | Items based on the ALPHA questionnaire [24] | 33 Likert scale items <ul style="list-style-type: none"> <li>▪ Type of residence (4 items)</li> <li>▪ Distance to facilities (8 items)</li> <li>▪ Neighbourhood walking and cycling infrastructure (4 items)</li> <li>▪ Maintenance of infrastructure (3 items)</li> <li>▪ Neighbourhood safety (6 items)</li> <li>▪ Neighbourhood attractiveness (4 items)</li> <li>▪ Walking and cycling connectivity (4 items)</li> </ul> | 23 items <ul style="list-style-type: none"> <li>▪ Type of residence (4 items)</li> <li>▪ Distance to facilities (8 items)</li> <li>▪ Neighbourhood walking and cycling infrastructure (2 items)</li> <li>▪ Maintenance of infrastructure (2 items)</li> <li>▪ Neighbourhood safety (5 items)</li> <li>▪ Neighbourhood attractiveness (2 items)</li> </ul> |                    |
|                                       | Route-specific questions                     | Usual travel mode                           | Usual travel mode  | 1 item<br>Usual mode of travel between home or workplace and city   | Remained unchanged |
|                                       |  | Purpose of travel                           | Purpose of travel  | 1 item<br>What are your main reasons for travelling between these destinations?   | Remained unchanged |
|                                       | Perceptions of the route                     | Adapted from                                | 11 Likert scale items  | Reduced to 7 items  |                    |

|  |                             |   |  |                                      |
|--|-----------------------------|---|--|--------------------------------------|
|  |                             | ALPHA [24]  |  |                                      |
| <b>Attitudes towards walking and cycling</b> |                             |   |  |                                      |
| <b>B</b>                                     | Intra-individual constructs | Based on constructs of TPB [11]<br>All questions asked separately for walking for recreation, walking for utility, cycling for recreation and cycling for utility | Habit (2 items)<br>Enjoyment (2 items)<br>Subjective norm ( 2 items)<br>Behavioural control (2 items)<br>Attitude (2 items)<br>Social norms (1 item)<br>Intention (2 items)  | Habit (1 item)<br>Intention (1 item) |
| <b>Travel</b>                                |                             |   |  |                                      |
| <b>C</b>                                     | Vehicle access              | No. of vehicles in household  | 1 item   | Remained unchanged                   |
|  | Cars in household           | Type of cars in household   | 1 item<br>Information on vehicle road tax, fuel type, engine size, age for up to four vehicles   | Remained unchanged                   |
|  | Travel behaviour            | 1-day recall  | For each journey made the previous day:<br>Purpose; origin and destination; start and end time; modes used ; time (min) spent travelling and the distance (miles) travelled for each mode; no. of companion travellers | Remained unchanged                   |
|  |                             | 7-day recall  | Record no. of trips made for six trip purposes (to and from work; to and from school or college; in the course of work or employer's business; shopping,   | Omitted                              |

|                          |                                    |          |  |  |
|--------------------------|------------------------------------|----------|--|--|
|                          |                                    |          | leisure or visiting friends or relatives; personal business), the mode used (walking, cycling, bus or coach, rail or underground, car, taxi or other) for each of these trip purposes, and the total time (min) spent in each mode for each trip purpose |  |
| <b>Physical activity</b> |                                    |          |  |  |
| <b>D</b>                 | Activities at home                 | RPAQ     | Average time spent watching TV, DVD or video<br>Average time spent using a computer<br>Average no. times climbed stairs  | Omitted  |
| <b>E</b>                 | Activity at work or place of study | RPAQ     | Employment status<br>Occupation<br>Travel to and from work (distance to work, trip time, trip frequency)<br>Work postcode<br>Facilities at work (8 items; yes/no)  | Remained unchanged   |
| <b>F</b>                 | Recreational activity              | RPAQ     | Record no. of sessions of recreational activities (7 options ranging from 'none' to 'every day'<br>Record average time (minutes) per session for each activity   | Replaced with IPAQ [13]<br>Past 7-day recall of PA<br>No. of days and time (minutes) spent in moderate-, vigorous-intensity PA and walking<br>Numbers of hours spent sitting per day |
| <b>Demographics</b>      |                                    |          |  |  |
| <b>G</b>                 | Demographics                       | Standard | Sex, date of birth, height, weight, household composition, health, ethnicity, income, educational attainment, postcode, years living in current home   | Remain unchanged   |