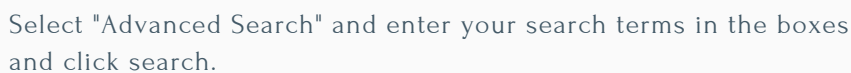


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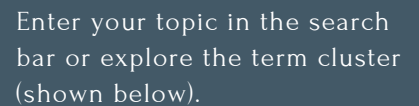


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Development of a 24-hour movement behaviors questionnaire (24HMBQ) for Chinese college students: validity and reliability testing.

Authors: Jixin Zheng, Teck Cheng Tan, Kefeng Zheng and Tan Huang
Date: Apr. 24, 2023

From: BMC Public Health (Vol. 23, Issue 1)
Publisher: BioMed Central Ltd.

Document Type: Article
Length: 4,665 words
Lexile Measure: 1180L
DOI: <https://doi.org/10.1186/s12889-023-15393-5>

Abstract:
Background
Physical activity (PA), sedentary behaviors (SB), and sleep are interrelated behavior components of a 24-hour day. Research interests continue to increase in examining the inter-relationship of three behaviors and their combined effects on health. The purpose of this study was to develop a comprehensive instrument to measure 24-hour movement behaviors for Chinese college students.

Methods
The 24-hour movement behaviors questionnaire (24HMBQ) was developed based on a literature review and expert review. The target population (Chinese college students) and an expert panel assessed the face and content validity. After the final revision of the questionnaire, the participants (n = 229) were asked to complete the 24HMBQ twice to examine test-retest reliability. Convergent validity was evaluated using Spearman's rho.

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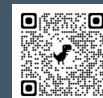
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