Validated questionnaires used in the Lifestyle, Health and Living Environment Survey and their references

Physical activity: International Physical Activity Questionnaire-Short Form (IPAQ-SF) (Craig et al., 2003; Husu et al., 2024)

Diet: Index of Diet Quality (IDQ) (Leppälä et al., 2010)

Internalized weight stigma: Modified Weight Bias Internalization Scale (WBIS-M) (Pearl & Puhl, 2014)

Sleep: Jenkins Sleep Scale (Jenkins et al., 1988)

Perceived stress: Perceived Stress Scale (PSS-10) (Cohen & Williamson, 1988)

Work stress: Effort-Reward Imbalance (ERI) questionnaire (Siegrist et al., 2009)

Work engagement: Utrecht Work Engagement Scale (UWES) (Schaufeli et al., 2006)

Life-space mobility: Life-Space Assessment (LSA) (Baker et al., 2003; Portegijs et al., 2014)

Perceptions of the residential environment: The Perceived Living Environment (Scholtens et al., 2015)

Type 2 diabetes risk score: Finnish Diabetes Risk Score (FINDRISC) (Lindström & Tuomilehto, 2003; Saaristo et al. 2005)

Additional modules

Diet: Healthy Diet Index (HDI) (Lindström et al., 2021)

General health (women and men): Women's Health Questionnaire (WHQ) (administered, where appropriate, also to men) (Girod et al., 2006; Hunter, 2003)

Menopausal symptoms (women aged ≥ 40 years): Menopause Rating Scale (MRS) (Heinemann et al., 2003)

Pelvic floor symptoms (women): Pelvic Floor Distress Inventory (PFDI-20) (Mattsson et al., 2017)

Sexual health (women): Female Sexual Function Index (FSFI) (Rosen et al., 2000)

Lower urinary tract symptoms (men aged ≥ 40 years): Danish Prostatic Symptom Score (DAN-PSS-1) (Hansen et al., 1995)

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