

Oxford Sedentary Cognitions Assessment (OSCA)

Promoting Sedentary Behaviour



Instructions: These questions are about the things that encourage us to sit or lie down during the day time. Please circle the answers that best fit for you.

Statement	Do not agree	Agree a little	Agree moderately	Agree a lot	Totally agree
I need to be still to manage my feelings	0	1	2	3	4
I'll always be like this so there's no point trying to change	0	1	2	3	4
I have to sit down because of my physical health	0	1	2	3	4
There is no point in getting up	0	1	2	3	4
When I'm sitting I'm not paying attention to time passing	0	1	2	3	4
I can't get motivated to do anything	0	1	2	3	4
Watching TV keeps me company	0	1	2	3	4
It's painful to get up so I stay sitting	0	1	2	3	4
I need to sit down to prepare myself for what's going to happen	0	1	2	3	4
Getting up won't change anything	0	1	2	3	4
There is nothing to motivate me to stand up	0	1	2	3	4
When I'm sitting I don't realise I've been still for so long	0	1	2	3	4
I'm mentally exhausted so I can't do any movement	0	1	2	3	4
Watching TV helps me to block out horrible thoughts	0	1	2	3	4
I get short of breath if I move around	0	1	2	3	4
I sit down a lot because I'm not worth making the effort	0	1	2	3	4
I might fail so I won't try doing anything new	0	1	2	3	4

I sit or lie down for a long time because I don't notice time passing	0	1	2	3	4
My low mood makes me feel too tired to do anything	0	1	2	3	4
I need to sit down to think things through	0	1	2	3	4
Watching TV makes me feel happier	0	1	2	3	4
I'm not steady on my feet so sitting or lying down is better	0	1	2	3	4