

**MATCH Ecological Momentary Assessment (EMA) Items (Mother)**

Variable (Subscale)	Item	Response Options	Format	Timing	Frequency
(A) Positive and Negative affect, <sup>a,b</sup>	<b>Right before the phone went off, how (HAPPY, FRUSTRATED/ANGRY, STRESSED, CALM/RELAXED, SAD DEPRESSED) were you feeling?</b>	Not at all A little Quite a bit Extremely	Separate screen for each mood item	Every Prompt	100%
(B) Perceived Stress <sup>c</sup>	<b>1. How certain do you feel that you can deal with all the things that you have to do RIGHT NOW? 2. How confident do you feel about your ability to handle all of the demands on you RIGHT NOW?</b>	Not at all A little Quite a bit Extremely	Separate screen for each item	Every Prompt	100%
(C) Stressful events	<b>Since waking up this morning (Over the last 2 HOURS), has anything STRESSFUL happened to you?</b>	Yes No		Every Prompt	100%
(D) Daily hassles/stressors <sup>d</sup>	<b>Since waking up this morning (Over the last 2 HOURS) which of these things caused you stress? (check all)</b>	Work at home Work at a job Demands made by your family Tension with a coworker Tension with a spouse Tension with your children Something else None of these things		Every Prompt	100%
(E.1) Eating and Activity Behavior	<b>Since waking up this morning (Over the last 2 HOURS), which of these things have you done? (check all)</b>	TV, VIDEOS or VIDEO GAMES EXERCISE or SPORTS Eaten CHIPS or FRIES Eaten PASTRIES or SWEETS Eaten FAST FOOD Eaten FRUITS or VEGETABLES Drank SODA or ENERGY DRINKS (not counting diet) None of these things		Every Prompt	100%
(E.2) Parental Modeling	<b>Was ANYONE with you when you were (watching TV, VIDEOS or VIDEO GAMES; Doing EXERCISE OR SPORTS, Eating CHIPS or FRIES, Eating PASTRIES or SWEETS, Eating FAST FOOD, Eating FRUITS or VEGETABLES, Drinking SODA or SOFT DRINKS)? (check all_</b>	No (alone) My child Spouse/Romantic partner Other		Every Prompt	100% Follow-up sequence to occur for each response selected in Section E.1
(F) Time Spent with Child	<b>Since waking up this morning (Over the last 2 HOURS), have you spent time WITH YOUR CHILD (together in the same location)?</b>	No ( <i>Note: skip to Section N</i> ) Yes		Every Prompt	100%
(G.1) Permission-Sedentary behavior <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), has your child ASKED to watch TV or VIDEOS or play VIDEO GAMES?</b>	Yes, and I allowed it ( <i>go to G.2</i> ) Yes, and my spouse/partner allowed it ( <i>go to G.2</i> ) Yes, but I/we did NOT allow it ( <i>skip G.2</i> ) No, but did so WITHOUT my permission ( <i>go to G.2</i> ) No, has not asked ( <i>skip G.2</i> )		Every Prompt	60% for G.1 to G.2 sequence
(G.2) Limiting-Sedentary behavior <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you tried to LIMIT your child's TV or VIDEO OR VIDEO GAME time?</b>	No Yes		Every Prompt	60% for G.1 to G.2 sequence (G.2 not

					asked without G.1)
(H.1) Encouraging - Physical Activity <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you ENCOURAGED your child to BE PHYSICALLY ACTIVE?</b>	No Yes		Every Prompt	60%
(H.2) Encouraging - Physical Activity <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you TAKEN your child to a place to BE PHYSICALLY ACTIVE?</b>	No Yes		Every Prompt	60%
(I.1) Permission- Junk Food intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 hours), has your CHILD asked to eat any CHIPS, FRIES, PASTRIES, SWEETS, OR CANDY?</b>	Yes, and I allowed it ( <i>go to I.2</i> ) Yes, and my spouse/partner allowed it ( <i>go to I.2</i> ) Yes, but I/we did NOT allow it ( <i>skip I.2</i> ) No, but did so WITHOUT my permission ( <i>go to I.2</i> ) No, has not asked ( <i>skip I.2</i> )		Every Prompt	60% for I.1 to I.2 sequence
(I.2) Limiting- Junk Food intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 hours), have you tried to LIMIT the amount of CHIPS, FRIES, PASTRIES, SWEETS, OR CANDY your child ate?</b>			Every Prompt	60% for I.1 to I.2 sequence (I.2 not asked without I.1)
(J.1) Permission - Fast food intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), has your CHILD asked to eat at a FAST FOOD restaurant</b>	Yes, and I allowed it ( <i>go to J.2</i> ) Yes, and my spouse/partner allowed it ( <i>go to J.2</i> ) Yes, but I/we did NOT allow it ( <i>skip J.2</i> ) No, but did so WITHOUT my permission ( <i>go to J.2</i> ) No, has not asked ( <i>skip to J.2</i> )		Every Prompt	60% for J.1 to J.2 sequence
(J.2) Limiting-Fast food intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), did you try to CONTROL what type of food your child ordered at the FAST FOOD restaurant?</b>	No Yes		Every Prompt	60% for J.1 to J.2 sequence (J.2 not asked without J.1)
(K.1) Encouragement - Fruit and vegetable intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you ENCOURAGED your child to eat any FRESH FRUITS OR VEGETABLES?</b>	No Yes		Every Prompt	60%
(K.2) Preparation- Fruit and vegetable intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you COOKED OR PREPARED any FRESH FRUITS OR VEGETABLES for your child to eat?</b>	No Yes		Every Prompt	60%
(L.1) Permission- Soda intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), has your CHILD asked to have diet or regular SODA, SOFT DRINKS, OR SPORTS/ENERGY DRINKS?</b>	Yes, and I allowed it ( <i>go to L.2</i> ) Yes, and my spouse/partner allowed it ( <i>go to L.2</i> ) Yes, but I/we did NOT allow it ( <i>skip L.2</i> ) No, but did so WITHOUT my permission ( <i>go to L.2</i> ) No, has not asked ( <i>skip L.2</i> )		Every Prompt	60% for L.1 to L.2 sequence
(L.2) Limiting- Soda intake <sup>e-h</sup>	<b>Since waking up this morning (Over the last 2 HOURS), have you tried to LIMIT the amount of diet or regular SODA, SOFT DRINKS, OR SPORTS/ENERGY DRINKS your child</b>	No Yes		Every Prompt	60% for L.1 to L.2 sequence

	<b>drank?</b>				(L.2 not asked without L.1)
(M) Family Rules	<b>Since waking up this morning (Over the last 2 HOURS), which have happened? (check all)</b>	Eaten a meal together as a family. Child watched TV/videos while eating. Child ate a meal in the car. Let my child watch TV/videos as a reward Gave my child food as a reward		Every Prompt	60%
(N) Time Use	<b>Since waking up this morning (Over the last 2 HOURS), which have you done? (check all)</b>	Errands/shopping Took children to lessons/classes/activities Housework/chores/cooking Work for a job Took care of an infant/toddler None of these		Every Prompt	100%
Social Context	<b>Who were you with just before the phone went off? (Choose all that apply)</b>	Spouse Your child (in this study) Your child(ren) (not in this study) Other family members (nephews, cousins, aunts) Friend(s) Coworkers Other types of acquaintances People you don't know I was alone		Every Prompt	100%
(O) Perceived barriers (eating)	<b>Thinking about today, did any of the following things make it difficult to cook/prepare healthy food or snacks for your child? (choose all)</b>	Not enough TIME Feeling TOO TIRED Feeling TOO STRESSED None of the above		9-9:30pm prompt only	100%
(P) Perceived barriers (physical activity)	<b>Thinking about today, did any of the following things make it difficult to take your child to a place to exercise? (choose all)</b>	Not enough TIME Feeling TOO TIRED Feeling TOO STRESSED None of the above		9-9:30pm prompt only	100%
(Q) Sick Day/Illness	<b>Were you sick or ill today?</b>	No Yes		9-9:30pm prompt only	100%
(R) Time off from work	<b>Did you miss work or take time off from work today?</b>	No Yes		9-9:30pm prompt only	100%

## References:

- <sup>a</sup>Watson D, Clark LA, Tellegen A. Development and validation of brief measures of positive and negative affect: the PANAS scales. *J Pers Soc Psychol.* 1988; 54(6): 1063-70.
- <sup>b</sup>Watson D, Clark LA. Measurement and mismeasurement of mood: recurrent and emergent issues. *Journal of personality assessment.* 1997; 68(2): 267-96
- <sup>c</sup>Cohen S, Kamarck T, Mermelstein R. A Global Measure of Perceived Stress. *Journal of Health and Social Behavior.* 1983;24(4):385-396.
- <sup>d</sup>Bolger N, DeLongis A, Kessler RC, Schilling EA. Effects of daily stress on negative mood. *J Pers Soc Psychol.* 1989 Nov;57(5):808-18.
- <sup>e</sup>Birch LL, Fisher JO, Grimm-Thomas K, Markey CN, Sawyer R, Johnson SL. Confirmatory factor analysis of the Child Feeding Questionnaire: a measure of parental attitudes, beliefs and practices about child feeding and obesity proneness. *Appetite.* Jun 2001;36(3):201-210.
- <sup>f</sup>Salmon J, Timperio A, Telford A, Carver A, Crawford D. Association of family environment with children's television viewing and with low level of physical activity. *Obes Res.* Nov 2005;13(11):1939-1951.
- <sup>g</sup>Arredondo EM, Elder JP, Ayala GX, Campbell N, Baquero B, Duerksen S. Is parenting style related to children's healthy eating and physical activity in Latino families? *Health education research.* 2006; 21(6): 862-71.
- <sup>h</sup>Larios SE, Ayala GX, Arredondo EM, Baquero B, Elder JP. Development and validation of a scale to measure Latino parenting strategies related to children's obesigenic behaviors. The parenting strategies for eating and activity scale (PEAS). *Appetite.* 2009; 52(1): 166-72