## Items of quality assessment tool for cross-sectional studies

**Study purpose**

1. Was the study purpose clearly stated?

**Study design and methods**

2. Were eligibility criteria and the sources and methods of selection of participants clearly defined?

3. Were all outcomes, exposures, predictors, potential confounders, and effect modifiers clearly defined using standardized methods of acceptable quality?

4. Was exposure measurement carried out using standardized methods and measures and with acceptable quality?

5. Were the effects controlled for current (from physical activity assessment to cognitive function assessment) physical activity behavior?

6. Were the results adjusted for sedentary behavior?

Statistical methods

7. Was choice of confounders adjusted for, and in the case of subgroup analysis, was the definition of subgroups appropriate (sex, age, education or IQ, social surroundings, chronic diseases, alcohol, and smoking)?

8. Were all statistical methods, including those used to control for confounding and to examine subgroups and interactions, appropriate (i.e. sample size, statistical power)?

9. Were methods dealing with missing data appropriate?

**Results**

10. Were descriptive data and results of inductive analysis clearly stated?

11. Were unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (e.g., 95% confidence interval) given?

**Discussion**

12. Were study limitations clearly stated?