

## PubMed

**Search strategy:** #1 AND #2 AND #3

#1 Population

("Child"[Mesh] OR "Adolescent"[Mesh])

#2 Behaviour

("Risk Reduction Behavior"[Mesh]) OR ("Sedentary Behavior"[Mesh]) OR ("Sitting Position"[Mesh]) OR ("Posture"[Mesh]) OR ("Posture/physiology"[Mesh]) OR ("Rest"[Mesh]) OR ("Rest/physiology"[Mesh]) OR ("Risk Factors"[Mesh]) OR ("Prolonged Sitting")

#3 Intervention

("Break\*" OR "Break up" OR "breaking up" OR "Bout\*" OR "Interrupt\*")

## Sport Discus

**Search strategy:** #1 AND #2 AND #3

#1 Population

(DE "CHILDREN") OR (DE "SCHOOL children") OR (DE "TEENAGERS") OR "child\*" OR "adolescen\*" OR "teen\*" OR "youth"

#2 Behaviour

(DE "SEDENTARY behavior in children") OR (DE "SEDENTARY behavior") OR (DE "HEALTH behavior") OR (DE "BEHAVIOR modification") OR (DE "SITTING position") OR (DE "SEDENTARY lifestyles") OR (DE "POSTURE") OR ("PROLONGED SITTING")

#3 Intervention

("BREAK\*" OR "BREAK UP" OR "BREAKING UP" OR "BOUT\*" OR "INTERRUPT\*")

## CINAHL

**Search strategy:** #1 AND #2

#1 Population and Behaviour

(MM "Life Style, Sedentary In Infancy and Childhood") OR (MM "Life Style, Sedentary In Adolescence") OR (MM "Sitting In Infancy and Childhood") OR (MM "Sitting In Adolescence") OR (MM "Posture In Infancy and Childhood") OR (MM "Posture In Adolescence") OR (MM "Health Behavior In Infancy and Childhood") OR (MM "Health Behavior In Adolescence") OR (MM "Behavior Modification In Infancy and Childhood") OR (MM "Behavior Modification In Adolescence") OR ("Prolonged Sitting")

#2 Intervention

("Break\*" OR "Break up" OR "breaking up" OR "Bout\*" OR "Interrupt\*")

## EMBASE

**Search strategy:** #1 AND #2 AND #3

### #1 Population

'child'/exp OR 'child' OR 'children' OR 'adolescent'/exp OR 'adolescent' OR 'teenager'

### #2 Behaviour

'risk reduction'/mj OR 'sitting'/mj OR 'activity, sedentary' OR 'posture, sitting' OR 'seated position' OR 'sedentary activity' OR 'sitting' OR 'sitting position' OR 'sitting posture' OR 'sedentary lifestyle'/mj OR 'sedentary time'/mj OR 'rest'/mj

### #3 Intervention

break\* OR 'break up' OR 'breaking up' OR 'bout\*' OR 'interrupt\*'

## COCHRANE LIBRARY

**Search strategy:** #3 AND #10 AND #11

### Population

- #1 MeSH descriptor: [Child] explode all trees
- #2 MeSH descriptor: [Adolescent] explode all trees
- #3 #1 OR #2

### Behavior

- #4 MeSH descriptor: [Risk Reduction Behavior] explode all trees
- #5 MeSH descriptor: [Sedentary Behavior] explode all trees
- #6 MeSH descriptor: [Sitting Position] explode all trees
- #7 MeSH descriptor: [Rest] explode all trees
- #8 MeSH descriptor: [Risk Factors] explode all trees
- #9 Prolonged sitting
- #10 #4 OR #5 OR #6 OR #7 OR #8 OR #9

### Intervention

- #11 (Break\*) OR ("break-up") OR (breaking up time) OR (Bout\*) OR (Interrupt\*)

## PEDro

**Search strategy:**

- Child\* Sedentary behaviour Break\*
- Adolescent\* Sedentary behaviour Break\*
- Child\* Sitting Break\*

- Adolescent\* Sitting Break\*
- Child\* Posture Break\*
- Child\* Rest Break
- Child\* Risk Factors Break\*
- Child\* Sedentary Behaviour Bout\*
- Child\* Sitting Bout\*
- Adolescent\* Sitting Bout\*
- Child\* Rest Bout\*
- Adolescent\* Rest Bout\*
- Child\* Prolonged sitting Bout\*
- Child\* Sedentary behaviour Interrupt\*
- Adolescent\* Sedentary behaviour Interrupt\*
- Child\* Sitting Interrupt\*
- Child\* Risk Factors Interrupt\*

## Web of Science

**Search strategy:** #1 AND #2 AND #3

### #1 Population

TS=("child\*" OR "pediat\*" OR "paediat\*" OR "kid" OR "kids" OR "prepubescen\*" OR "prepuberty\*" OR "teen\*" OR "young\*" OR "youth\*" OR "minors\*" OR "under ag\*" OR "underag\*" OR "juvenile\*" OR "girl\*" OR "boy\*" OR "preadolesc\*" OR "adolesc\*")

### #2 Behaviour

TS=("Risk Behavior\*" OR "lifestyle risk\*" OR "sedent\*" OR "sedentary behaviour\*" OR "sedentary lifestyle\*" OR "sedentary time\*" OR "sitting" OR "sitting position\*" OR "prolonged sitting" OR "sitting time\*" OR "seated position\*")

### #3 Intervention

TS=("Break\*" OR "Break up" OR "breaking up" OR "Bout\*" OR "Interrupt\*")