

Supplementary material

Table 1.
Structure of the IAT (PA versus SED) – IC version

Block	Trials	Task	Category Label	
			Left key « Q »	Right key « M »
1: practice	10	Behavior discrimination	Physical activity	Sedentary behavior
2: practice	10	Attribute discrimination	Negative	Positive
3: critical	20	Attribute + behavior	Physical activity + negative	Sedentary behavior + positive
4: critical	20	Attribute + behavior	Physical activity + negative	Sedentary behavior + positive
5: practice	20	Behavior discrimination (reversed)	Sedentary behavior	Physical activity
6: critical	20	Attribute + behavior (reversed)	Sedentary behavior + negative	Physical activity + positive
7: critical	20	Attribute+ behavior (reversed)	Sedentary behavior + negative	Physical activity + positive

Table 2.
Descriptive statistics for attitudes and behaviors in parents and children regarding the version of IAT

	Parents		Children	
	CI	IC	CI	IC
	M (SD)	M (SD)	M (SD)	M (SD)
Physical activity	159.00 (180.23)	120.56 (142.03)	135.69 (120.21)	114.36 (105.83)
Sedentary behavior	126.86 (150.70)	97.69(76.19)	126.57 (125.80)	140.85 (115.19)
Explicit attitudes PA	2.17 (0.73)	2.15 (1.00)	1.81 (1.04)	1.73 (0.99)
Explicit attitudes SED	-1.63 (1.27)	-1.89 (1.09)	-0.73 (1.37)	-0.74 (1.41)
Implicit attitudes	0.61 (0.43)	-0.41 (0.41)	0.39 (0.38)	-0.08 (0.38)

Note. CI = Compatible followed by Incompatible blocks in the IAT; IC = Incompatible followed by Compatible blocks in the IAT

Table 3.
Hierarchical regressions between attitudes and behaviors in parents and children

	<i>Children and adolescents</i>	<i>Physical activity</i>	<i>Sedentary behavior</i>	<i>Explicit attitudes (PA)</i>	<i>Explicit attitude (SED)</i>	<i>Implicit attitudes (standardized)</i>
Children and adolescents						
Age		.11	.25*	-.27*	-.01	.01
Gender (Men = 1)		.25*	-.12	.00	.00	-.11
Physical activity			.26*	.05	.10	-.05
Sedentary behavior		.28*		-.01	-.19	.17
Explicit attitudes (PA)		.04	-.01		-.20 [†]	.17
Explicit attitude (SED)		.09	-.17	-.19 [†]		.14
Implicit attitudes (standardized)		-.04	.15	-.17	.14	
Parents						
Age		-.03	-.14	.12	-.03	-.03
Gender (Men = 1)		-.14	.14	.02	.17	-.04
Physical activity		.15	.01	.10	-.01	.06
Sedentary behavior		.04	.08	-.20 [†]	-.11	-.13
Explicit attitudes (PA)		.15	-.12	.14	.02	.23*
Explicit attitude (SED)		.02	-.09	.10	.11	.10
Implicit attitudes (standardized)		.01	.14	.01	.17	-.09
R ²		.20	.25	.17	.16	.16

Note. [†] < .80* p < .05; ** p < .01