

Research Project

Swiss study on longitudinal physical activity and sedentary behaviour-SOPHYA

Third-party funded project

Project title Swiss study on longitudinal physical activity and sedentary behaviour-SOPHYA

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Organisation / Research unit

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Project Website <https://www.swisstph.ch/en/topics/non-communicable-diseases/physical-activity/sophya>

Project start 01.04.2018

Probable end 31.12.2021

Status Completed

The SOPHYA study investigated how children and adolescents from all over Switzerland move or engage in sports and how this behaviour changes at the transition from childhood to adolescence and from adolescence to adulthood. SOPHYA is the first nationwide long-term study that objectively measured the physical activity behaviour of children and adolescents (using accelerometers) and at the same time investigated the influencing factors by means of surveys on sports activities, family, lifestyle, living environment and health. This made it possible to identify short- and long-term factors influencing physical activity and sport behaviour.

Keywords physical activity, children, accelerometry

Financed by

Swiss National Science Foundation (SNSF)

Public Administration

Add publication

Published results

4660303, Bringolf-Isler, Bettina; Hänggi, Johanna; Kayser, Bengt; Suggs, Suzanne L; Dössegger, Alain; Probst-Hensch, Nicole, COVID-19 pandemic and health related quality of life in primary school children in Switzerland: a repeated cross-sectional study , Swiss Medical Weekly, Publication: JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

Add documents

Specify cooperation partners