Contents

Chapter 1: General introduction 7

Part 1: Analysis of gaming behavior 21
Chapter 2: Active and non-active video gaming among Dutch adolescents: who plays and how much? 23
Chapter 3: Associations between active video gaming and other energy balance-related behaviors in adolescents: a 24-hour recall diary study 37

Part 2: Analysis of determinants of engagement in gaming behaviors 53
Chapter 4: Adolescents’ views on active and non-active video games: a focus group study 55
Chapter 5: Personal, social and game-related correlates of active and non-active video gaming among Dutch gaming adolescents: survey based multivariable, multilevel logistic regression analyse 73

Part 3: Intervention development and evaluation 99
Chapter 6: Active video games as a tool to prevent excessive weight gain in adolescents: Rationale, design and methods of a randomized controlled trial 101
Chapter 7: Replacing non-active video gaming with active video gaming to prevent overweight in adolescents: a randomized controlled trial 129
Chapter 8: General discussion 159

Summary 187
Samenvatting 194
Dankwoord 202
About the author 206
Publications, presentations and awards 207