

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