

Appendix A

Informed Consent Form

You are invited to participate in a study exploring your food behaviors and habits, locus of control, and current stage of change regarding your personal food behaviors and habits. Your decision to participate in this study is completely voluntary. The length of time to complete this study will take place over 2 or 3 different class periods.

Participation in this research poses no risk to participants. There is no compensation for your participation. Please be aware that any information that is obtained in conjunction with this study and that can be identified with you will remain confidential to protect your anonymity, you are asked not to include any personally identifying information on your reflective assignment that will link any information you provide to you. The results of the study may appear in a written publication but the data will be aggregated and will not be linked to you personally in anyway.

This informed consent form will be collected by Anthony Dissen, Principal Investigator, or Tara Crowell, CO-Investigator, and will be stored in Office K-115. Forms will be secured in a locked cabinet within this locked office. Additionally, all data collected from this study will be stored and password protected on a hard drive in this office.

Your decision whether or not to participate will not prejudice your future relations with Stockton University. If you have questions, please do not hesitate to ask. If you have any additional questions after completing the survey, please contact the principal investigator, who will be happy to answer any of them. The name of the principal investigator on this project is Anthony Dissen. He can be reached by email or calling (609) 626-3847 or emailing Anthony.Dissen@Stockton.Edu

By marking the appropriate box and completing the subsequent questionnaires, you are indicating that you have read the information provided above and have decided to participate. You may withdraw at any time without prejudice should you choose to discontinue participation in this study.

Please put a check mark (✓) to indicate your participation.

☐ Yes, I would like to participate.

☐ No, I would not like to participate.

Appendix B
Demographics Questionnaire

1. GENDER IDENTITY: Male Female Transgender Male Transgender Female

2. AGE _____

3. CLASS RANK: Freshman Sophomore Junior Senior Graduate Students

4. MAJOR/AREA OF STUDY: _____

5. ETHNICITY (Circle the One that Best Applies to You)

White/Caucasian American Indian or Alaska Native Black or African American

Hispanic, Latino, or Spanish Native Hawaiian or Pacific Islander Asian Indian

Mexican or Mexican-American Far East or Southeast Asian Other

Appendix C

Think about what you usually ate in the last month. Please think about all the fruit and vegetables you ate last month. Include those that were:

- **Raw and Cooked**
- **Eaten as snacks and at meals**
- **Eaten at home and aware form home (restaurants, friends, takeout)**
- **Eaten alone and mixed with other foods**

Report how many times per month, week, or day you ate each food, and if you ate it, how much you usually had.

Choose the best answer for each question. Mark only one response for each question.

1. Over the last month, on average please report your consumption of 100% juice such as orange, apple, grape, or grapefruit juice (do not count fruit drinks like Kool-Aid, lemonade, Hi-C, cranberry juice drink, Tang, and Twister). Include juice you drank at all mealtimes and between meals.

Daily 0 1 2 3 4 5 6+

During the past month, I drink fruit juice how many days during the week: 0 1 2 3 4
5 6 7

I consume 100% fruit juice weekly: Never Rarely Sometimes Often Very Often
Always

When you drink juice, on average how much do you consume:

N/A Less than 6 ounces 6-10 ounces 10-16 ounces 16-20 ounces
20+ ounces

2. Over the last month, on average please report your consumption of fruit (fresh, canned, and frozen). Do not count juices. Include fruit you ate at all mealtimes and for snacks.

Daily 0 1 2 3 4 5 6+

During the past month, I eat fruit how many days during the week:

0 1 2 3 4 5 6 7

I consume fruit weekly:

Never Rarely Sometimes Often Very Often Always

When you eat fruit, on average how much do you consume:

N/A Less than ½ cup About ½ cup About 1 cup More than 1 cup

3. Over the last month, on average please report your consumption of lettuce salad (with or without other vegetables).

Daily 0 1 2 3 4 5 6+

During the past month, I eat lettuce salads how many days during the week:

0 1 2 3 4 5 6 7

I consume salad weekly:

Never Rarely Sometimes Often Very Often Always

When you eat lettuce salads, on average how much do you consume:

N/A About ½ cup About 1 cup About 2 cups More than 2 cups

4. Over the last month, on average please report your consumption of French fries or fried potatoes.

Daily 0 1 2 3 4 5 6+

During the past month, I eat French fries or fried potatoes how many days during the week:

0 1 2 3 4 5 6 7

I consume French fries or fried potatoes weekly:

Never Rarely Sometimes Often Very Often Always

When you eat French fries or fried potatoes, on average how much do you consume:

N/A About 1 cup or less About 1 ½ cups About 2 cups About 3 cups
or more

5. Over the last month, on average please report your consumption of white potatoes. Count baked, boiled, and mashed potatoes, potato salad, and white potatoes that were not fried?

Daily 0 1 2 3 4 5 6+

During the past month, I eat white potatoes how many days during the week:

0 1 2 3 4 5 6 7

I consume white potatoes weekly: Never Rarely Sometimes Often Very Often
Always

When you eat white potatoes, on average how much do you consume:

N/A About ½ cup or less About ½ to 1 cup About 1 to 1 ½ cups About 1 ½ cups or more

6. Over the last month, on average please report your consumption of cooked beans. Count baked beans, bean soup, refried beans, hummus, and other bean dishes.

Daily 0 1 2 3 4 5 6+

During the past month, I eat cooked beans how many days during the week:

0 1 2 3 4 5 6 7

I consume cooked beans weekly: Never Rarely Sometimes Often Very Often
Always

When you eat cooked beans, on average how much do you consume:

N/A Less than ½ cup About ½ to 1 cup About 1 to 1 ½ cups About 1 ½ cups or more

7. Over the last month, on average please report your consumption of vegetables.

DO NOT COUNT: Lettuce salads, white potatoes, cooked beans, vegetables in mixtures (such as in sandwiches, omelets, casseroles, stir-fry, stews, soups, etc.)

COUNT: All other vegetables (raw, cooked, canned, and frozen)

Daily 0 1 2 3 4 5 6+

During the past month, I eat vegetables how many days during the week:

0 1 2 3 4 5 6 7

I consume vegetables weekly:

Never Rarely Sometimes Often Very Often Always

When you eat vegetables, on average how much do you consume:

N/A Less than ½ cup About ½ to 1 cup About 1 to 2 cups About 2 cups or more

8. Over the last month, on average please report your consumption of vegetable soups. Include tomato soup, gazpacho, minestrone soup, vegetable soup, and other soups made with vegetables.

Daily 0 1 2 3 4 5 6+

During the past month, I eat vegetable soups how many days during the week:

0 1 2 3 4 5 6 7

I consume vegetable soups weekly:

Never Rarely Sometimes Often Very Often Always

When you eat vegetable soups, on average how much do you consume:

N/A Less than 1 cup About 1-2 cups About 2-3 cups About 3 cups or more

9. Over the last month, how often did you eat mixtures that include vegetables? Count foods such as sandwiches, casseroles, stews, stir-fry, etc.

Daily 0 1 2 3 4 5 6

During the past month, I eat mixtures that include vegetables how many days during the week:

0 1 2 3 4 5 6 7

I consume mixtures that contain vegetables weekly:

Never Rarely Sometimes Often Very Often Always

Appendix D

Please circle the option that you believe is most appropriate.

SA = Strongly Agree

A = Agree

DK = Do Not Know

D = Disagree

SD = Strongly Disagree

1.If I eat mostly whole, plant-based foods, I can keep from becoming sick.

SA A DK D SD

2.When I stay at a healthy weight or do not have a health problem, I'm just plain lucky.

SA A DK D SD

3.Even when I make healthful food choices, it's easy to gain weight or develop a health-related problem.

SA A DK D SD

4.The food industry plays a big part in whether or not I become obese or develop a health problem.

SA A DK D SD

5.If I become ill or sick, I am to blame.

SA A DK D SD

6.It is my own behavior which determines if I gain weight and develop related health problems.

SA A DK D SD

7.If I see an excellent doctor regularly, I am less likely to become overweight or develop a health problem.

SA A DK D SD

8.No matter what I do, if I am going to gain weight or become ill, I will gain weight or become ill.

SA A DK D SD

9.The type of care I receive from other people is what is responsible for how well I maintain my health.

SA A DK D SD

10. If I am careful about the food I eat, I can keep from gaining weight or becoming ill.

SA A DK D SD

11. Health professionals prevent me from gaining weight or developing a health problem.

SA A DK D SD

12. Most things that affect my health happen to me by accident.

SA A DK D SD

13. I can only maintain my health by consulting health professionals.

SA A DK D SD

14. Luck plays a big part in determining whether I will become overweight and unhealthy.

SA A DK D SD

15. If it's meant to be, I will stay healthy.

SA A DK D SD

16. I am directly responsible for maintaining a my health.

SA A DK D SD

17. My physical well-being depends on how healthy my diet is.

SA A DK D SD

18. Following doctor's orders exactly is the best way for me to maintain my health.

SA A DK D SD

Appendix E

Please answer the following questions. (Circle your answer)

1. Do you currently make efforts to eat more fruit in your daily diet?
 - A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

2. Do you currently make efforts to eat more vegetables in your daily diet?
 - A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

3. Do you currently make efforts to eat more whole grains in your daily diet?
 - A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

4. Do you currently make efforts to eat more beans, peas, and/or lentils in your daily diet?
 - A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

5. Do you currently make efforts to eat more nuts and seeds in your daily diet?
 - A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

6. Do you currently make efforts to reduce your intake of beef?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months
7. Do you currently make efforts to reduce your intake of pork?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months
8. Do you currently make efforts to reduce your intake of chicken and poultry?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months
9. Do you currently make efforts to reduce your intake of fish?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months
10. Do you currently make efforts to reduce your intake of shellfish?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months
11. Do you currently make efforts to reduce your intake of eggs?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months

12. Do you currently make efforts to reduce your intake of dairy products?
- A. No, and I do not intend to within the next 6 months
 - B. No, but I intend to within the next 6 months
 - C. No, but I intend to within the next 30 days
 - D. Yes, and I have been for more than 30 days
 - E. Yes, and I have been for more than 6 months