# Online Appendix: Questionnaires Studies 1-3 Attitudes Towards Eating 5 Portions of Fruit and Vegetables Per Day

Thank you for replying to our advertisement. We are very pleased that you have agreed to participate in our research.

The study is being conducted as part of a larger project taking place both here at the University of Leeds and at the Institute of Food Research in Reading.

This study involves completing two questionnaires concerning your attitudes to eating a low fat diet. Each questionnaire should take approximately 20 minutes to complete. The questions in both questionnaires require you to tick the box or circle the number that best represents your own opinions or views. All your answers will be treated in the strictest confidence. The answers you provide will be stored on the computer to enable us to look at general trends, rather than individual responses. No individual responses will be reported. As required under the Data Protection Act (1984), your details held by us on computer are available to you on request.

You will be paid £5 for your participation in this research on the return of the <u>second</u> completed questionnaire. The address to which the questionnaires must be sent using the FREEPOST envelope provided is written on the final page of this questionnaire. You will receive the second questionnaire approximately two weeks after returning the first. In order that we may make payment to you, please fill in your name and address in the space provided below.

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If you have any problems or enquiries, please phone Rachel Povey, on 0113-2335714.

#### **Section 1: General questions**

First we would like to ask some questions about you. Please answer each question by placing a tick in the box which applies to you and/or writing in the appropriate spaces.

1.	Are you FEMALE □ or MA	LE 🗆	(Tick one box		
2.	What is your date of birth?	nę golinie saluo s anel ne golinieka	o ilmovidace). QAyletemise	- vi grandqui agga vas bibo	
3.	What is your marital status?	Tick one box)			
	single married/ living as married	divorced	separated	widowed	
		_ todf	at at one of Abso		trappor no su el bi
4.	Who lives with you in your hou	sehold? (Tick	all that apply	v)	
	no-one your your	your	your	other	
	partner/spouse children	friends	parents	(please specify)_	
5.	What is your ethnic origin? (Please tick one box)	☐ Blac	n Banglade. ck African/C	shi/Chinese/In Caribbean/Othe p (please spec	
6.	Which of the following qualific	ations do you h	nave? (Tick o	one box)	
	none 'O' levels/ 'A' levels GCSE	HNC/ degr HN	D degree		v)
7.	What is the occupation of the natheir previous occupation)				yed, please write
8.	What was your total household				
	£5499 or less £5500-£990	60 £9901-		.5001-£21900	£21901 or more
9.	Do you follow a specific diet fo				
10.	If YES, what are these reasons	?	elating this s	pestionezia	

## Section 2: Your Thoughts, Beliefs and Feelings about 5 Portions of Fruit and Vegetables per day

Health experts recommend that we should eat five portions or servings of fruit and vegetables per day. A portion is equivalent to, for example a large slice of melon, an apple, a bowl of salad, three serving spoons of peas or a glass of fruit juice. Foods which are not included are nuts, fruit drinks and squash, potatoes and processed foods (such as fruit cake and yoghurts).

The following questions concern your views and opinions about following this advice.

First list as many positive or negative thoughts, beliefs or feelings that you can think of with respect to eating 5 portions of fruit and vegetables per day. Write one in each box until no more come to mind.

Second, rate each thought, belief or feeling to indicate how positive or negative it is. For extremely positive thoughts/beliefs/feelings mark '++', for very positive mark '++', for slightly positive mark '+'. If the thought/belief/feeling is extremely negative mark '--', for very negative mark '--', for slightly negative mark '--'. If the thought/belief/feeling is neutral, mark '0'.

oughts, beliefs or nd vegetables p	feelings I association day are:	te with eat	ting 5 port	ions of	Rating
	e-paolog le Gas next	Regionio In fiscas	g Beg	and g Regi	ening
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a and ignoring Marketeless Tick one, here	nit and vegetable	B lo snoir gas saus	ating 5 per ReserverPE	al qualities of e	g only the benefic if exercise on Acres
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a D. ELIL (SAE.	TEX. 15(4), 15 (27) (1)	Takrami I	eit gandau	make u. y avset	good a cel froit 83.

# Section 3: Your Positive Thoughts, Beliefs and Feelings about Eating 5 Portions of Fruit and Vegetables Per Day

		zens gershour, a	ligg your Pleas	1 Bus 777 (SIGN 411	estica	or day
					fruit and vegetables po	
ignoring	ering only the favo g the unfavourable d vegetables per o	e characteristics,	of eating 5 portion of eating 5 portion how favourable	ons of fruit and v is your evaluation	egetables per day and on of eating 5 portions Tick one box	-
	Not at all	Slightly	Moderately	Very favourable	Extremely favourable	
	favourable	favourable	favourable		ran syo <mark>m ,</mark> your or ry bea east to encours	
	nk about your fee					
ner day	lering only your for y and ignoring your ns of fruit and veg	ur feelings of ho	w unenjoyable it	ould be to eat 5 p would be, how en	ortions of fruit and ve njoyable do you feel e Tick one bo	-
	Not at all enjoyable	Slightly enjoyable	Moderately enjoyable □	Very enjoyable □	Extremely enjoyable	
	ink about your the dering only the bearing only the beari	C -i -1 munlition	of eating 5 port	ions of fruit and	vegetables and ignoring fruit and vegetables  Tick one be	
1141111				Very	Extremely	oniy
	Not at all beneficial	Slightly beneficial	Moderately beneficial □	beneficial	beneficial	
				descent of the	t. 1tables per	dov or
4.	Considering on ignoring the ne	ly the positive the gative things, he	nings about eating ow positive are the	g 5 portions of frose things?	uit and vegetables per <i>Tick one b</i>	ox only
	Not at all	Slightly	Moderately	Very	Extremely	
	positive	positive	positive	positive	positive	
		Sect	tion 4 : Your	Current Diet		
Plea have	e answered "yes"	you may be req	uired to answer t	i supplementary		
1.	Are you curre	ntly in the proc	ess of changing	to eat 5 portions	of fruit and vegetable	s per da
		□ YES	□ NO			
	If YES, for he	ow long have yo	u been making th	is change? (Tid	ck one box only)	
	Less than	About 1-3	About 4-6	About 7-9	More than	
	a month	months	months	months	10 months	

2.	Are you current	ly eating 5 por	tions of fruit ar	d vegetables	per day? □ YE	S ⊔ NO	
3.	Have you chang	ged your diet to	eat 5 portions	of fruit and v	vegetables per d	ay? □ YES	
	If YES, when d	id you change?			(Tick o	ne box only)	
	Less than a month ago	About 1-3 months ago	About 4-6 months ago	About 7-9 months ago	More than 10 months ago		
4.	Are you current vegetables per o			not you shou	ald eat 5 portion	s of fruit and	
	Fatag ( Market	el yo na oʻfasik <b>andra</b> P	☐ YES		□NO		
5.	Have you decid	ed to eat 5 por	tions of fruit ar	d vegetables	per day in the fi	uture?	
			□YES		□NO		
	If YES, when d vegetables per o		s most likely the	at you will be		tions of fruit ar	
	From now on	Beginning in the next few days	Beginning in the next few weeks	Beginning in about a month	Beginning in the next few months	Beginning in the distant future	
6.	Have you made future?		lans to eat 5 pc	ortions of fruit		per day in the	
	tion 5: Your	Fru	it and Veget	ables Per D	Day		
Cons	idering only the uning the favourable and vegetables per	nfavourable qua characteristics	alities of eating	5 portions of	fruit and vegeta	ables per day a	nd of
	Not at all unfavourable	Slightly unfavourable	Moderatel unfavourab □			remely vourable	
2. T	hink about your fe	elings toward e	eating 5 portion	s of fruit and	vegetables per	day.	
per o	sidering only your day and ignoring yo ions of fruit and ve	our feelings of l	now enjoyable i				ting 5
	Not at all unenjoyable □	Slightly unenjoyable	Quite unenjoyab □	Mode le unenjo		remely njoyable	

	I filmk about you												
the be?	beneficial chara	cteristics, h	ualiti ow ho	es o	of e	atir do	ig 5 you	po u be	rtio eliev	ns o	f fruit and veg ting 5 portion	etables per day and ignors of fruit and vegetables  Tick one box of	to
	Not at all harmful	ha	ghtly rmful					rate nful			Very harmful □	Extremely harmful	
4. (i	Considering only gnoring the pos	y the negativitive things,	e thi	ngs neg	abo gati	out	eat are	ing the	5 p	ortic hing	ons of fruit and	d vegetables per day, an  Tick one box of	
	Not at all negative		ghtly ative					ratel tive			Very negative	Extremely negative	
	section asks qu egetables per d	estions cond ay. There a	cernir	ıg y	oui	r th	oug	ghts	abo	out t	he outcomes o	regetables per Day of eating 5 portions of fronterested in your point of	3.20
view	and the case of	Medse en ere	ine i	ium	ivei	W	nici	ı yo	ou ie	eel n	nost accurately	represents your opinion reling of well-being.	n.
		Likely	1			4					Unlikely	ome of wen-benig.	
2.	Having a feel	ing of well-	being	w	oulo	l be						stables sold in the second sec	
		Bad	1	2	3	4	5	6	7		Good		
3.	Eating 5 port	ions of fruit	and '	veg	etal	bles	s pe	r d	ay v	voul	d make me hea	althy.	
		Likely	1	2	3	4	5	6	7		Unlikely		
4.	Being healthy				roi			tely Brit					
		Bad	1	2	3	4	5	6	7		Good		
5.	Eating 5 porti									oulo	l be boring.		
		Likely	- 1- - 626	2	3	4	5	6	7		Unlikely		
6.	A boring diet		tion of										
4 9,71		Bad	WOR.	2	3	4	5	6	7		Good		
7.	Eating 5 portion									ould	mean missing	out on food I like.	
		Likely	1	2	3	4	5	6	7		Unlikely		

Sha	Bad	1	2	3	4	5	6	7	Good Salara Aparticus of
9.	Eating 5 portions of fruit	and '	veg	etal	bles	pe	r da	ay wo	uld make me feel energetic.
	Likely	1	2	3	4	5	6	7	Unlikely
10.	Feeling energetic would b	oe							
	Bad	1	2	3	4	5	6	7	Good
11.	Eating 5 portions of fruit	and '	veg	etal	bles	pe	r da	ay wo	uld reduce my weight.
	Likely	1	2	3	4	5	6	7	Unlikely
12.	Reducing my weight wou	ıld be							
	Bad	1	2	3	4	5	6	7	Good
13.	Eating 5 portions of fruit	and v	veg	etal	bles	pe	r da	ay wo	
	Likely	1	2	3	4	5	6	7	Unlikely
14.	A tasteless diet would be.	e Norrak							
	Bad	1	2	3	4	5	6	7	Good under social pressure book 1
15.	Eating 5 portions of fruit	and v	veg	etal	bles	pe	r da	ay wo	uld give me a healthy complexion.
	Likely	1	2	3	4	5	6	7	Unlikely Manager and State Sta
16.	Having a healthy complex	cion v	νοι	ıld	be	•			
	Bad	1	2	3	4	5	6	7	Good
17.	By eating 5 portions of fr disease.	uit ar	nd v	veg	etał	oles	pe	r day,	I would reduce my risk of getting heart
	Likely	1	2	3	4	5	6	7	Unlikely
18.	Reducing my risk of getti	ng he	eart						With regard to eating 5 portions of a
	Bad		2	3	4	5	6	7	Good
19.	By eating 5 portions of fr	uit ar	nd v	veg	etal	oles	pe	r day,	I would reduce my risk of getting cancer.
	Likely	1	2	3	4	5	6 7	7	Unlikely

Missing out on food I like would be...

8.

20. Reducing my risk of getting cancer would be... Good 1 2 3 4 5 6 7 Bad Section 7: Views and Opinions of People You Know This section is about what other people you know think of you eating 5 portions of fruit and vegetables per day. In each case please circle the number which you feel most accurately represents your opinion. 1. Most of the people I know eat 5 portions of fruit and vegetables per day. Strongly agree 1 2 3 4 5 6 7 Strongly disagree People who are important to me think I... 2. Should eat 5 portions of fruit and 1 2 3 4 5 6 7 Should not eat 5 portions of fruit and vegetables per day vegetables per day 3. People who are important to me would... Approve of my eating 5 portions of Disapprove of my eating 5 portions 1 2 3 4 fruit and vegetables per day of fruit and vegetables per day People who are important to me want me to eat 5 portions of fruit and vegetables per day. 4. Strongly agree 1 2 3 4 5 6 7 Strongly disagree 5. I feel under social pressure to eat 5 portions of fruit and vegetables per day. Strongly disagree Strongly agree 1 2 3 4 5 6 7

6. People who are important to me influence my decision to eat 5 portions of fruit and vegetables per day

Strongly agree 1 2 3 4 5 6 7 Strongly disagree

7. My work colleagues think I...

Should eat 5 portions of fruit and 1 2 3 4 5 6 7 Should not eat 5 portions of fruit and vegetables per day

8. With regard to eating 5 portions of fruit and vegetables per day, how much do you want to do what your work colleagues think you should?

Very much 1 2 3 4 5 6 7 Not at all

9.	My doctor probably thinks	[=							
Sho	uld eat 5 portions of fruit and vegetables per day	1	2	3	4	5	6	7	Should not eat 5 portions of fruit and vegetables per day
10.	With regard to eating 5 port what your doctor thinks you				an	d v	ege	tabl	les per day, how much do you want to do
	Very much	1	2	3	4	5	6	7	Not at all
11.	My friends think I								
	ould not eat 5 portions of ait and vegetables per day	F#5 P 1	2	3	4	5	6	7	Should eat 5 portions of fruit and vegetables per day
12.	With regard to eating 5 portwhat your friends think you				an	d v	ege	tab	les per day, how much do you want to do
	Not at all	1 bas	2	3	4	5	6	7	Very much
13.	The people I live with think	I							
	ould not eat 5 portions of ait and vegetables per day	1 ow y	2	3	4	5	6	7	Should eat 5 portions of fruit and vegetables per day
14.	With regard to eating 5 por what the people you live wi							tab	les per day, how much do you want to do
	Not at all	118	2	3	4	5	6	7	Very much
15.	My parents think I								
	ould not eat 5 portions of nit and vegetables per day	1	2	3	4	5	6	7	Should eat 5 portions of fruit and vegetables per day
16.	With regard to eating 5 por what your parents think you				an	d v	ege	etab	les per day, how much do you want to do
	Not at all	1	2	3	4	5	6	7	Very much
Sec	tion 8: Helps & Hindran	ces t	to l	Eat	inş	g 5	Pe	orti	ions of Fruit & Vegetables per Da
porti		day.	Fo						ome people have mentioned about eating 5 please <i>circle the number</i> which you feel

1 2 3 4 5 6 7 Strongly disagree

For me, eating 5 portions of fruit and vegetables per day would be time consuming.

Strongly agree

1.

2.	Being time consuming to eathem	at 5	po	rtic	ons	of f	ruit	an	d ve	egetables per day would make my eating
	Extremely easy		1	2	3	4	5	6	7	Extremely difficult
3.	For me, eating 5 portions o	f fr	uit	and	l ve	get	able	es p	er o	day would not cost much money.
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
4.	Not costing much money to eating them	ea	at 5	po	rtio	ns	of f	ruit	and	d vegetables per day would make my
	Extremely easy	1	2	3	4	5	6	7		Extremely difficult
5.	For me, eating 5 portions o	f fi	uit	and	i ve	get	abl	es 1	er (	day would require a lot of preparation.
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
6.	Requiring a lot of preparati eating them	on	to	eat	5 p	ort	ions	s of	firu	it and vegetables per day would make my
	Extremely easy	1	2	3	4	5	6	7		Extremely difficult
7.	For me, eating 5 portions of	of fi	ruit	and	d ve	ege	tabl	es	per	day would require strong motivation
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
8.	Requiring a strong motivate eating them	ion	to	eat	5 p	ort	tion	s o	f fru	uit and vegetables per day would make my
	Extremely easy	1	2	3	4	5	6	7		Extremely difficult
9.	The people around me eat	5 p	ort	ion	s of	fin	iit a	ind	veg	getables per day.
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
10.	People around me eating 5 them	po	rtic	ons	of	frui	t ar	nd v	ege/	etables per day would make my eating
	Extremely easy	1	2	3	4	5	6	7	re A	Extremely difficult
11.	I don't have enough knowl	ledg	ge a	abo	ut e	ati	ng 5	5 pc	ortic	ons of fruit and vegetables per day.
	Strongly agree	1	2	3	4	. 5	6	7	1 74	Strongly disagree

12.	Not having enough knowle make my eating them	edge	ab	out	eat	ing	5 j	orti	ons of fruit and vegetables per day would
	Extremely easy	1	2	3	4	5	6	7	Extremely difficult
13.	For me, fruit and vegetable	es ar	е ге	adi	ily a	iva	ilab	le.	
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
14.	Fruit and vegetables being vegetables per day	read	dily	ava	ailal	ble	wo	uld 1	make my eating 5 portions of fruit and
er Sun,	Extremely easy	<b>1 1</b>	2	3	4	5	6	7	Extremely difficult
15.	Fruit and vegetables do no	ot sto	ore	we	11.				
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
16.	Fruit and vegetables not st vegetables per day	orin	ıg v	vell	wo	ould	l ma	ike i	my eating 5 portions of fruit and
	Extremely easy	1 10 V	2	3	4	5	6	7	Extremely difficult
17.	To what extent do you fee	el tha	at y	ou	nee	d t	o ea	at 5	portions of fruit and vegetables per day?
	Not at all	1	2	3	4	5	6	7	To an extremely great extent
18.	I intend to eat 5 portions	of fr							er day.
	Definitely do not				4				Definitely do
19.									29 The number of events octaves my condition for day from year day from year day from the first per day from the day from the first per day from the
	Definitely do not	1	2	3	4	5	6	7	Definitely do
20.	I want to eat 5 portions of	f fru	it a	nd	veg	eta	ble	s per	r day.
	Definitely do not	1		3	4	5	6	7	Definitely do
21.	If I were to eat 5 portions			t ar	ıd v	ege	etab	les <sub>l</sub>	
	Bad	1	2	3	4	5	6	7	Good
	Beneficial	1	2	3	4	5	6	7	Harmful
	Unpleasant	1	2	3	4	- 5	6	7	Pleasant
	Favourable	1	. 2	. 3	4	. 5	6	7	Unfavourable
	Positive	1	2			. 5	6	7	Negative
	Satisfactory	1	2			. 5			Unsatisfactory
	Enjoyable	1	2	3	4	- 5	11		Unenjoyable

22.		ier (	or n	ot i	I ea	t 5	poi	rtio	ns of fruit and vegetables per day from nov	V
	on. Strongly agree	1	2	3	4	5	6	7	Strongly disagree	
23.	If I wanted to, I could easil	y ea	at 5	ро	rtic	ns	of f	ruit	t and vegetables per day from now on.	
	Extremely likely	1	2	3	4	5	6	7	Extremely unlikely	
24.	For me, eating 5 portions of	of fir	uit	and	l ve	get	able	es p	per day would be	
	Easy	1	2	3	4	5	6	7	Difficult	
25.	How much control do you on?	hav	e o	ver	ea	ting	5 j	port	tions of fruit and vegetables per day from r	10W
	Complete control	1	2	3	4	5	6	7	Absolutely no control	
26.	What is the likelihood that vegetables per day from no				d y	ou	wo	uld	be able to eat 5 portions of fruit and	
	Likely	1	2	3	4	5	6	7	Unlikely	
27.	How much personal contro of fruit and vegetables per		2.00					oul	ld have over whether or not you eat 5 ports	ions
	Complete control	1	2	3	4	5	6	7	No control	
28.	How certain are you that y	ou/	coı	ıld	eat	5 p	ort	ions	s of fruit and vegetables per day from now	on?
	Not at all certain									
29.		side	my	, co	ntr	ol v	vhi	ch c	could prevent me from eating 5 portions of	.64
	Numerous	1	2	3	4	5	6	7	Very few	
30.	How much control do you vegetables per day from no				r w	het	her	you	u do or do not eat 5 portions of fruit and	
	Complete control								Very little control	
31.									per day from now on would be	21.
	Extremely easy	1	2	2 3	4	5	6	7	Extremely difficult	
If yo	Please return this q	ues	tio	nna	ire	usi	ing	the	oleting this questionnaire e FREEPOST envelope provided. ase contact Rachel Povey, on 0113-2335	714.

#### **Attitudes Towards Low Fat Diets**



Thank you for replying to our advertisement. We are very pleased that you have agreed to participate in our research.

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This study involves completing two questionnaires concerning your attitudes to eating a low fat diet. Each questionnaire should take approximately 20 minutes to complete. The questions in both questionnaires require you to tick the box or circle the number that best represents your own opinions or views. All your answers will be treated in the strictest confidence. The answers you provide will be stored on the computer to enable us to look at general trends, rather than individual responses. No individual responses will be reported. As required under the Data Protection Act (1984), your details held by us on computer are available to you on request.

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Your name (block capitals please)	
Your address (block capitals please)	TOP
	MIDLAN.
	Postcode 3 3 mB
Please note: You are under no obligat	tion to take part in this study.
Please sign below to indicate that your	
Your signature:	Date: 1/4/96
- V	C E E E E E E E E E E E E E E E E E E E

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Your name (block capitals please)	
Your address (block capitals please)	TOP
	MIDLAN.
	Postcode 3 3 mB
Please note: You are under no obligat	tion to take part in this study.
Please sign below to indicate that your	
Your signature:	Date: 1/4/96
- V	C E E E E E E E E E E E E E E E E E E E

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#### Section 1: General questions

First we would like to ask some questions about you. Please answer each question by placing a tick in the box which applies to you and/or writing in the appropriate spaces.

1.	Are you FEMALE Tor MALE (Tick one box)
2.	What is your date of birth? 30-12-71
3.	What is your marital status? (Tick one box)
	single married/ divorced separated widowed living as married
4.	Who lives with you in your household? (Tick all that apply)
	no-one your your your other
	partner/spouse children friends parents (please specify)
5.	What is your ethnic origin?  (Please tick one box)  White  Asian Bangladeshi/Chinese/Indian/Pakistani/Othe  Black African/Caribbean/Other  Other ethnic group (please specify)
6.	Which of the following qualifications do you have? (Tick one box)  none 'O' levels/ 'A' levels HNC/ degree higher other
	GCSE HND degree (please specify)
7.	What is the occupation of the main earner in your household? (if unemployed, please write their previous occupation) Housing Office.
8.	What was your total household income over the past year?
	£5499 or less £5500-£9900 £9901-£1500 £15001-£21900 £21901 or more
9.	Do you follow a specific diet for medical or other reasons? YES □ NOC
10.	If YES, what are these reasons?

#### Section 2: Your Thoughts, Beliefs and Feelings about Eating a Low Fat Diet

Health experts recommend that we should eat a low fat diet. Specifically, they recommend that fat should provide no more than 35% of the food energy in our diet.

The following questions concern your views and opinions about following this advice.

First, list as many positive or negative thoughts, beliefs or feelings that you can think of with respect to eating a low fat diet. Write one in each box until no more come to mind.

Second, rate each thought, belief or feeling to indicate how positive or negative it is. For extremely positive thoughts/beliefs/feelings mark '+++', for very positive mark '++', for slightly positive mark '+'. If the thought/belief/feeling is extremely negative mark '--', for very negative mark '--', for slightly negative mark '--'. If the thought/belief/feeling is neutral, mark '0'.

second 6	wanted periods to the	d d	
Good for	health	103 700da 71850 2 - 100 Juliu	<u>++</u>
help to l	ose weight		<u>+</u> +
less tast	y foods		+
Swaper an emile has sed one doct has sed	Mightly Moderately	Very	ed veto
Clavillacon Cl	Territory Strikery	Davidad	
about you, Jerico	e de la verigne de la company	oberellsee	-
n structure and f	worde by two trains sale de m worde box (either "yes" on "no	os feet esting a lo os buo wolso un	ne film die Streening
	encycle unchested to describe the state of t		
A CONTRACTOR OF THE CONTRACTOR	cen making this change 100	lone have you be	W201 307

# Section 3: Your Positive Thoughts, Beliefs and Feelings about Eating a Low Fat Diet

characteristics 7	favourable qualit	ies of eating a low	fat diet and igno	ring the unfavourable	
characteristics, how for	wourable is your	evaluation of eat	ing a low fat diet	? Tick one box	x only
Not at all favourable	Slightly favourable	Moderately favourable	Very favourable	Extremely favourable	ald s
				TO SYNTHON WHEN THE	
2. Think about your for	eelings toward e	ating a low fat die	t.		w End
Considering only your feelings of how unenjoint	feelings about he yable it would be	ow enjoyable it we e, how enjoyable o	ould be to eat a lo	a low fat diet would l	pe?
				Tick one box	only
Not at all enjoyable □	Slightly enjoyable	Moderately enjoyable □	Very enjoyable	Extremely enjoyable	
3. Think about your th	noughts about ear	ting a low fat diet.	Luckett.		
Considering only the be how beneficial do you	eneficial qualities believe eating a l	of eating a low fa ow fat diet to be?	at diet and ignorin	g the harmful characte	eristics only
	C1: 1 .				
Not at all beneficial	Slightly	Moderately	Very	Extremely	
Not at all beneficial	beneficial	Moderately beneficial	Very beneficial □	Extremely beneficial	
beneficial	beneficial	beneficial	beneficial	beneficial	
	beneficial  Descriptive things	beneficial	beneficial	beneficial  Oring the negative thin	ıgs,
beneficial  4. Considering only the how positive are tho	beneficial  positive things a see things?  Slightly	beneficial  about eating a low  Moderately	beneficial  fat diet, and ign	beneficial  Oring the negative thir  Tick one box only	ıgs,
beneficial  Graph of the how positive are tho	beneficial  positive things are things?	beneficial	beneficial	beneficial  Oring the negative thin	ngs,
beneficial  4. Considering only the how positive are tho	beneficial  positive things a see things?  Slightly	beneficial  about eating a low  Moderately positive	beneficial  fat diet, and ign  Very	beneficial  oring the negative thir  Tick one box only  Extremely	ngs,
beneficial  4. Considering only the how positive are tho	beneficial  positive things are things?  Slightly positive	beneficial  about eating a low  Moderately positive	beneficial  fat diet, and ign  Very  positive	beneficial  oring the negative thir  Tick one box only  Extremely	ngs,
beneficial  Considering only the how positive are tho  Not at all positive  Clease read the question	beneficial  positive things a see things?  Slightly positive  Section	beneficial  about eating a low  Moderately positive    n 4: Your Cur  Ck one how (either	beneficial  fat diet, and ign  Very positive  rrent Diet	beneficial  oring the negative thir  Tick one box only  Extremely  positive	
beneficial  Considering only the how positive are tho  Not at all positive  Clease read the question are answered "yes" you	beneficial  positive things a see things?  Slightly positive  Section  Section	beneficial  about eating a low  Moderately positive    n 4: Your Cur  Ck one how (either	beneficial  fat diet, and ign  Very positive  rent Diet  r "yes" or "no" oplementary ques	beneficial  oring the negative thir  Tick one box only  Extremely  positive	
beneficial  4. Considering only the how positive are tho  Not at all positive   Please read the question are answered "yes" you currently	beneficial  positive things a see things?  Slightly positive  Section on selow and tien and be required by in the process	beneficial  about eating a low  Moderately positive  mathricely positive  chapter a supposed to answer a sup-	very positive  rent Diet  "yes" or "no"  oplementary ques  low fat diet?	beneficial  oring the negative thir Tick one box only  Extremely positive  oring the negative thir Tick one box only	

Tackens how a	ged your diet in	eat a low lat	uiet?	LYES L	1 NO
If YES, when d	lid you change?			Tick one box on	ly
Less than a month ago	About 1-3 months ago	About 4-6 months ago	About 7-9 months ago	More than 10 months ago	and spen
Are you curren	tly <b>thinking ab</b>	out whether or	not you shou	ld eat a low fat d	liet in the future?
	waje to mice or	□ YES	Ø NO		
Have you decid	led to eat a low	fat diet in the	future?	Ç YES I	□ NO
S, when do you t	hink it is most l	ikely that you	will begin to ea	at a low fat diet?	Tick one box only
From now on	Beginning in the next few days	Beginning in the next few weeks	Beginning in about a month	Beginning in the next few months	Beginning inthe distant future
Have you made	any practical p	lans to eat a lo	w fat diet in th	ne future?	ÉS □ NO
		our evaluation  Moderatel	of eating a lov y Ver ble unfavor	v fat diet?  Extre  urable  unfavor	Tick one box only mely urable
hink about your fe	eelings toward e	eating a low fat	diet.		
				l eating a low fat	
Not at all unenjoyable □	Slightly unenjoyable	Quite unenjoyab □		ately Extre	mely
hink about your th	houghts about e	ating a low fat	diet. ad bloc		
	armful qualities				
narmjut ao you oe	elieve eating a lo	ow fat diet to b	e?		ficial characteristics Tick one box only
	Less than a month ago  Are you current  Have you decid  S, when do you the state of	Are you currently thinking ab  Have you decided to eat a low  S, when do you think it is most l  From in the next few days  Have you made any practical p  Have you made any practical p  tion 5: Your Negative Thou  think about your attitude toward of the cidering only the unfavourable is your attitude toward of the cidering only the unfavourable is your feelings toward endering only your feelings toward endering only your feelings of how the cidering only your feelings at the cidering only your feelings of how the cideri	Are you currently thinking about whether of YES  Have you decided to eat a low fat diet in the S, when do you think it is most likely that you was a low on few days few weeks  Have you made any practical plans to eat a low fat diet in the next few days few weeks  Have you made any practical plans to eat a low fat diet in the next few days few weeks few weeks  Have you made any practical plans to eat a low fat diet in the next few days few weeks few weeks few weeks few weeks few days few weeks few weeks few days few weeks few weeks few days few weeks few days few weeks few days few weeks few weeks few days few week	Less than a month ago months ago month ago yet set set set set set set set set set s	Less than a month ago months ago month ago months ago month ago months ago month ago months ago month ago month ago months ago month ago mo

	and the second second									La Samet	oxidiramen 237 H
	Not at all	Sligh negat					erat ativ	-		Very negative	Extremely negative
	negative	ПСВА	100			nce	,auv				
	9									_	
		Section	6: O	utc	on	1es	s of	f E	ating	g a Low Fat	Diet
here	section asks questi e are no right or we the number which	rong ansv	vers, v	ve a	re	jus	t in	tere	sted i	in your point o	of eating a low fat diet f view. In each case p
rcie	Eating a low fat										
	Milester Maria	Likely	1 (							Unlikely	i sinda uggai sesile
	Having a feeling	g of well-l	oeing v	wou	ıld	be.	••				
		Bad	1	2	3	4	5	6	7	Good	
	Eating a low far	t diet wou	ıld ma	ke r	ne	hea	alth	y.			
	tel nuls gu	Likely	1	2	3	4	5	6	7	Unlikely	
	Being healthy w	ould be									and the second
		Bad	bas <b>l</b> to SEE	2	3	4	5	6	7	Good	
	Eating a low far	t diet wou	ıld be	bor	ing						
	O p	Likely	1	2	3	4	5	6	7	Unlikely	
•	A boring diet w	ould be									
	Eating a low fa	t diet wou	ıld me	an	mis	sin	ıg c	ut o	on foo	od I like.	
										Unlikely	
3.	Missing out on	food I lik	ce wou	ıld l	be.						
		Bad	sem <sub>3</sub> 1	2	1000					Good	
).	Eating a low fa	t diet wo	uld ma	ake	me	fe	el e	ner	getic.		

10.	Feeling energetic would be							
	Bad	1 2	3					Good
11.	Eating a low fat diet would r	educ	e m	y w	eig	ht.		
	Likely	1 ②	) 3	4	5	6	7	Unlikely
12.	Reducing my weight would b	ое						
	Bad	1 2	3	4	5	6	(7)	Good
13.	Eating a low fat diet would b	e tas	stele	SS.				
	Likely	1 2	3	4	5	6	7	Unlikely
14.	A tasteless diet would be							
	Bad (	ĵ) 2	3	4	5	6	7	Good San
15.	Eating a low fat diet would g	give 1	me a	a he	altl	ıy c	omplex	ion.
	Likely (	1) 2	3	4	5	6	7	Unlikely
16.	Having a healthy complexion	n wo	uld	be				the season of th
	Bad	1 2	3	4	5	6	9	Good
17.	By eating a low fat diet, I we	ould	redi	uce	my	ris	k of get	ting heart disease.
	Likely (	1) 2	3	4	5	6	7	Unlikely
18.	Reducing my risk of getting	hear	t dis	seas	e v	ou.	ld be	
	Bad bear	1 2	3	4	5	6	7	Good the relies of bigger difference was shirt
19.	By eating a low fat diet, I w	ould	red	uce	my	ris	k of get	ting cancer.
	Likely	1 (2	3	4	5	6	7	Unlikely
20.	Reducing my risk of getting	g can	cer	woı	ıld	be.	:4.0	
	Bad	1 2	3	4	5	6	7	Good

#### Section 7: Views and Opinions of People You Know

This section is about what other people you know think of you eating a low fat diet. In each case please *circle the number* which you feel most accurately represents your opinion.

1.	Most of the people I kno	w eat	a l	ow	fat	die	t.			
	Strongly agree	1	2	3	4	3	6	7		Strongly disagree
2.	People who are important	ıt to n	ne t	hinl	κI.					
	Should eat a low fat diet	1	2	3	4	5	6	7		Should not eat a low fat diet
3.	People who are important	it to m	ie v	wou	ld					
D	isapprove of my eating a low fat diet	1	2	3	4	3	6	7		Approve of my eating a low fat diet
4.	People who are important	ıt to n	ne v	wan	t m	e to	ea	ıt a	low	fat diet.
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
5.	I feel under social pressu	re to	eat	a lo	w	fat	diet	t.		
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
6.	People who are important	nt to n	ne i	influ	ien	ce r	ny (	deci	isior	n to eat a low fat diet
	Strongly agree	1	2	3	4	5	6	7		Strongly disagree
7.	My work colleagues thin	k I								
	Should eat a low fat diet	1	2	3	4	5	6	7		Should not eat a low fat diet
8.	With regard to eating a lethink you should?	ow fa	t di	iet,	hov	w m	ucł	n do	yoı	u want to do what your work colleague
	Very much	1	2	3	4	3	6	7		Not at all
9.	My doctor probably thin	ks I								
	Should eat a low fat diet	1	2	3	4	5	6	7		Should not eat a low fat diet
10	With regard to eating a l	ow fa	t d	iet	hos	117 TY	mel	h de	) VO	want to do what your doctor thinks

you should?

Very much 1 2 3 **4** 5 6 7 Not at all

Sho	uld not eat a low fat diet	1 2 3 4 5 6 7	Should eat a low fat diet
12.	With regard to eating a lo should?	w fat diet, how much do yo	u want to do what your friends think you
	Not at all	1 2 3 4 (5) 6 7	Very much
13.	The people I live with thir	ık I	
Sho	uld not eat a low fat diet	1 2 3 4 5 6 7	Should eat a low fat diet
14.	With regard to eating a lo live with think you should		u want to do what the people you
	Not at all	1 2 3 4 (5) 6 7	Very much
15.	My family thinks I		defection electrical section of
Sho	ould not eat a low fat diet	1 2 3 4 5 6 7	Should eat a low fat diet
16.	With regard to eating a lo should?	ow fat diet, how much do yo	ou want to do what your family thinks you
	Not at all	1 2 3 4 5 6 7	Very much
	Section 8: Hel	ps and Hindrances to	Eating a Low Fat Diet
low			ome people have mentioned about eating a nich you feel most accurately represents
1.	For me, a low fat diet wo	uld be time consuming.	
	Strongly agree	1 2 3 4 5 6 7	Strongly disagree
2.	A low fat diet which is tir	ne consuming would make	eating a low fat diet
	Extremely easy	1 2 3 4 (3) 6 7	Extremely difficult
3.	For me, a low fat diet wo	ould not cost much money.	

11.

My friends think I...

Strongly disagree

**Strongly agree** 1 2 3 4 **⑤** 6 7

4.	A low fat diet which does r	ot o	cos	t m	uch	mo	oney	y wo	ould make eating a low fat diet
	Extremely easy	1	2	3	4	5	6	7	Extremely difficult
5.	For me, a low fat diet would	ld re	equ	ire	a lo	t of	f pro	epar	ation.
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
6.	A low fat diet which requir	es a	lo	t of	pre	epai	ratio	on w	yould make eating a low fat diet
	Extremely easy	1	2	3	4	3	6	7	Extremely difficult
7.	For me, eating a low fat die	et w	ou	ld r	equ	ire	stro	ong 1	motivation
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
8.	A low fat diet which require	es s	tro	ng	mo	tiva	tio	n wo	ould make eating a low fat diet
	Extremely easy	1	2	3	4	(3)	6	7	Extremely difficult
9.	The people around me eat	a lo	w	fat (	diet				
	Strongly agree	1	2	3	4	) 5	6	7	Strongly disagree
10.	People around me eating a	lov	v fa	ıt di	iet v	wοι	ıld 1	mak	e eating a low fat diet
	Extremely easy	1	2	3	4	5	6	7	Extremely difficult
11.	I don't have enough know	ledg	e a	boı	ıt lo	ow:	fat (	diets	
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
12.	Not having enough knowl	edge	e al	bou	t lo	w f	at d	liets	would make eating a low fat diet
	Extremely easy	1	2	3	4	5	6	. 7	Extremely difficult
13.	For me, low fat foods are	reac	lily	av	aila	ble.	i di di		A low (at deep which is work a Shipping
	Strongly agree	1	2	3	) 4	5	6	7	Strongly disagree
14.	Low fat foods being readi	ly a	vai	labl	e w	oul	d m	nake	my eating a low fat diet
	Extremely easy	1	(2	3	3 4	5	6	7	Extremely difficult
15.	Low fat foods do not stor	e w	ell.						
	Strongly agree	1	. 2	2 (3	3) 4	5	10		Strongly disagree

16.	Low fat foods not storing v	vell	wo	uld	ma	ake	my	eat	ing a low fat diet
	Extremely easy	1	2	3	4	5 (	6	7	Extremely difficult
17.	To what extent do you feel	tha	ıt yo	ou <u>n</u>	ee	d to	eat	t a l	ow fat diet?
	Not at all	1	2	3	4	(5)	6	7	To an extremely great extent
18.	I intend to eat a low fat die	t.							
	Definitely do not	1	2	3	4	5 (	6	7	Definitely do
19.	I plan to eat a low fat diet.								
	Definitely do not	1	2	3	4	5	6	7	Definitely do
20.	I want to eat a low fat diet.								
	Definitely do not	1	2	3	4	5 (	3	7	Definitely do
21.	If I were to eat a low fat di	et,	it w	oul	d t	oe:			Circle one number per line
	Bad					5	V. 44-02.		Good
	Beneficial	1	2	3	4	5	6	7	Harmful
	Unpleasant	1	2	3	4	3	6	7	Pleasant
	Favourable	1	2	3	4	5	6	7	Unfavourable
	Positive	1	2	3	4	5	6	7	Negative
	Satisfactory	1	2	3	4	5	6	7	Unsatisfactory
	Enjoyable	1	2	3	4	5	6	7	Unenjoyable
22.	It is mostly up to me whet	her	or 1	not	Ιe	at a	lov	v fa	t diet from now on.
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
23.	If I wanted to, I could easi	ily e	eat a	a lo	w i	fat d	liet	fro	m now on.
	Extremely likely	1	2	3	4	5	6	7	Extremely unlikely
24.	For me, eating a low fat di	iet '	wou	ıld t	oe.				
	Easy	1	2	3	) 4	5	6	7	Difficult

, 110w mach control do you	I Have C	JVCI	Cai	mg a i	OWI	aic	net from now on:
Complete control	1 2	3	4	5 6	7		Absolutely no control
What is the likelihood that	t if you	tried	ı yo	ou woi	uld b	e al	ble to eat a low fat diet from now on?
Likely	1 ②	) 3	4	5 6	7		Unlikely
How much personal contributed in the diet from now on?	rol do y	ou fe	eel	you w	ould	l ha	ve over whether or not you eat a low f
Complete control	1 2	3	4	5 6	7		No control
How certain are you that	you cot	uld e	at a	a low i	fat di	iet f	from now on?
Not at all certain	1 2	3	4	5 6	7		Very certain
The number of events out from now on are	tside my	/ cor	itro	ol whic	h co	uld	prevent me from eating a low fat diet
Numerous	1 2	. 3	4	5 6	7		Very few
How much control do you	u have o	over	wh	nether	you	do	or do not eat a low fat diet from now o
Complete control	1 2	3	4	5 6	7		Very little control
For me to eat a low fat di	et from	nov	V 01	n wou	ld be	ε 	
Extremely easy	1 2	3	4	5 6	7		Extremely difficult
Thankyou	for you	ır ho	elp	in cor	nple	tin	g this questionnaire
If you have any additio	nal con	nme	nts	to ma	ake,	ple	ase write them in the box below.
							at the same of the
							is the yibasa biggo I cardo behing Till
							Shifts a loveytants atomices a 3
	Complete control  What is the likelihood that Likely  How much personal control diet from now on?  Complete control  How certain are you that Not at all certain  The number of events out from now on are  Numerous  How much control do you  Complete control  For me to eat a low fat di  Extremely easy  Thankyou  If you have any additio	Complete control 1 ②  What is the likelihood that if you  Likely 1 ②  How much personal control do y diet from now on?  Complete control 1 2  How certain are you that you con  Not at all certain 1 2  The number of events outside my from now on are  Numerous 1 2  How much control do you have of Complete control 1 2  For me to eat a low fat diet from Extremely easy 1 2  Thankyou for you If you have any additional control cont	Complete control 1 ② 3  What is the likelihood that if you tried Likely 1 ② 3  How much personal control do you fediet from now on?  Complete control 1 2 ③  How certain are you that you could each not at all certain 1 2 3  The number of events outside my confrom now on are  Numerous 1 2 3  How much control do you have over Complete control 1 2 ③  For me to eat a low fat diet from now Extremely easy 1 2 ③  Thankyou for your heads to the state of the stat	Complete control 1 ② 3 4  What is the likelihood that if you tried you Likely 1 ② 3 4  How much personal control do you feel diet from now on?  Complete control 1 2 ③ 4  How certain are you that you could eat a Not at all certain 1 2 3 4  The number of events outside my controf from now on are  Numerous 1 2 3 4  How much control do you have over when Complete control 1 2 ③ 4  For me to eat a low fat diet from now on Extremely easy 1 2 ③ 4  Thankyou for your help  If you have any additional comments	Complete control  1 ② 3 4 5 6  What is the likelihood that if you tried you won  Likely  1 ② 3 4 5 6  How much personal control do you feel you well diet from now on?  Complete control  1 2 ③ 4 5 6  How certain are you that you could eat a low to the number of events outside my control which from now on are  Numerous  1 2 3 4 5 ⑥  The number of events outside my control which from now on are  Numerous  1 2 3 4 5 ⑥  How much control do you have over whether  Complete control  1 2 ③ 4 5 ⑥  Thankyou for your help in con  If you have any additional comments to many additional comme	Complete control  1 ② 3 4 5 6 7  What is the likelihood that if you tried you would be Likely  1 ② 3 4 5 6 7  How much personal control do you feel you would diet from now on?  Complete control  1 2 ③ 4 5 6 7  How certain are you that you could eat a low fat diet in the number of events outside my control which confrom now on are  Numerous  1 2 3 4 5 ⑥ 7  The number of events outside my control which confrom now on are  Numerous  1 2 3 4 5 ⑥ 7  How much control do you have over whether you  Complete control  1 2 ③ 4 5 6 7  For me to eat a low fat diet from now on would be Extremely easy  1 2 ③ 4 5 6 7  Thankyou for your help in completing the property of t	Complete control  1 2 3 4 5 6 7  How certain are you that you could eat a low fat diet for the Not at all certain  1 2 3 4 5 6 7  The number of events outside my control which could from now on are  Numerous  1 2 3 4 5 6 7  How much control do you have over whether you do complete control  1 2 3 4 5 6 7  For me to eat a low fat diet from now on would be  Extremely easy  1 2 3 4 5 6 7  Thankyou for your help in completing If you have any additional comments to make, ple

Please return this questionnaire using the FREEPOST envelope provided.

If you have any problems or queries, please contact Rachel Povey, on 0113-2335714.

#### **Attitudes Towards Low Fat Diets: Part 2**

Thankyou for completing Part 1 of this questionnaire.

Part 2 of the questionnaire is concerned with your views and opinions about your current diet, and also about the content of your current diet. For each question, please tick the most appropriate box or circle the number that best represents your own opinions or views. Once again, all answers will be treated in the strictest confidence. The answers that you provide will be stored as codes on the computer to enable us to look at general trends, rather than individual responses. No individual responses will be reported. As required under the Data Protection Act (1984), your details held by us on computer are available to you on request.

When you have completed this questionnaire, please return using the FREEPOST envelope provided to: Rachel Povey, Attitudes Research Project, Health Promotion Research Group, University of Leeds, FREEPOST LS3018, Leeds, LS2 1YY.

On receipt of this completed questionnaire, we will send you a cheque for £5. Please allow 21 days for receipt of your cheque. Please write below the name to which you would like the cheque to be written out to, your name (if different), and your address:

Cheque to be made payable to (block capitals please)				
Your name and address (block capitals please)	nesyddigdd, sae d			
UAROA A A RIP MOTE WITH THE MOTE AND A REPORT OF THE PROTECT OF TH				
S I think of novelf as a "healthy exter".		mu Q	ind verV	
Signature:	Date:			

Thankyou again for participating in this research.

Yours sincerely,

Rachel Povey
Research Assistant
Health Promotion Research Group
University of Leeds

### Section 1: Views about your current diet

The following questions concern your views and opinions about your **current diet**. There are no right or wrong answers, we are just interested in your point of view. In each case, please <u>tick the box</u> or <u>circle the number</u> which you feel most accurately describes your opinion.

1. I	would describe my die	t as:							(Ci	rcle one numbe	er per line)
	Bad	1	2	3	4	5	6	7	Good		
	Beneficial	1	2	3	4	5	6	7	Harmful		
	Unpleasant	1	2	3	4	5	6	7	Pleasant		
	Favourable	enir or 1 25 A Res	2	3	4	5	6	7	Unfavoural	ole	
	Negative	1	2	3	4	5	6	7	Positive		
	Satisfactory	1	2	3	4	5	6	7	Unsatisfact	ory	
	Enjoyable	1	2	3	4	5	6	7	Unenjoyab	e pado atoy in le nan may .cl.;	
2. D	. Do you think your current diet is :									(Tick one box	only)
	Very Healthy Slightly healthy healthy		50g					Slightly unhealthy	Unhealthy	Very unhealthy	
						1101		canny			
3. V	Vould you say the fat o	ontent	in	you	іг с	urr	ent	diet is:		(Tick one box	only)
Very I	ow Low	Fairl	y lo	w		N	∕ledi	um I	Fairly high	High	Very high
4. V	Vould you say the <u>fruit</u>	conte	nt i	n y	our	cui	ггег	nt diet i	s:	(Tick one box	c only)
Very l	ow Low	Fairl	y Io	w		N	∕ledi	ium ]	Fairly high	High	Very high □
5. V	Vould you say the veg	etable	con	ten	t in	yo	ur c	current	diet is:	(Tick one box	x only)
Very	low Low	Fair	ly lo	w		N	∕Iedi	ium I	Fairly high	High	Very high  ☐
6. V	Would you say the fibro	e conte	ent i	in y	oui	r cu	ırre	nt diet i	is:	(Tick one bo	x only)
Very		Fair I	ly lo	w		N	Med:	ium ]	Fairly high	High	Very high

7.	I am eating a low fat diet	at th	e n	non	nent				
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
8.	I have tried to eat a low f	at di	et i	n th	ie p	ast	mo	nth	treffice year of the street of the questions if the question
	Strongly agree	sno <sup>1</sup>	2	3	4	5	6	7	Strongly disagree
9.	I tend to eat foods that ar	e lov	v in	fa					
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
10.	I tend to eat foods that ar	e hig	şh iı	n fa	t:				
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
11.	Compared to an average	perso	on c	of y	our	ag	e ai	nd s	ex in the U.K., would you say that you:
	Eat much more fat	1	2	3	4	5	6	7	Eat much less fat
12.	To what extent do you be that fat provides no more	lieve than	yc 35	our	fat i	inta he f	ke foo	cor d er	responds to the dietary recommendations i.e. nergy in your diet?
	Not at all	1 aper	2	3	4	5	6	7	To a very great extent
13.	I think of myself as a "hea	ılthy	eat	er"					
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
14.	I think of myself as some	one v	vho	is	con	cer	ned	wi	th healthy eating.
	Strongly agree			3	4	5	6	7	Strongly disagree
15.				is	con	cer	ned	ab	out the health consequences of what I eat.
	Strongly agree			3	4	5	6	7	Strongly disagree
16.	I think of myself as some	one v	vho	en	joys	s th	e p	leas	ures of eating.
	Strongly agree	1	2	3	4	5	6	7	Strongly disagree
									Please turn or

### **Section 2 : Your Eating Habits**

The following questions concern your eating habits. In each case, please <u>tick the box</u> or <u>circle the number</u> which you feel most accurately describes your opinion.

1. For the following questions, if the question does not apply to the way you eat, tick "not applicable".

In tl	he PAST	MONTH, ho	ow often did	you	ļ.					sually	Often	Sometimes	Rarely	Not
\ **					1 10				or	Always			or Never	Applicable
		ing chicken, ha			lea					Hast o		silt ab pil 185	or level	
		ing chicken, ta			100000000		.11 .	- 0		Н			01 1 01 1	
POLICE CONTRACTOR		atless tomato s					ale	S!		H		angenir no		
		ing red meat,		-		5?								
		ing red meat, o		ible Ia	it?						I bal poss			
,		getarian dinne		-40							i duident	seema ∐ sek eh mik tasa	of leaf	
		or chicken inste	ead of red me	eat?								(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)		
,		med milk?	-nicesib vic							Hε	2 1 -			
		at or diet chees			1	0				Media de la companya del companya de la companya de la companya del companya de la companya de l	P. Francisco Control			
		or margarine		1000										
		d or baked pot						gan	ine!	100 30		distant proof b	ensquiri	
		calorie instead	and the second s	iad dr	essi	ng.	!						V-02-2-0-0	
		ly fruit for des			.11		1:	0	3			10 mms 65		
		st two vegetal				at C	шш	er?						
		raw vegetable				. 0						님	H	
p) E	cat breac	l or rolls witho	out butter or	marga	ırıne	e!				india e co		s ar ear feisikk	Paradar aff	2000
	2.	How often d	lo you use da	iry pr	odı	icts	?							
			ery great es	7 2 07										
			Never	1	2	3	4	5	6	7	Frequen	tly		
•														
	3.	How often d	lo you choos	e low	fat	alte	erna	ativ	es (	(such as	s low fat yo	ghurt, or lov	w fat sprea	ds?)
			ANTERNO LIE	Catholica Co.	_	2		-	_	-				
			Never	1	2	3	4	5	6	7	Always			
	4	Many after d		o alea e					ماء	o o o loto	anlena ma	atrice and his	anita?	
	4.	now often o	lo you eat sn			1 as				iocolate		istries and bi		
			Never		2	3					Frequen			
			Nevel	1	2	,	7	,	٥	,	riequen	шу		
	5.	How often d	lo you fry foo	ode?										
	<i>J</i> .	How offen c	lo you my lo	ous:										
			Never	1	2	3	4	5	6	7	Frequen	tly		
			Nevei		2	,		,	U	•	rrequen	uy		
	6.	How often o	lo you replac	e mea	at w	rith	veg	geta	able	s, potat	toes or pul	ses?		
			sampe Lie Ar					8						
			Never	1	2	3	4	5	6	7	Always			
		(SWATE												

7. In the following section, please answer ALL the questions. Select the answer that best applies to your situation and TICK the appropriate column. Only tick <u>one</u> box on <u>each</u> line (i.e., one tick per food). If you make a mistake, put a cross through the incorrect tick and then tick the correct answer.

For example: How often do you eat the following foods? (tick the appropriate box on each line)

		2 or more times a day	Every day	3-5 times a week	1-2 times a week	1-3 times a month	Rarely- never
Milk (including in tea or coffee)	Whole	12		(Albei 🗖 rag lis	10 to 0 to	ig , gi 🖸 ili T	
	Semi- skimmed					Ο.	
	Skimmed				ant l	Q/	

How often do you eat each of the following foods? (tick the appropriate box on each line)

Please record what you normally eat and drink:

	2 or more times a day	Every day	3-5 times a week	1-2 times a week	1-3 times a month	Rarely- never
Milk (including in tea/coffee) :Whole				o bas	ntgrådjary bø	#6\8
:Semi-skimmed					Daniel Carps	an W
:Skimmed						
Butter						
Margarine (e.g., Stork, Clover)					Harris Sanda	
Polyunsaturated margarine (e.g., Flora, sunflower)				dodo min th	nî , 9 👝 🚉	blo -
Low fat spreads (e.g., Outline, Gold)	m re- arded	that o				
Ice cream	car e 🛮 Lhec				B) 51 0 10 10	
Yoghurt, Fromage Frais						
Cheese (e.g., cheddar, cream cheese)						
Low fat cheese (e.g., cottage, reduced fat cheese)						
Eggs - fried				er n Dyes	grad (Drygger	
Eggs - not fried (boiled, poached, in baking)						
Cheese and/or egg dishes					1000	
	2 or more times a day	Every day	3-5 times a week	1-2 times a week	1-3 times a month	Rarely- never
MEATS AND FISH	La Lie					
Beef - roast/steak		. Do9	pldstenv bid		velid <b>D</b> isjay	
Lamb - roast/chops						
Pork - roast/chops				((e.f.   dab))	illust prod	nadiO_
Chicken, turkey or other poultry		_ (II	am Olg vita	D ,950 .3 8	) sede 📋 okta	logoV 🛮 –
Bacon or gammon				lari dus	n sqip - 32	diskon 🛮
Meat dishes (e.g., stew, curry, chilli)					bolid I	
Canned meats (e.g., corned beef, ham)						
Sausages or beef burgers						
Liver, kidney, paté (other offal products)						

#### How often do you eat each of the following foods? (tick the appropriate box on each line)

tok 6-2 cox on gara me (i.e., ose nok per correct ock and then lick the correct mayers and secure of the contract of the contr	2 or more times a day	Every day	3-5 times a week	1-2 times a week	1-3 times a month	Rarely- never
MEATS AND FISH ctd.	25000.28	const su,				
Sausages or beef burgers Liver, kidney, paté (other offal products) Sausages or beef burgers Liver, kidney, paté (other offal products)	0 0 0	000		0	0	_ _ _
Fish and seafood - not fried - fried - canned (e.g., tuna)	icodies DJ					
Market Market Server of Fed meat?  Millians shows a server of Fed meat?	2 or more times a day	Every day	3-5 times a week	1-2 times a week	1-3 times a month	Rarely- never
BREAD AND CEREALS						
White bread Brown/granary bread Wholemeal bread (including chapattis) Sweet biscuits (plain and chocolate) Crackers/crisp bread	0 0 0 0		_ _ _ _			0
Cakes/buns/pastries Puddings (e.g., fruit pies, cheesecake)						
Breakfast cereal:  - High fibre (e.g., bran flakes, Weetabix)  - Ordinary (e.g., cornflakes, rice krispies)  - Muesli  Rice or pasta			0		0 0 0	
FRUIT AND VEGETABLES						
Apples, pears Oranges, grapefruit or other citrus fruit Bananas Green vegetables (e.g., cabbage, peas)						
Carrots, tomatoes (fresh or canned)  Other regetables (including soled regetables)	3 4 0 5		reque Diff		ere q D. 21	
			0 0 0		0 0 0	

How often do you eat each of the following foods?	(tick the appropriate box on each line)
---	---

	2 or more times a day	Every day	3-5 times a week	1-2 times	1-3 times	Rarely- never
BEVERAGES	with state the	A upil o		nat your o	had see	202
Beer or lager	el hor <u>o</u> lehi					
Wine, sherry or spirits						
Tea or coffee						
Squash or fizzy drinks						
Low calorie drinks	numer . Day 1.5					
Pure fruit juices						
MISCELLANEOUS						
Chocolate	NYY O					
Sweets						
Sweet spreads (e.g., jam, marmalade)						
Sugar (e.g., in tea/coffee, on cereal)	No. 1942 District					
Crisps and savoury snacks	May D		aby a diversi			
Nuts (including peanut butter)						
Sauces and pickles (e.g., ketchup, Branston)			Ō			
Salad oils, dressings, mayonnaise				ō		
Are there any other foods that have not be Please write what they are and how often	een recorded t you eat them: 2 or more	hat you r	egularly eat	t? irtuz (sass)(13		
	times a	Every	3-5 times	1-2 times	1-3 times	Rarely-
	day	day	a week	a week	a month	never
	<del></del> ) /5 Great					
21	#87.17.40J.E		0			
	- SU:0-1					
PLEASE COMPLETE THE FOLLOWIN	IG QUESTIO	NS ABO	UT YOUR	SELF:		
8. How tall are you?feet	inc	hes OR	(YOU TO	netres		
9. How much do you weigh?stor	ieslbs	OR		Kgs		

## **Smoking Questionnaire**

You have the right to decide not to complete the questionnaire if you don't want to.

But please tick this box if you are happy to take part in this study  $\rightarrow 1$ 

We'll never ask for your name when you do this questionnaire

There are no right or wrong answers  $\odot$ 

Your parents and teacher won't see your results. They're private.

### My 4-letter Password

First & last letters of my important female name

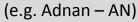






(e.g. Sarah – SH)

First & last letters of my important male name



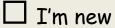




Not sure of the exact names you chose, e.g. Rebecca or Becky? Andrew or Andy? No problem © Please just write down the different names they're known by here:

Please fill in the password boxes above with the same password you've been using for this University research.

Are you a new student? Please tick here I'm new 🌉





You'll need to create a 4-letter password and write it in the boxes above plus note it down somewhere safe.

Your teacher or University researcher will be able to help - just ask  $\odot$ .

1.	a) I am:	□ a boy	□ a girl	b) My age: years						
2.	Do you smok	ke cigarette	s these days	∕s? □ Yes □ No						
3.	Who smokes moment:	in your far	nily now? Tio	ick <b>all</b> the people who smoke at the						
	☐ Mum (includi	ng step-mum)	☐ Dad (includ	ding step-dad) 🛘 Grandma 🗖 Grandad						
	$\square$ Older brother (including step-brother) $\square$ Younger brother (including step-brother									
	$\square$ Older sister (including step-sister) $\square$ Younger sister (including step-sister)									
	□ Other people. Who? Please list in this box→									
	☐ No-one smok	es in my famil	у							
4.	Read the fo	_	ements care	efully and tick the <u>ONE</u> that						
	□ I have nev	ver smoked								
	$\square$ I have onl	y ever tried s	moking once							
	☐ I used to	smoke sometii	mes, but I neve	er smoke cigarettes now						
	$\square$ I sometim	nes smoke cigo	arettes now, but	ut I don't smoke as many as one a week						
	□ I usually s	moke betweer	n one and six cig	igarettes a week						
	☐ I usually s	smoke more th	an six cigarett	tes a week						

5.	ONLY answer this question if you have <u>never smoked</u> or <u>only tried it</u> <u>once.</u>
a)	Put a tick beside the statement that best describes you:
	☐ I have <b>never</b> had one puff of a cigarette
	$\square$ I did <b>once</b> have a puff of a cigarette
	$\square$ I have <b>tried smoking a few times</b> , but I never smoke now
	$\square$ I do <b>sometimes smoke cigarettes</b> , but not as many as one a week
b)	How many times have you been offered a cigarette?  Please answer in this box-  times
c)	How many times did you smoke the cigarette?  Please answer in this box-  times
d)	What did you usually do or say when offered a cigarette? Please write in this box-
6.	How many of your friends smoke?
	All of them Most but not all Half and half Only a few None of the

## For these next questions, tick $\underline{ONE\ box\ per\ question}$ to show what you think.

7	.a) I am confident I could resist smoking:	strongly [ disagree			strongly agree
	b) For me to not smoke would be:	difficult			easy
	c) How much control do you feel you have over not smoking?	no control			complete control
8.	. a) Most of my friends think	I should smoke			I should not smoke
	b) My best male friend thinks	I should smoke			I should not smoke
	c) My best female friend thinks	I should smoke			I should not smoke
	d) My family think	I should smoke			I should not smoke
	e) People who are important to me think	I should smoke			I should not smoke
9.	. a) I plan not to smoke:	strongly disagree			strongly agree
	b) I don't want to smoke:	strongly disagree			strongly agree
	c) I will try not to smoke:	strongly disagree			strongly agree

10.	a) I can say no to	0 : strongly disagree						strongly agree		
	b) I can say no to offered a cigo	n strongly disagree						strongly agree		
	c) I can say no to friends want n		ven if my	strongly disagree						strongly agree
	d) I can say no t the only one in									strongly agree
	e) I can say no to a bit left out			strongly disagree						strongly agree
	f) I can say no to like smoking:	o smoking, ev	ven if I fee	strongly disagree						strongly agree
11.	Tick one box	for each o	question (	questions	a,b,	c,d,e	e,fa	nd g	) to	
	show what you	u think.	•							
		Fo	ing would b	e						
	a)	bad			go	od				
	b)	harmful			be	neficial				
	c)	unpleasant			ple	easant				
	d)	unenjoyable			en	joyable				
	d) e)	unenjoyable foolish			en,					
		- '				se				



# These questions ask about your experience of e-cigarettes and/or vapourisers

12	An e-cigarette or vapouriser is a tube that sometimes looks like a normal cigarette and has a glowing tip. They all puff a vapour that looks like smoke but unlike normal cigarettes, they don't burn tobacco.								
	Have you ever heard of e-cigarettes or vapourisers? (Please tick one box)								
	☐ Yes I have	□ No I haven't	☐ I don't know						
13.	.Which ONE of the following is closest to describing your experience of e-cigarettes or vapourisers? (Please tick one box)								
	$\square$ I have never used t	hem							
	$\square$ I have tried them o	nce or twice							
	$\square$ I use them sometim	nes (more than once a mont	h but less than once a week)						
	$\square$ I use them often (n	nore than once a week)							
Tŀ	nese last questi	ions ask about ho	w you are today ല 🕾 😊						
Tł	nese last questi Instructions	ions ask about ho	w you are today 🙂 🕾 😊						
Tŀ	<u>Instructions</u> These next 9 questions		e <b>today</b> . For each question,						
TI	Instructions These next 9 question read all the choices of	ons ask about how you ar and decide which one is r	e <b>today</b> . For each question,						
Tŀ	Instructions These next 9 question read all the choices of the put a tick in the each question.	ons ask about how you ar and decide which one is r	e <b>today</b> . For each question, nost like you <b>today</b> . ☑. Only tick <b>one</b> box for						

Now think about and answer the rest of the questions over the page

	Worried I don't feel worried today I feel a little bit worried today I feel a bit worried today I feel quite worried today I feel very worried today
	Sad I don't feel sad today I feel a little bit sad today I feel a bit sad today I feel quite sad today I feel very sad today
3. 	Pain I don't have any pain today I have a little bit of pain today I have a bit of pain today I have quite a lot of pain today I have a lot of pain today
	Tired I don't feel tired today I feel a little bit tired today I feel a bit tired today I feel quite tired today I feel very tired today
5. 	Annoyed I don't feel annoyed today I feel a little annoyed today I feel a bit annoyed today I feel quite annoyed today I feel very annoyed today
6.	School Work/Homework (such as reading, writing, doing lessons) I have no problems with my schoolwork/homework today I have a few problems with my schoolwork/homework today I have some problems with my schoolwork/homework today I have many problems with my schoolwork/homework today I can't do my schoolwork/homework today

7. 	Sleep Last night I had no problems sleeping Last night I had a few problems sleeping Last night I had some problems sleeping Last night I had many problems sleeping Last night I couldn't sleep at all
8.	Daily routine (things like eating, having a bath/shower, getting dressed)
	I have no problems with my daily routine today
	I have a few problems with my daily routine today
	I have some problems with my daily routine today
	I have many problems with my daily routine today
	I can't do my daily routine today
9.	Able to join in activities (things like playing out with your friends, doing sports, joining in things)
	I can join in any activities today
	I can join in with most activities today
	I can join in with some activities today
	I can join in with a few activities today
	I can join in with no activities today

Thank you very much for filling this in for us. Was there anything you didn't understand? Please tell us:



# **Description of Study on Prolific Academic Website**

Physical Activity Study - Two part

This is a two part study that will ask you to answer some questions about physical activity over the next month.

The first part of the study will take approximately 8 minutes to complete.

After one month, you will be invited via email to take part in the second part of the study. This second questionnaire will take approximately 5 minutes to complete.

Please only complete the first survey if you are happy to also complete the second survey. Both parts combined will give you a total of £2.50 after completion.

The study has been approved by the University of , School of Psychology Ethics Committee (Ref: XXX, Date XXX).

## Participant Information Sheet and Consent Form (Each Questionnaire)

You are being invited to take part in the 'Behaviour Study' conducted by researchers at the University of Leeds. This is a two part study and in this study, we are particularly interested in investigating the factors that influence your participation in physical activity over the next month.

The first session of this study will take approximately 8 minutes to complete. First you will be asked to provide some basic demographic details (e.g., age, gender, education, employment status), followed by some questions on your thoughts towards performing physical activity over the next month and some more general questions about your thoughts and feelings.

One month after you complete the first questionnaire, you will be emailed via Prolific Academic to invite you to complete another short questionnaire which will take approximately 5 minutes to complete.

All your information will be kept confidential, and we will never ask you to provide you with personal information such as name or email address. We will not be able to see this personal information on the Prolific Academic website either.

Please make sure that you fill in your Prolific Academic ID correctly, as we will use this to invite you to participate in the second part of the study, and will also use it to ensure that you receive the payment for your participation.

Although we would really appreciate it if you would complete both parts of the study, you are free to withdraw from the study at any time by not completing either questionnaire.

Once you have completed the second questionnaire, you will be debriefed about the aims of the study.

If you have any questions at any time, feel free to contact the research team (insert study email address) or the Principal Investigator ).

It is your decision whether you want to take part in the study, by clicking continue at the bottom of this page, you are indicating your consent to take part. However, you will still be free to withdraw at any time without giving a reason. All the data collected from you during the experiment will be kept completely confidential, and you will not be able to be identified in any reports or publications of the findings.

#### Consent Declaration

Odischi Dediaration
I confirm that I have read and understand the information sheet explaining the above research project and I have had the opportunity to contact the researchers about the project if I have any questions.
□ I agree
I understand that I remain free to withdraw from the study at any time without giving a reason and without there being any negative consequences.
□ I agree
I understand that once my responses to either questionnaire are submitted, my responses will be anonymised and my data cannot be withdrawn.
□ I agree

I agree for the data collected from me to be used in further research.

□ I agree
I understand that I will not be able to be identified by any reports or publications as all data is anonymous and I will be identified only by a code.
□ I agree
I agree to participate in this research (questionnaires at time 1 and 2)
□ I agree
This research has received ethical approval by the University of Committee (ref:xxx-xx, date: xx/xx/xx).

## **Debrief Sheet**

Thank you for taking part in the behaviour study. This debrief sheet will provide you with more information about the aims of the research.

In this study, we tested:

- 1) Whether different patterns of attitudes were most strongly related to engagement with physical activity over a one month period.
- 2) Whether thoughts or feelings were more or less important in driving physical activity in those with different views (e.g., had consistent or mixed attitudes to physical activity).

The following website provides details of key health behaviours and their links to health outcomes:

https://www.nhs.uk/news/food-and-diet/healthy-behaviours-extend-life/

If you have any other questions, please contact the research team on [insert study email address], or the Principal Investigator Professor ).

This research has received ethical approval by the University of School of Psychology Ethics Committee (ref:xxx-xx, date: xx/xx/xx).

### **Questionnaires**

# **Time 1 Questionnaire**

#### **Demographics**

- 1. Age
- 2. Gender
- 3. Nationality
- 4. Ethnicity
- 5. Highest Education level
- 6. Employment status
- 7. SES (Income, SES ladders)
- 8. Number of people in household
- 9. Postcode/Zipcode

The next set of questions refer to **engaging in the recommended levels of physical activity each week**. This involves engaging in a minimum of 150 minutes of moderate activity (e.g. cycling or fast walking) or 75 minutes of vigorous activity (e.g. running), or a mixture of vigorous and moderate activity every week plus strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

10. My engaging in the recommended levels of physical activity each week over the next month would be: (1 not at all - 7 extremely)

## (Evaluative)

Bad

Good

Negative

positive

unfavourable

Favourable

Unimportant

Important

#### (Affective)

Unenjoyable

Enjoyable

Unpleasurable

Pleasurable

Boring

Exciting

Disagreeable

Agreeable

#### (Cognitive)

Úseless

Useful

Harmful

Beneficial

Unhealthy

Healthy

Worthless

valuable

- 11. I plan to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 12. I intend to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree)
- 13. I will make an effort to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 14. I will definitely try to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 15. I am going to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).

	In relati conflict		y <b>engag</b> i 2	ing in the 3	recomn 4	nended l 5	evels of p 6	physical : 7	activity e 8	each weel	k I feel Maximu	ım conflict
	In relati <b>ndecisio</b>		y <b>engag</b> i 1	ing in the	e recomn 3	nended l 4	evels of p 5	physical a	activity 6 7	each weel 8	<b>k</b> I feel 9	Maximum indecision
	In relati i <b>r reacti</b> o		y <b>engag</b> i 1	ing in the 2	e recomn	nended l 4	evels of <b>j</b> 5	physical : 6	activity 6 7	each weel 8	<b>k</b> I feel 9	Mixed reactions
		•	nonth, h	ow many	weeks	did you	engage :	in the re	ecomme	nded lev	vels of pl	hysical activity?
	( v		y did you	ı engage	in the	recomm	ended l	evels of	physical	l activity	y each w	reek over the last
	month?	(1 neve	er – 7 alv	ways)								
21.	Over th	e last m	onth, <b>I</b>	engaged	in the r	ecommo	ended le	evels of p	physical	activity	each we	eek (1 never – 7
	always	)										
22.	Over th	ne last i	month,	how ma	ny mini	utes of 1	modera	ite activ	r <b>ity</b> did	you eng	gage in e	each week?
	minute	s per w	eek.									
23.	Over th	ne last i	month,	how ma	ny mini	utes of v	vigorou	ıs activi	<b>ty</b> did y	ou enga	age in ea	ach week?
	minute	s per w	eek.									
24.	Over th	ne last i	month,	how day	s did y	ou <b>eng</b> a	nge in s	trength	exercis	ses that	work al	l the major
	muscle	es?	_ days o	over mo	nth.							

- 25. I want to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 26. **Engaging in the recommended levels of physical activity each week** over the next month is something I really desire to do (1 Strongly disagree 7 Strongly agree).

- 27. I desire to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 28. **Engaging in the recommended levels of physical activity each week** over the next month is something I really do not want to do (1 Strongly disagree 7 Strongly agree).
- 29. I feel I should **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 30. I feel I ought to **engage in the recommended levels of physical activity each week** over the next month (1 Strongly disagree 7 Strongly agree).
- 31. **Engaging in the recommended levels of physical activity each week** over the next month is not something I do (1 Strongly disagree 7 Strongly agree).
- 32. Engaging in the recommended levels of physical activity each week over the next month is something I ... (1 Ought not to do 7 Ought to do).
- 33. To what extent do you feel you need to **engage in the recommended levels of physical activity each week** over the next month (1 Not at all 7 An extremely great extent).
- 34. I would prioritize **engaging in the recommended levels of physical activity each week** over other goals important to me over the next month (1 Strongly disagree 7 Strongly agree).
- 35. For me, ensuring I **engage in the recommended levels of physical activity each week** over the next month is a... (1 Low priority 7 High priority).
- 36. **Engaging in the recommended levels of physical activity each week** over the next month is not a high priority for me (1 Strongly disagree 7 Strongly agree).
- 37. When I think of things I want to achieve, engaging in the recommended levels of physical activity each week over the next month is near the top of my list (1 Strongly disagree 7 Strongly agree).
- 38. If I did not **engage in the recommended levels of physical activity each week** over the next month I would regret it (1 Strongly disagree 5 Strongly agree).
- 39. If I did not **engage in the recommended levels of physical activity each week** over the next month I would feel guilty (1 Strongly disagree 5 Strongly agree).
- 40. If I did not **engage in the recommended levels of physical activity each week** over the next month I would feel sad (1 Strongly disagree 5 Strongly agree).
- 41. If I did not **engage in the recommended levels of physical activity each week** over the next month I would feel disappointed(1 Strongly disagree 5 Strongly agree).
- 42. If I did **engage in the recommended levels of physical activity each week** over the next month I would feel proud (1 Strongly disagree 5 Strongly agree).
- 43. If I did **engage in the recommended levels of physical activity each week** over the next month I would feel joy (1 Strongly disagree 5 Strongly agree).
- 44. If I did **engage in the recommended levels of physical activity each week** over the next month I would feel happy (1 Strongly disagree 5 Strongly agree).
- 45. If I did **engage in the recommended levels of physical activity each week** over the next month I would feel satisfied (1 Strongly disagree 5 Strongly agree).

# **Time 2 Questionnaire**

The next set of questions refer to engaging in the recommended levels of physical activity each week. This involves engaging in a minimum of 150 minutes of moderate activity (e.g. cycling or fast walking) or 75 minutes of vigorous activity (e.g. running), or a mixture of vigorous and moderate activity every week plus strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

My engaging in the recommended levels of physical activity each week over the next month would be: (1 not at all – 7 extremely) (Evaluative) Bad

Good

Negative

positive

unfavourable

Favourable

Unimportant

**Important** 

(Affective)

Unenjoyable

Enjoyable

Unpleasurable

Pleasurable

**Boring** 

Exciting

Disagreeable

Agreeable

(Cognitive)

Useless

Useful

Harmful

Beneficial

Unhealthy

Healthy

Worthless

valuable

- 2. I plan to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree 7 Strongly agree).
- 3. I intend to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree - 7 Strongly agree)
- 4. I will make an effort to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree – 7 Strongly agree).
- I will definitely try to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree – 7 Strongly agree).
- I am going to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree – 7 Strongly agree).

7.	In relat	ion to my	y engagi	ng in the	recomn	nended le	evels of p	hysical a	activity e	ach week	k I feel
No confli	ict	1	2	3	4	5	6	7	8	9	Maximum conflict
8.	In relat	ion to my	y engagi	ng in the	recomn	nended le	evels of p	hysical a	activity e	ach week	I feel
No indec	cision	1	2	3	4	5	6	7	8	9	Maximum indecision

2. In relation to my <b>engaging in the recommended levels of physical activity each week</b> I feel  Clear reactions 1 2 3 4 5 6 7 8 9 Mixed reactions	
10. Over the past month, how many weeks did you engage in the recommended levels of physical activity?	
( weeks)	
11. How frequently did you <b>engage in the recommended levels of physical activity each week</b> over the last	
month? (1 never – 7 always)	
12. Over the last month, I engaged in the recommended levels of physical activity each week (1 never – 7	
always)	
13. Over the last month, how many minutes of <b>moderate activity</b> did you engage in each week?	_
minutes per week.	
14. Over the last month, how many minutes of <b>vigorous activity</b> did you engage in each week?	
minutes per week.	
15. Over the last month, how days did you <b>engage in strength exercises</b> that work all the major	
muscles? days over month.	
16. I want to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagram)	ree
7 Strongly agree).	
17. <b>Engaging in the recommended levels of physical activity each week</b> over the next month is something I really des	ire

- to do (1 Strongly disagree 7 Strongly agree).
- 18. I desire to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree - 7 Strongly agree).
- 19. Engaging in the recommended levels of physical activity each week over the next month is something I really do not want to do (1 Strongly disagree – 7 Strongly agree).
- 20. I feel I should engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree – 7 Strongly agree).
- 21. I feel I ought to engage in the recommended levels of physical activity each week over the next month (1 Strongly disagree – 7 Strongly agree).
- 22. Engaging in the recommended levels of physical activity each week over the next month is not something I do (1 Strongly disagree – 7 Strongly agree).
- 23. Engaging in the recommended levels of physical activity each week over the next month is something I ... (1 Ought not to do - 7 Ought to do).
- 24. To what extent do you feel you need to engage in the recommended levels of physical activity each week over the next month (1 Not at all -7 An extremely great extent).