Institute of Psychological Sciences University of Leeds

#### **INSTRUCTIONS FOR COMPLETION**

Many thanks for agreeing to take part in this questionnaire study. Please read the following instructions carefully.



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Many thanks for agreeing to take part in this questionnaire study. Please read the following instructions carefully.

- 1)There are questions on both sides of each page.
- 2) The questionnaire is split into 5 sections.
- -section A is about general background information.
- -section B is about knowing your health behaviours.
- -section C includes thought about health behaviours.
- -section D is about how you have been feeling?
- -section E is about how are you feeling now?

Please answer all questions honestly and by yourself. This not a test. Many of the questions have no right or wrong answers. We are interested in what <u>you</u> think. Remember that the questionnaire is entirely confidential and anonymous. You are under no obligation to answer any questions you do not wish to.

#### **MOVING ON...**

Please answer *ALL* questions quickly and honestly even if you think some of the questions seem strange. **MAKE SURE YOU READ EACH QUESTION CAREFULLY**. There will be a chance for comments at the end for the questionnaire.

FINALLY, REMEMBER TO ANSWER QUESTIONS ON BOTH SIDES OF THE PAGE!

#### **SECTION A: GETTING STARTED**

# **Background information 1.** What age were you on your last birthday? **2.** Are you: (please tick one box) Married Living with partner ☐ In a relationship **3.** Do you have any children? (please tick one box) $\square$ 1 $\square$ 2 $\square$ 3 $\square$ 4 $\square$ 5 $\square$ 6+ None 4. Gender? female male **5.**Year of study? (please tick one box) $\square$ 1 $\square$ 2 $\square$ 3 $\square$ 4 $\square$ PG **SECTION B: KNOWING HEALTH BEHAVIOUR?** Instruction The following items relate to health behaviours. Please read the guestion carefully and tick the appropriate box. If you don't know the answer, mark "not sure" rather than guess. The next few items are about your dentist check 1) Which of the following drinks is the least likely to wear away your teeth? a) diet cola b) water c) sugar-free squash d) not sure 2) What does dental plaque lead to? a) inflammation of the gum b) staining of the teeth c) dental caries d) not sure The next few items are about brushing teeth 3) The reason we brush our teeth is? a) to remove bacteria from tooth surfaces □b) to remove food particles from tooth surfaces $\square$ c) both (a) and (b)

4) Does fluoride in toothpaste make any difference to the health of your teeth?

c) it isn't dangerous, but a herbal toothpaste without fluoride is just as effective d) nobody really knows because there haven't been many studies into the area.

☐a) the fluoridation of toothpaste has hugely improved oral health

d) not sure

b) no, it makes not difference at all

# The next few items are about eating fruits and vegetables 5) Fruits and vegetables can play a role in ☐a) weight management. b) reducing certain kinds of diseases □c) (a) and (b) d) not sure 6) The recommendation is to eat at least 5 portions of fruits and vegetables each day. Which of the following **does not** count as a portion? a) a baked potato b) two tablespoon of frozen vegetables □c) a glass of orange juice d) not sure The next few items are about eating low fat diet 7) Which of the statement is **true** about eating low fat diet? a) A healthy diet means a fat free diet b) Low fat diets only benefit people who are overweight c) Eating low fat diet can prevent heart disease and stroke d) not sure 8) Which of the following **do not** contain high level of saturated fat? a) fried fat food b) white sugar c) red meat d) not sure The next few items are about your knowledge on taking vitamins and supplements 9) Women who are planning to get pregnant should increase the intake of a) vitamin D b) sugar c) folic acid d) not sure 10) A deficiency of this mineral causes anaemia ☐a) magnesium c) zinc d) not sure The next few items are about physical activity 11) Physical inactivity is \_\_\_\_\_ dangerous to your health as smoking. a) less b) more □ c) as d) not sure 12) \_\_\_\_\_is one of the best ways to improve health through physical activity for the majority of the people. a) Walking b) Dancing c) Climbing the stairs d) not sure The next few items are about drinking alcohol 13) You can sober up by a) drinking lots of black coffee b) taking a cold shower c) none of the above d) not sure

alcohol?	denyurates y	ou. How mar	iy units of	water does it take t	o process one unit o
□a) 1	☐ b) 3	☐ c) 8	☐ d) no	ot sure	
The next fe	w items are	about your k	nowledge	on smoking	
a) smokin	g just a few on the second graph of the second	•	s:		
16) What ma ☐a) nicotine ☐ c) it taste		additive?	☐ b) it	makes you look co t sure	ool
The next fe	w items are a	about self br	east exam	nination (if you are	e female)
17) How ofte a). once a c). once e	a month	n for breast ca	ancer shou [	uld be performed?  _ b). everyday  _ d). not sure	
a) a diffe b) at the c) in the	rent times du beginning of middle of me	to do breast ring the montl the menstrual nstrual cycle e menstrual c	n I cycle		
The next fe	w items are	about self te	sticular ex	camination (if you	are male)
☐a). once a		•	elf- exam f	for testicular cancer  b). everyday  d). not sure	t <b>?</b>
a) a smal	II pea sized lue mass arts of the tes	ımp or any ch	•	at should you be loo m your last self exa	•

### SECTION C: THOUGHTS ABOUT HEALTH BEHAVIOURS

Below you will find a list of statements relating to visiting the dentist check-ups for at least once a year.

y	a timin about the statement								
	If it were entirely up to mups:	e, I a	ım co	nfide	nt tha	at I co	ould v	isit th	ne dentist for yearly check-
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
2.	In the <i>past three years</i> l	hav	e visi	ted th	ne de	ntist t	for ve	arly	check-ups:
	Never	1	2	3	4	5	6	7	Always
3.	I am likely to visit the der	ntist f	or ye	arly o	heck	-ups	:		
	Very likely	1	2	3	4	5	6	7	Very unlikely
4.	I will feel regret if I do NC	)T vi:	sit the	e den	tist fo	or yea	ırly cl	neck-	ups:
	Definitely no	1	2	3	4	5	6	7	Definitely yes
5.	Most people important to	me	think	that:					
	I should	1	2	3	4	5	6	7	I should NOT
6	visit the dentist for yearly  I intend to visit the dentis		·		ck-u	ns:			
0.	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
7.	Visiting the dentist for ye	arly (	check	(-ups	wou	ld be	:		
	Worthless	1	2	3	4	5	6	7	Valuable
	Enjoyable	1	2	3	4	5	6	7	Not enjoyable
	Beneficial	1	2	3	4	5	6	7	Harmful
	Unpleasant	1	2	3	4	5	6	7	Pleasant
	I think that most people v	who a	are in	nporta	ant to	me \	will vi	sit th	e dentist for yearly check-
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
9.	I have control over wheth	ner o	r not	l visit	the o	<u>dentis</u>	st for	<u>yearl</u>	y check-ups:
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree

Below you will find a list of statements relating to brushing teeth twice a day.

the next four weeks:  Strongly disagree	1	2	3	4	5	6	7	Strongly agree									
Otrorigly disagree	•			-	<b>J</b>	O		Ottorigly agree									
.In the past four weeks	have	e brus	shed	my te	eth t	wice	a da	y:									
Never	1	2	3	4	5	6	7	Always									
2.I am likely to brush my te	eth t	wice	a day	/ OVE	r the	next	four v	weeks:									
Very likely	1	2	3	4	5	6	7	Very unlikely									
B. I will feel regret if I do NO	OT br																
Definitely no	1	2	3	4	5	6	7	Definitely yes									
I. Most people important to	me '	think	that:														
I should	1	2	3	4	5	6	7	I should NOT									
brush my teeth twice a d	ay ov	er th	e nex	ct fou	r wee	ks.	brush my teeth twice a day over the next four weeks.										
: Lintend to brush my teet	h twic	re a d	day o	ver th	ne ne	yt foi	ır we	eks.									
S.I intend to brush my teet Strongly disagree	h twic	e a c	day o	ver th	ne ne	xt fou	ır we	eks: Strongly agree									
Strongly disagree	1	2	3	4	5	6	7	Strongly agree									
Strongly disagree  S. Brushing teeth twice a da	1 ay ov	2 er the	3 e nex	4 t four	5 wee	6 ks w	7 ould b	Strongly agree									
Strongly disagree  S. Brushing teeth twice a da  Worthless	1 ay ov	er the	3 e nex	4 t four 4	5 wee 5	6 ks w	7 ould l	Strongly agree  De:  Valuable									
Strongly disagree  S. Brushing teeth twice a day  Worthless  Enjoyable	1 ay ov 1 1	er the	3 e nex 3 3	4 t four 4 4	5 wee 5 5	6 ks wo	7 ould b	Strongly agree  De:  Valuable  Not enjoyable									
Strongly disagree  S. Brushing teeth twice a da  Worthless  Enjoyable  Beneficial	1 ay ov 1 1	2 er the 2 2 2	3 e nex 3 3	4 t four 4 4	5 wee 5 5 5	6 ks we 6 6	7 ould l 7 7	Strongly agree  De: Valuable Not enjoyable Harmful									
Strongly disagree  S. Brushing teeth twice a day  Worthless  Enjoyable	1 ay ov 1 1	er the	3 e nex 3 3	4 t four 4 4	5 wee 5 5	6 ks wo	7 ould b	Strongly agree  De: Valuable Not enjoyable									
Strongly disagree  S. Brushing teeth twice a da  Worthless  Enjoyable  Beneficial  Unpleasant	1 ay ov 1 1 1	2 er the 2 2 2 2 2	3 e nex 3 3 3 3 3	4 4 4 4 4	5 5 5 5	6 ks we 6 6 6	7 ould I 7 7 7	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant									
Strongly disagree  S. Brushing teeth twice a day  Worthless  Enjoyable  Beneficial  Unpleasant	1 ay ov 1 1 1	2 er the 2 2 2 2 2	3 e nex 3 3 3 3 3	4 4 4 4 4	5 5 5 5	6 ks we 6 6 6	7 ould I 7 7 7	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant									
Strongly disagree  S. Brushing teeth twice a da  Worthless  Enjoyable  Beneficial  Unpleasant	1 ay ov 1 1 1	2 er the 2 2 2 2 2	3 e nex 3 3 3 3 3	4 4 4 4 4	5 5 5 5	6 ks we 6 6 6	7 ould I 7 7 7	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant  their teeth twice a day over									
Strongly disagree  S. Brushing teeth twice a day Worthless Enjoyable Beneficial Unpleasant  7. I think that most people with the next four weeks:	1 ay ov 1 1 1 1 1 1 who a	er the 2 2 2 2 are in	a se nex	t four 4 4 4 4 ant to	5 5 5 5 me v	6 ks we 6 6 6 will be	7 ould I	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant									
Strongly disagree  3. Brushing teeth twice a di Worthless Enjoyable Beneficial Unpleasant  3. I think that most people with the next four weeks: Strongly disagree  3. I have control over wheth	1	er the 2 2 2 2 are in 2	3	4 4 4 4 4 4 4 4 4	5 5 5 5 me v	6 6 6 6 6 will be	7 ould to 7 7 7 7 7 7 7	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant  their teeth twice a day over									
Strongly disagree  S. Brushing teeth twice a day Worthless Enjoyable Beneficial Unpleasant  7. I think that most people with the next four weeks:	1	er the 2 2 2 2 are in 2	3	4 4 4 4 4 4 4 4 4	5 5 5 5 me v	6 6 6 6 6 will be	7 ould to 7 7 7 7 7 7 7	Strongly agree  De: Valuable Not enjoyable Harmful Pleasant  their teeth twice a day over									

Below you will find a list of statements relating to **eating five fruit and vegetables a day.**Please use the following definition: eating at least five portions of fruit AND / OR

vegetables daily.

	ou think about the statement.										
, 40	If it was antiroly up to m	ما م		nfi d n	n4 4h a		ماما م	at fix	ro fruit and vagatables a		
	If it were entirely up to make any over the next four week		.m co	niiae	nt tha	at i cc	ouid e	atiiv	e muit and vegetables a		
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree		
20	In the past four weeks	bo."	t	on five	o frui	t and	V0.00	toble	oo o dovr		
20.	In the <i>past four weeks</i> Never	nave	2	3	4	5	vege	7	Always		
	110101				•			<u> </u>	7 iiiidy 0		
21.	1.I am likely to eat five fruit and vegetables a day over the next four weeks:										
	Very likely	1	2	3	4	5	6	7	Very unlikely		
22.	I will feel rearet if I do NO	OT ea	at five	fruit	and v	veaet	ables	a da	ay over the next four weeks:		
	Definitely no	1	2	3	4	5	6	7	Definitely yes		
									_		
23.	Most people important to	me 1	think 2	that:	4	5	6	7	I should NOT		
	eat five fruit and vegetab	•			-						
	· ·		•								
24.	I intend to eat five fruit a										
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree		
25.											
	Eating five fruit and vege	table	s a d	lay ov	er th	e nex	kt fou	r wee	eks would be:		
	Eating five fruit and vege Worthless	table 1	s a d	lay ov	er th	e nex	kt fou		eks would be: Valuable		
	Worthless Enjoyable	1	2	3	4	5 5	6	7	Valuable Not enjoyable		
	Worthless Enjoyable Beneficial	1 1 1	2 2 2	3 3	4 4 4	5 5 5	6 6	7 7 7	Valuable Not enjoyable Harmful		
	Worthless Enjoyable Beneficial Unpleasant	1 1 1	2 2 2 2	3 3 3	4 4 4 4	5 5 5 5	6 6 6	7 7 7 7	Valuable Not enjoyable Harmful Pleasant		
26.	Worthless Enjoyable Beneficial Unpleasant I think that most people	1 1 1	2 2 2 2	3 3 3	4 4 4 4	5 5 5 5	6 6 6	7 7 7 7	Valuable Not enjoyable Harmful		
26.	Worthless Enjoyable Beneficial Unpleasant	1 1 1	2 2 2 2	3 3 3	4 4 4 4	5 5 5 5	6 6 6	7 7 7 7	Valuable Not enjoyable Harmful Pleasant		
26. C	Worthless Enjoyable Beneficial Unpleasant I think that most people vover the next four weeks: Strongly disagree	1 1 1 1 who a	2 2 2 2 are im	3 3 3 3 nporta	4 4 4 4 ant to	5 5 5 me v	6 6 6 will ea	7 7 7 7 at five	Valuable Not enjoyable Harmful Pleasant fruit and vegetables a day Strongly agree		
26. (1	Worthless Enjoyable Beneficial Unpleasant I think that most people vover the next four weeks: Strongly disagree I have control over wheth	1 1 1 1 who a	2 2 2 2 are im	3 3 3 3 nporta	4 4 4 4 ant to	5 5 5 me v	6 6 6 will ea	7 7 7 7 at five	Valuable Not enjoyable Harmful Pleasant fruit and vegetables a day Strongly agree		
26. (1	Worthless Enjoyable Beneficial Unpleasant I think that most people vover the next four weeks: Strongly disagree	1 1 1 1 who a	2 2 2 2 are im	3 3 3 3 nporta	4 4 4 4 ant to	5 5 5 me v	6 6 6 will ea	7 7 7 7 at five	Valuable Not enjoyable Harmful Pleasant fruit and vegetables a day Strongly agree		

Below you will find a list of statements relating to eating a low-fat diet.

For example: limiting intake of fatty foods such as cakes, biscuits and crisps; trying to pick low-fat options were possible (e.g. low-fat spreads, skimmed or semi-skimmed milk).

,									
	If it were entirely up to mour weeks:	e, I a	ım co	nfide	nt tha	at I co	ould e	eat a	low fat diet over the next
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
29	In the <i>past four weeks</i> l	have	e eate	en a l	ow-fa	at die	t:		
	Never	1	2	3	4	5	6	7	Always
30.	I am likely to eat a low fa				next f	our v	veeks	3:	
	Very likely	1	2	3	4	5	6	7	Very unlikely
31.	I will feel regret if I do NO	OT ea			diet	over	the n	ext fo	pur weeks:
	Definitely no	1	2	3	4	5	6	7	Definitely yes
32.	Most people important to	me		that:					
	I should	1	2	3	4	5	6	7	I should NOT
	eat a low fat diet over the I intend to eat a low fat d					r wee	eks:		
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
34.	Eating a low-fat diet over	the	next	four v	veeks	s wou	ıld be		
	Worthless	1	2	3	4	5	6	7	Valuable
_	Enjoyable	1	2	3	4	5	6	7	Not enjoyable
	Beneficial	1	2	3	4	5	6	7	Harmful
	Unpleasant	1	2	3	4	5	6	7	Pleasant
	I think that most people vour weeks:	who a		-	ant to	me v	will ea	at a lo	ow fat diet over the next
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree
36	I have control over wheth	ner o	r not	l eat	a low	fat c	liet ov	er th	e next four weeks:
	Strongly disagree	1	2	3	4	5	6	7	Strongly agree

Below you will find a list of statements relating to taking vitamin supplements

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
In the past four weeks I h	nave	taker	n vita	min s	upple	emen	ts:	
Never	1	2	3	4	5	6	7	Always
Land Phalacter to the Committee		. 1						1 -
I am likely to take vitamir								
Very likely	1	2	3	4	5	6	7	Very unlikely
I will feel regret if I do NC	OT ta	ke vit	amin	supp	oleme	ents c	ver t	he next four weeks:
Definitely no	1	2	3	4	5	6	7	Definitely yes
Most people important to	me	think	that:					
الدادية والما	_	_						
I should take vitamin supplements	1 s ove	2 er the	3 next	4 four	5 week	6 s.	7	I should NOT
take vitamin supplements	upple	er the	next	four er the	week	s. t four	wee	ks:
		er the	next	four	week	S.	-	
take vitamin supplements I intend to take vitamin s Strongly disagree	upple 1	er the	next	four er the	week	t four	wee	ks: Strongly agree
take vitamin supplements	upple 1	er the	next	four er the	week	t four	wee	ks: Strongly agree
take vitamin supplements  I intend to take vitamin s  Strongly disagree  Taking vitamin supplements	upple 1 ents c	er the emen 2	next ts ove 3	four er the 4 ext fo	week nex 5 ur we	t four 6	wee 7 would	ks: Strongly agree be:
take vitamin supplements  I intend to take vitamin supplements  Strongly disagree  Taking vitamin supplements  Worthless	upple 1 ents c	er the emen 2	next ts ove 3 he ne	four er the 4	weekenex	t four 6	wee 7 would	ks: Strongly agree be: Valuable
take vitamin supplements  I intend to take vitamin s  Strongly disagree  Taking vitamin suppleme  Worthless  Enjoyable	upple 1 ents o	er the emen 2 over t 2 2	next ts ove 3 he ne	four er the 4 ext fo	weeke nex	t four 6 eeks v	wee 7	ks: Strongly agree be: Valuable Not enjoyable
take vitamin supplements  I intend to take vitamin supplements  Strongly disagree  Taking vitamin supplements  Worthless  Enjoyable  Beneficial	upple 1 ents o	er the emen 2 2 2 2 2 2	next ts ove 3 he ne 3 3 3	four er the 4 ext fo 4 4 4 4	weekenex	t four 6 eeks v	wee 7 would 7 7 7	ks: Strongly agree be: Valuable Not enjoyable Harmful Pleasant
take vitamin supplements I intend to take vitamin supplements Strongly disagree  Taking vitamin supplements Worthless Enjoyable Beneficial Unpleasant I think that most people vitamin supplements	upple 1 ents o	er the emen 2 2 2 2 2 2	next ts ove 3 he ne 3 3 3	four er the 4 ext fo 4 4 4 4	weekenex	t four 6 eeks v	wee 7 would 7 7 7	ks: Strongly agree be: Valuable Not enjoyable Harmful Pleasant
take vitamin supplements  I intend to take vitamin supplements  Strongly disagree  Taking vitamin supplements  Worthless  Enjoyable  Beneficial  Unpleasant  I think that most people vert four weeks:	upple 1 ents of 1 1 1 who a	er the  emen 2  over t 2 2 2 2 are im	next ts ove 3 he ne 3 3 nporta	four er the 4 ext fo 4 4 4 4 ant to	weeke nex	t four 6 eeks v 6 6 6 6 will ta	wee 7 would 7 7 7 7 ke vi	ks: Strongly agree be: Valuable Not enjoyable Harmful Pleasant tamin supplements over
take vitamin supplements  I intend to take vitamin supplements  Strongly disagree  Taking vitamin supplements  Worthless  Enjoyable  Beneficial  Unpleasant  I think that most people vert four weeks:	upple 1 ents c 1 1 1 who a	er the emen 2 2 2 2 2 2 are in 2	next ts ove 3 he ne 3 3 nporta	four er the 4 ext fo 4 4 4 4 ant to	weeke next 5 ur weeke 5 5 5 5 5 me v	t four 6 eeks v 6 6 6 6 will ta	wee 7  would 7 7 7 7 7 ke vi	Strongly agree  be: Valuable Not enjoyable Harmful Pleasant tamin supplements over

Below you will find a list of statements relating to **engaging in the recommended levels** of physical activity.

Please use the following definition: engaging in at least 30 minutes of at least moderate intensity physical activity, at least 5 times a week. NB. Moderate physical activity can include brisk walking, cycling etc.

For each question please circle the number on the scale at the point which reflects what you think about the statement.

46. If it were entirely up to m	6. If it were entirely up to me, I am confident that I could engage in the recommended										
levels of physical activity	over	the n	ext fo	ur we	eeks:						
Strongly disagree	1	2	3	4	5	6	7	Strongly agree			

47. In the <u>past four weeks</u> I have engaged in the recommended levels of physical activity:

Never 1 2 3 4 5 6 7 Always

48. I am likely to engage in the recommended levels of physical activity over the next four weeks:

WCCR3.								
Very lik	ely 1	2	3	4	5	6	7	Very unlikely

49.1 will feel regret if I do NOT engage in the recommended levels of physical activity over the next four weeks:

Definitely no	1	2	3	4	5	6	7	Definitely yes

50. Most people important to me think that:

	I should	1	2	3	4	5	6	7	I should NOT
ongogo in the	rocommor	404	lovol	of n	hyoid		tiv /itv /	ovor	the payt four weeks

engage in the recommended levels of physical activity over the next four weeks.

51.I intend to engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree 1	2 3	4 5	6 7	Strongly agree
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52. Engaging in the recommended levels of physical activity over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

53. I think that most people who are important to me will engage in the recommended levels of physical activity over the next four weeks:

ereie er priyelear aeurity	<del></del>		O/11 . O	· · · · · ·				
Strongly disagree	1	2	3	4	5	6	7	Strongly agree

54. I have control over whether or not I engage in the recommended levels of physical activity over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree

Below you will find a list of statements relating to performing self-examination.

Please answer these questions with respect to breast self-examination if you are female, or testicular self-examination if you are male.

For each question please circle the number on the scale at the point which reflects what

Strongly disagree	1	2	3	4	5	6	7	Strongly a	aree
Ottorigly disagree			J		J		,	Ottorigiy a	gicc
In the <i>past four weeks</i> I	have	e per	forme	d se	lf-exa				ne box):
Never 1 time	9   2	2 tim	es	3 tin	nes	4 ti	imes	5 times	6+ times
7.I am likely to perform self-examination over the next four weeks:									
Very likely	1	2	3	4	5	6	7	Very unlik	elv
					_			<b>,</b>	
I will feel regret if I do NO									
Definitely no	1	2	3	4	5	6	7	Definitely	yes
Most people important to	me i	think	that:						
	me 1	think 2	that:	4	5	6	7	I should N	ОТ
I should	1	2	3	-		6 s.	7	I should N	ОТ
perform self-examination	1 ove	2 r the	3 next	four \	week	S.			ОТ
I should perform self-examination I intend to perform self-e	1 ovei xami	2 r the natio	3 next	four v	weeks next	s. four	week	s:	
I should perform self-examination	1 ove	2 r the	3 next	four \	week	S.			
I should perform self-examination I intend to perform self-e Strongly disagree	1 over xamir 1	2 r the natio 2	next	four ver the	next	four 6	week	s: Strongly a	
I should perform self-examination I intend to perform self-e Strongly disagree Performing self-examina	1 over	r the natio	next of a second	four ver the 4	next 5 ur we	four 6	weeks	s: Strongly a be:	
I should perform self-examination I intend to perform self-e Strongly disagree Performing self-examina Worthless	1 over xamin 1 tion of 1	the natio 2	next in over 3 he ne 3	four ver the 4	next 5 ur we	four 6	weeks	s: Strongly a be: Valuable	gree
I should perform self-examination I intend to perform self-e Strongly disagree Performing self-examina Worthless Enjoyable	1 over xamin 1 tion of 1 1	the natio 2	next of next o	four ver the 4	next 5 ur we	four 6	weeks	s: Strongly a be: Valuable Not enjoya	gree
I should perform self-examination I intend to perform self-e Strongly disagree  Performing self-examina Worthless Enjoyable Beneficial	1 over xamir 1 tion of 1 1 1	2 r the natio 2 ver t 2 2 2 2	n ove 3 he ne 3 3	four ver the 4	next 5 ur we 5 5 5	four 6	weeks	s: Strongly a be: Valuable Not enjoya Harmful	gree
I should perform self-examination I intend to perform self-e Strongly disagree  Performing self-examina Worthless Enjoyable Beneficial Unpleasant	xamii tion c	2 r the natio 2 ver t 2 2 2 2	n ove 3 he ne 3 3	four ver the 4 ext fo 4 4 4	next 5 ur we 5 5 5 5	four 6 6 eeks 1 6 6	weeks	s: Strongly a be: Valuable Not enjoya Harmful Pleasant	gree
I should perform self-examination I intend to perform self-e Strongly disagree  Performing self-examina Worthless Enjoyable Beneficial	xamii tion c	2 r the natio 2 ver t 2 2 2 2	n ove 3 he ne 3 3	four ver the 4 ext fo 4 4 4	next 5 ur we 5 5 5 5	four 6 6 eeks 1 6 6	weeks	s: Strongly a be: Valuable Not enjoya Harmful Pleasant	gree

\*If you do not drink or have never drunk alcohol since the last year, skip this section and please proceed to QUESTION 73.

Below you will find a list of statements relating to avoid drinking more than the daily recommended limits of alcohol

Please use the following definition: drinking more than or 2-3 units (if you are female) in one day. NB. Pint of lager=2.5 units, small glass of wine=1.5 units, measure of spirits=1 unit. For each question please circle the number on the scale at the point which reflects what you think about the statement.

64. If it were entirely up to me, I am confident that I could avoid drinking more than the recommended daily limits of alcohol over the next four weeks:									
Strongly disagree			3		5	6	7	Strongly agree	
65. In the <i>past four weeks</i> I have drunk more than the recommended daily limits of alcohol:									
Never	1	2	3	4	5	6	7	Always	
66.I am likely to avoid drinki next four weeks:	ing m	ore tl	han t	he re	comn	nend	ed da	aily limits of alcohol over the	
Very likely	1	2	3	4	5	6	7	Very unlikely	
67. I will feel regret if I drink more than the recommended daily limits of alcohol over the next four weeks:									
Definitely no	1	2	3	4	5	6	7	Definitely yes	

68. Most people important to me think that:

I should	1	2	3	4	5	6	7	I should NOT
avoid drinking more than	the	recon	nmer	ded	daily	limits	of a	lcohol over the next four
weeks.								

69. I intend to avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree
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70. Avoiding drinking more than the daily recommended limits of alcohol over the next four weeks would be:

Worthless	1	2	3	4	5	6	7	Valuable
Enjoyable	1	2	3	4	5	6	7	Not enjoyable
Beneficial	1	2	3	4	5	6	7	Harmful
Unpleasant	1	2	3	4	5	6	7	Pleasant

71. I think that most people who are important to me will avoid drinking more than the recommended daily limits of alcohol over the next four weeks:

Strongly disagree	1	2	3	4	5	6	7	Strongly agree

72. I have control over wheth					nking	more	e tha	n the recommended daily				
limits of alcohol over the r	1	2	3	4	5	6	7	Strongly agree				
*If you do not smoke or ha	ve n											
proceed to SECTION D.												
For each question please cit	Below you will find a list of statements relating to <b>smoking tobacco</b> .  For each question please circle the number on the scale at the point which reflects what you think about the statement.											
you tnink about the stateme	nt.											
73. If it were entirely up to m weeks:	e, I a	ım co	nfide	nt th	at I co	ould a	void	smoking over the next four				
Strongly disagree	1	2	3	4	5	6	7	Strongly agree				
74. In the <i>past four weeks</i> I	have	e smo	oked:									
Never	1	2	3	4	5	6	7	Always				
75. I am likely to avoid smok	ing o	ver th	ne ne	xt fo	ur we	eks:						
Very likely	1	2	3	4	5	6	7	Very unlikely				
76. I will feel regret if I smoke	e ove	er the	next	four	week	s:						
Definitely no	1	2	3	4	5	6	7	Definitely yes				
77. Most people important to	me	think	that:									
I should	1	2	3	4	5	6	7	I should NOT				
avoid smoking over the r	next f	our w	veeks	<b>.</b>								
78. I intend to avoid smoking	ove	r the	next	four	weeks	s:						
Strongly disagree	1	2	3	4	5	6	7	Strongly agree				
79. Avoiding smoking over th	ne ne	xt fo	ur we	eks v	vould	be:						
Worthless	1	2	3	4	5	6	7	Valuable				
Enjoyable		2	3	4	5	6	7	Not enjoyable				
Beneficial	1	2	3	4	5	6	7	Harmful				
Unpleasant	1	2	3	4	5	6	7	Pleasant				
80.1 think that most people weeks:	who a	are im	nporta	ant to	me v	will av	oid s	smoking over the next four				
Strongly disagree	1	2	3	4	5	6	7	Strongly agree				
81.I have control over wheth	ner o	r not	Lavoi	id sm	okino	ove	r the					
Strongly disagree	1	2	3	4	5	6	7	Strongly agree				

### SECTION D: HOW HAVE YOU BEEN FEELING?

## **Instructions:**

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question.

For each question please tick the box at the point which reflects what you think about the statement.

		Never	Almost never	Sometimes	Fairly often	Very often
1.	In the last month, how often have you been upset because of something that happened unexpectedly?					
2.	In the last month, how often have you felt that you were unable to control the important things in your life?					
3.	In the last month, how often have you felt nervous and stressed?					
4.	In the last month, how often have you felt confident about your ability to handle your personal problems?					
5.	In the last month, how often have you felt that things were going your way?					
6.	In the last month, how often have you found that you could not cope with all the things you had to do?					
7.	In the last month, how often have you been able to control irritations in your life?					
8.	In the last month, how often have you felt that you were on top of things?					
9.	In the last month, how often have you been angered because of things that happened that were outside of your control?					
10.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

### **SECTION E: HOW ARE YOU FEELING NOW?**

## **Instruction:**

Please rate your current mood on a 1-5 scale by indicating the strength of each of the feelings listed below. For each question please tick the box on the scale at the point which reflects what you think about the statement.

Indicate to what extent you feel this way at the *present moment*.

		Not at all/Very slightly	A little	Moderately	Quite a bit	Extremely
1.	Interested					
2.	Distressed					
3.	Excited					
4.	Upset					
5.	Strong					
6.	Guilty					
7.	Enthusiastic					
8.	Scared					
9.	Proud					
10.	Hostile					
11.	Alert					
12.	Irritable					
13.	Inspired					
14.	Ashamed					
15.	Determined					
16.	Nervous					
17.	Attentive					
18.	Jittery					
19.	Active					
20.	Afraid					