Study 7 Questionnaire

**Q1 Welcome to this on-line testing.**   
**Q2**  **You will be asked to complete some questions about your basic lifestyle including eating habits and physical activities. Then you will be asked some questions about being a student at University of Birmingham, and your personality and mood. You will also be asked to evaluate some posters.**

Q3 What is your age in years?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q4 Please state your gender:

* Man (1)
* Woman (2)
* Other (3)

Q5 What is your ethnicity:

* White (1)
* Mixed/ Multiple Ethnic Groups (2)
* Asian/Asian British (3)
* Black/African/Caribbean/Black British (4)
* Other Ethnic Group (Please specify) (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q6 Are you a student at University of Birmingham?

* Yes (1)
* No (2)

Display This Question:

If Are you a student at University of Birmingham? = No

Q7 **Thank you for your time but only students at University of Birmingham are eligible to take part in this study which is on the UoB student lifestyle.**

Q8 Are you an international student at the University of Birmingham?

* Yes (1)
* No (2)

Q9 Which study year are you in?

* Undergraduate 1st year (1)
* Undergraduate 2nd year (2)
* Undergraduate 3rd year (3)
* Undergraduate 4th year (4)
* Postgraduate Taught (5)
* Postgraduate Research (6)
* Other (Please specify) (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q10 Do you regularly eat breakfast in the morning?

* Yes (1)
* No (2)

Q11 Do you regularly eat lunch?

* Yes (1)
* No (2)

Q12 Do you smoke?

* Yes (1)
* No (2)

Display This Question:

If Do you smoke? = Yes

Q13 If yes, please indicate how many cigarettes you smoke per day, on average.

* 1-5 (1)
* 5-10 (2)
* 10-15 (3)
* 15-20 (4)
* 20-25 (5)
* 25+ (6)

Q14 Do you wear glasses or contact lenses?

* Yes (1)
* No (2)

Q15 Please answer the following questions about Eating and Attitudes.

Q16 Please think back carefully, working from when you woke up, please list all of the food items you ate yesterday.

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Q17 Please indicate how many of the recalled items were junk food.   
(Junk food: high calorie food with low nutritional value)

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Q18 Please indicate how many servings of junk food you normally eat a day.

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Q19 **Not** eating a lot of junk food is something that fits with who I am.

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q20 I see myself as someone who **does not** eat a lot of junk food.

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

End of Block: Self-identification

Start of Block: Attitudes

Q21 Please indicate your attitude toward junk food consumption.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1 (0) | 2 (1) | 3 (2) | 4 (3) |  |  |
| Nice (1) |  |  |  |  |  | Stupid |
| Wise (2) |  |  |  |  |  | Unwise |
| Pleasant (3) |  |  |  |  |  | Unpleasant |
| Good (4) |  |  |  |  |  | Bad |

Q22 **Not** eating a lot of junk food is in my own hands.

* Not at all like me (1)
* Not much like me (2)
* Somewhat like me (3)
* Quite a lot like me (4)
* Just like me (5)

Q23 I find it difficult to **not eat** a lot of junk food.

* Not at all like me (1)
* Not much like me (2)
* Somewhat like me (3)
* Quite a lot like me (4)
* Just like me (5)

Q24 We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives.  The questions will ask you about the time you spent being physically active in the **last 7 days**.  Please answer each question even if you do not consider yourself to be an active person.  Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport. Think about all the **vigorous** activities that you did in the **last 7 days**.  **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.  Think *only* about those physical activities that you did for at least 10 minutes at a time.

Q25 1.  During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

* \_\_\_\_\_days per week (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No vigorous physical activities (2)

Skip To: Q27 If 1.  During the last 7 days, on how many days did you do vigorous physical activities like heavy l... = No vigorous physical activities

Q26 2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

* \_\_\_\_\_ hours/minutes per day (e.g. 30 minutes, 1 hour 20 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don't know/Not sure (2)

Q27 Think about all the **moderate** activities that you did in the **last 7 days**.  **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.  Think only about those physical activities that you did for at least 10 minutes at a time.

Q28 3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis?  Do not include walking.

* \_\_\_\_\_ days per week (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No moderate physical activities (2)

Skip To: Q30 If 3. During the last 7 days, on how many days did you do moderate physical activities like carrying... = No moderate physical activities

Q29 4. How much time did you usually spend doing **moderate** physical activities on one of those days?

* \_\_\_\_\_ hours/minutes per day (e.g. 30 minutes, 1 hour 20 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don't know/Not sure (2)

Q30 Think about the time you spent **walking** in the **last 7 days**.  This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

Q31 5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

* \_\_\_\_\_ days per week (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No walking (2)

Skip To: Q33 If 5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?   = No walking

Q32 6. How much time did you usually spend **walking** on one of those days?

* \_\_\_\_\_ hours/minutes per day (e.g. 30 minutes, 1 hour 20 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don't know/Not sure (2)

Q33 The last question is about the time you spent **sitting** on weekdays during the **last 7 days**.  Include time spent at work, at home, while doing course work and during leisure time.  This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

Q34 7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

* \_\_\_\_\_ hours/minutes per day (e.g. 30 minutes, 1 hour 20 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don't know/Not sure (2)

Q35 Here are a series of questions regarding to your association with students at University of Birmingham (UoB). Please indicate the **extent** to which you agree or disagree with each statement.

Q36 I identify with students at University of Birmingham.

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q37 I feel a strong connection to the British population.

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q38 I feel a bond with other students at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q39 I feel solidarity with other students at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q41 I feel committed to UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q42 I am glad to be a student at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q43 I think that UoB students have a lot to be proud of.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q44 It is pleasant to be a student at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q45 Being a UoB student gives me a good feeling.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q46 Please click " Neither Agree nor Disagree" button.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q47 I often think about the fact that I am a student at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q48 The fact that I am a UoB student is an important part of my identity.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q49 Being a UoB student is an important part of how I see myself.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q50 I have a lot in common with the average students at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q51 I am similar to the average student at UoB.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q52 People who are UoB students have a lot in common with each other.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q53 People who are UoB students are very similar to each other.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q54 I want to see myself as a UoB student.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q55 I want to identify with other UoB students.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q56 Here are a number of personality traits that **may or may not** apply to you. Please indicate the **extent** to which you agree or disagree with each statement. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

Q57 I see myself as \_\_\_\_\_ Extraverted, enthusiastic.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q58  I see myself as \_\_\_\_\_  Critical, quarrelsome.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q59  I see myself as \_\_\_\_\_  Dependable, self-disciplined.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q60  I see myself as \_\_\_\_\_  Anxious, easily upset.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q61  I see myself as \_\_\_\_\_  Open to new experiences, complex.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q62 When you get to this question, click "Strongly Agree".

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q63 I see myself as \_\_\_\_\_  Reserved, quiet.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q64  I see myself as  \_\_\_\_\_  Sympathetic, warm.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q65  I see myself as \_\_\_\_\_  Disorganized, careless.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q66  I see myself as \_\_\_\_\_  Calm, emotionally stable.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q67  I see myself as \_\_\_\_\_  Conventional, uncreative.

* Strongly agree (1)
* Agree (2)
* Somewhat agree (3)
* Neither agree nor disagree (4)
* Somewhat disagree (5)
* Disagree (6)
* Strongly disagree (7)

Q69 Please indicate your current mood status.

Q70 1.  Using the line below, please indicate how **alert** you are right now.

|  |  |
| --- | --- |
| Alert level (1) |  |

Q71 2. Using the line below, please indicate how **anxious** you are right now.

|  |  |
| --- | --- |
| Anxious level (1) |  |

Q72 3. Using the line below, please indicate how **happy** you are right now.

|  |  |
| --- | --- |
| Happy level (1) |  |

Q73 4. Using the line below, please indicate how**hungry**you are right now.

|  |  |
| --- | --- |
| Click to write Choice 1 (1) |  |

Q74 **Please have a look at posters below carefully and try to remember all details as you will be asked questions about posters and which one you prefer.**   
    
**(It takes a few seconds to display the pictures, please wait).**   
    
**Junk food: high calorie food with low nutritional value.**  
  

Q105 Please have a look at posters below carefully and try to remember all details as you will be asked questions about posters and which one you prefer.    
    
(It takes a few seconds to display the pictures, please wait).   
     
 

Q75 The text and images in posters are clear

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q76 I understand the meaning of the text in posters

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q77 All posters appears professional

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q78 I believed the message on posters

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q79 I felt like I could relate to the message on posters

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q80 *Please write down the text displayed on the poster as accurately as possible:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Q81 Do you prefer poster with the green background or the other one with the white background?

* Green background (1)
* White background (2)

Q82 Please indicate your current mood status.

Q83 1.  Using the line below, please indicate how **alert** you are right now.

|  |  |
| --- | --- |
| Alert level (1) |  |

Q84 2. Using the line below, please indicate how **anxious** you are right now.

|  |  |
| --- | --- |
| Anxious level (1) |  |

Q85 3. Using the line below, please indicate how **happy** you are right now.

|  |  |
| --- | --- |
| Happy level (1) |  |

Q86 4. Using the line below, please indicate how**hungry**you are right now.

|  |  |
| --- | --- |
| Click to write Choice 1 (1) |  |

Q87 Please indicate your **eating behaviour** in the near future (next week).

Q88   
"I intend to limit my intake of junk food in the near future"

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q89   
"I plan to limit my intake of junk food in the near future"

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q90   
"I want to limit my intake of junk food in the near future"

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q91   
"I expect to limit my intake of junk food in the near future"

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q92 Please write down how many servings of junk food you intend to eat per day next week.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q93 Please indicate your **physical activity participation** in the future.

Q94 "I intend to be more physically active in the next two months"

* Strongly agree (1)
* Somewhat agree (2)
* Neither agree nor disagree (3)
* Somewhat disagree (4)
* Strongly disagree (5)

Q95 Do you think anything from posters affected your **intentions for eating junk foods** in the future?

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Q96 Do you think anything from posters affected your **intentions to do physical exercise** in the future?

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Q97 Please write down your weight and height (only under one option):

Q98 Weight

* weight (kg) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* weight (pound) (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* weight (other unit, please indicate) (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q99 Height

* height (cm) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* height (feet) (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* height (other unit, please indicate) (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_