Study 8 Questionnaire

Q1 Please write your student ID number below (n.b. seven number ID, e.g.1234567):

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

Display This Question:

If Are you a psychology student? (looking for psychology course credit) = Yes

Q3 Please leave your RPS number for the sona system below (n.b. Five number RPS, e.g.10101):

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

Q4 Age (in years)

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

Q5 Gender

* Male (1)
* Female (2)

Q6 Weight

* kilograms (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* pounds (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* stones (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q7 Height

* centimetres (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* feet (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* inches (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q8 What year of University study are you presently?

* • Undergraduate 1st Year (1)
* • Undergraduate 2nd Year (2)
* • Undergraduate 3rd Year (3)
* • Undergraduate 4th Year (4)
* Postgraduate student (5)

Skip To: Q177 If What year of University study are you presently?    = Postgraduate student

Display This Question:

If What year of University study are you presently?    = Postgraduate student

**Thank you for your time but only undergraduate students are eligible to take part in this study which is on the undergraduate student lifestyle.**

Skip To: End of Survey If Thank you for your time but only undergraduate students are eligible to take part in this study...() Is Displayed

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| Page Break |  |

Q9 Are you an international student?

* Yes (1)
* No (2)

Q10 Please select your ethnicity:

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

Q11 Please state your nationality:

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

Q12 Please state your country of birth:

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Q13 How long have you lived in the UK? (Please indicate the number with unit-years/months)

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Q14 Would you describe your family as:

* Low income (1)
* Middle income (2)
* Upper-middle income (3)
* High income (4)
* Prefer not to answer (5)

Q15 What is the highest level of education that your mother/father completed?

* Don’t know or Not applicable (1)
* Some secondary school education (2)
* GCSEs (3)
* A-levels (4)
* University graduate (e.g. Bachelor's degree) (5)
* Post-graduate certificates (e.g. PGCE) (6)
* Masters degree (e.g. MA, MSc) (7)
* Doctoral or Professional degree (e.g. PhD) (8)
* Other (9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q16 Do you smoke?

* Yes (1)
* No (2)

Display This Question:

If Do you smoke? = Yes

Q17 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)

Q18 Using the line below, please indicate how **hungry** you are right now. (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Hunger (1) |  |

Q19 Have you ever had, or do you at present have, any form of eating disorder? (If yes, please state what and when)

* Yes (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* No (2)

Q20 On average, approximately how many hours do you spend on watching TV per day?

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

Q21 How many hours did you spend on watching TV yesterday?

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

Q22 How many servings of **vegetables** do you think a UOB student eats a day? (UOB: University of Birmingham)

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

Q23 How many servings of **vegetables** do you think a UOB student should eat a day?

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Q24 How much do you think a UOB student enjoys eating **vegetables**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
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| Enjoyment (1) |  |

Q25 How many servings of **fruit** do you think a UOB student eats a day?

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Q26 How many servings of **fruit** do you think a UOB student should eat a day?

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Q27 How much do you think a UOB student enjoys eating **fruit**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q28 How many servings of **junk food** do you think a UOB student eats a day?

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Q29 How many servings of **junk food** do you think a UOB student should eat a day?

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Q30 How much do you think a UOB student enjoys eating **junk food**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q31 How many **sugar sweetened drinks** do you think a UOB student drinks a day? (e.g. soft drinks, juice drinks, sweetened-coffee and energy drinks)

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

Q32 How many **sugar sweetened drinks** do you think a UOB student should drink a day?

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

Q33 How much do you think a UOB student enjoys drinking **sugar sweetened drinks**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Please indicate how much you agree with the statement about being a University of Birmingham student.

Q1 I identify with students at the University of Birmingham.

|  |  |
| --- | --- |
| Identification (1) |  |

Q2 I feel a strong connection to students at the University of Birmingham.

|  |  |
| --- | --- |
| Connection (1) |  |

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| Page Break |  |

Q48 1. In general, what language(s) do you read and speak?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q49  2. What language(s) did you use as a child?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q50 3. What language(s) do you speak at home?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q51 4. In which language(s) do you usually think?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q52 5. What language(s) do you usually speak with your friends?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q53 6. In what language(s) are the TV programs you usually watch?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q54 7. In what language(s) are the radio programs you usually listen to?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q55 8. In general, in what languages(s) are the movies, TV, and radio programs you prefer to watch and listen to?

* Only home language(s) (1)
* More home language(s) than English (2)
* Both equally (3)
* More English than home language(s) (4)
* Only English (5)

Q56 9. Your close friends are:

* All from the same country as you/ overseas (1)
* More from the same country/overseas than British (2)
* About half and half (3)
* More British than overseas (4)
* All British (5)

Q57 10. You prefer going to social gatherings/ parties at which the people are:

* All from the same country as you/ overseas (1)
* More from the same country/overseas than British (2)
* About half and half (3)
* More British than overseas (4)
* All British (5)

Q58 11. The persons you visit or who visit you are:

* All from the same country as you/ overseas (1)
* More from the same country/overseas than British (2)
* About half and half (3)
* More British than overseas (4)
* All British (5)

Display This Question:

If Are you an international student? = Yes

Q59 Using a scale from 0 to 100, where 0 indicates exactly the same and 100 means completely different, how would you compare the similarity in the diet in the food you now normally eat in the **United Kingdom** with the food you normally ate in your **home country**?

|  |  |
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| Similarity (1) |  |

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Display This Question:

If Are you an international student? = No

Q163 Using a scale from 0 to 100, where 0 indicates exactly the same and 100 means completely different, how would you compare the foods you eat now at the **University of Birmingham** with the food you normally ate at your **home**?

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| Similarity (1) |  |

Q64 Please indicate how much you agree with each of the statement.  
1= never or definitely no and 9 = always or definitely yes.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 (1) | 2 (2) | 3 (3) | 4 (4) | 5 (5) | 6 (6) | 7 (7) | 8 (8) | 9 (9) |
| I’d rather depend on myself than others. (1) |  |  |  |  |  |  |  |  |  |
| I rely on myself most of the time; I rarely rely on others. (2) |  |  |  |  |  |  |  |  |  |
| I often do “my own thing”. (3) |  |  |  |  |  |  |  |  |  |
| My personal identity, independent of others, is very important to me. (4) |  |  |  |  |  |  |  |  |  |
| It is important that I do my job better than others. (5) |  |  |  |  |  |  |  |  |  |
| Winning is everything. (6) |  |  |  |  |  |  |  |  |  |
| Competition is the law of nature. (7) |  |  |  |  |  |  |  |  |  |
| When another person does better than I do, I get tense and aroused. (8) |  |  |  |  |  |  |  |  |  |
| If a coworker gets a prize, I would feel proud. (9) |  |  |  |  |  |  |  |  |  |
| The well-being of my coworkers is important to me. (10) |  |  |  |  |  |  |  |  |  |
| To me, pleasure is spending time with others. (11) |  |  |  |  |  |  |  |  |  |
| I feel good when I cooperate with others. (12) |  |  |  |  |  |  |  |  |  |
| Parents and children must stay together as much as possible. (13) |  |  |  |  |  |  |  |  |  |
| It is my duty to take care of my family, even when I have to sacrifice what I want. (14) |  |  |  |  |  |  |  |  |  |
| Family members should stick together, no matter what sacrifices are required. (15) |  |  |  |  |  |  |  |  |  |
| It is important to me that I respect the decisions made by my groups. (16) |  |  |  |  |  |  |  |  |  |

Please indicate how much you agree with each statement.

Q66 I am a worthy member of the nation I belong to.

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

Q67 I feel I don’t have much to offer to the nation I belong to.

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

Q68 I am a cooperative participant in the nation I belong to.

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

Q69 I often feel I’m a useless member of the nation I belong to.

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

Q70 I often regret that I belong to this nation.

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

Q71 In general, I’m glad to be a member of the nation I belong to.

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

Q72 Overall, I often feel that the nation of which I am a member is not worthwhile.

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

Q73 I feel good about the nation I belong to.

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

Q174 For this question, please select 'Neither Agree nor Disagree'.

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

Q74 Overall, my nation is considered good by others.

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

Q75 Most people consider my nation to be more ineffective than other nations.

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

Q76 In general, others respect the nation that I am a member of.

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

Q77 In general, others think that the nation I am a member of is unworthy.

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

Q78 Overall, my nation has very little to do with how I feel about myself.

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

Q79 The nation I belong to is an important reflection of who I am.

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

Q80 The nation I belong to is unimportant to my sense of what kind of person I am.

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

Q81 In general, belonging to this nation is an important part of my self-image.

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

Q82 The nation I belong to is superior to other nations in many respects.

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

Q83 All in all, my nation becomes less important in the world.

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

Q84 Overall, the nation I belong to plays a more important role than other nations.

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

Q85 In competition with others my nation comes off worse.

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

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| Page Break |  |

Q87 How many **traditional Chinese foods**have you eaten in the last 24 hours?  (Including both Chinese style food bought from supermarkets and authentic Chinese food from restaurants. e.g. 2 dumplings)

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

Q88 How many **traditional Chinese drinks** have you consumed in the last 24 hours?  (e.g. 1 Chinese tea, 1 soy-bean milk)

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Q89 How many **Western foods** have you eaten in the last 24 hours?  (Including both Western style food bought from supermarket and Western cuisines ate in the restaurants. e.g. 1 beef hamburger)

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

Q90 How many **Western drinks** have you consumed in the last 24 hours?  (e.g.2 Coca-Colas)

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Q91 Please think back to your food consumption during the past month, have you did anything below? (please tick all that apply)

* Eat tofu (1)
* Eat Chinese-style breakfast (2)
* Balance yin/yang foods (e.g. yin food:cooling and moistening/yang food: warming and drying) (3)
* Eat traditionally preserved foods (e.g. drying, freezing, salting, smoking, pickling, jellying, canning food) (4)
* Avoid cold drinks and foods (5)
* Eat bread, rolls and bagels (6)
* Eat sweets, cakes, pies or dessert (7)
* Drink milk product (8)
* Eat between meals (9)
* Eat at western fast-food restaurant (10)
* Eat pizza or spaghetti with tomato sauce (11)
* Eat ground beef or hamburger (12)
* Eat packaged or prepared foods, e.g., TV dinner (13)
* Drink carbonated beverage (14)
* Eat any kind of cheese (15)

Q101 Too expensive: At the stores where I usually buy my food F/V cost too much to buy.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q155 Please indicate to what extent you agree with each statement on fruit and vegetable (F/V) purchasing, preparation and consumption.

Q102 Limited variety: At the stores where I usually buy my food the variety of fresh F/V is limited.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q103 Poor quality: At the stores where I usually buy my food the condition of fresh F/V is poor.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q104 Campus access: F/V are readily available on or near campus.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q105 Campus price: F/V are reasonably priced on or near campus.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q156 Please answer following questions relating to your eating style.

Q106  I deliberately take small helpings as a means of controlling my weight.

* Definitely True (1)
* Mostly True (2)
* Mostly False (3)
* Definitely False (4)

Q107 I consciously hold back at meals in order not to gain weight.

* Definitely True (1)
* Mostly True (2)
* Mostly False (3)
* Definitely False (4)

Q108  I do not eat some foods because they make me fat.

* Definitely True (1)
* MostlyTrue (2)
* Mostly False (3)
* Definitely False (4)

Q109 How frequently do you avoid “stocking up” on tempting foods?

* Almost never (1)
* seldom (2)
* usually (3)
* almost always (4)

Q110 How likely are you to consciously eat less than you want?

* Unlikely (1)
* slightly likely (2)
* moderately likely (3)
* very likely (4)

Q111 On a scale of 1 to 8, where 1 means no restraint in eating (eating whatever you want, whenever you want it) and 8 means total restraint (constantly limiting food intake and never “giving in”), what number would you give yourself?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  |
|  | 1 (0) | 2 (1) | 3 (2) | 4 (3) | 5 (4) | 6 (5) | 7 (6) |  |  |
| No restraint (1) |  |  |  |  |  |  |  |  | Total restraint |

|  |  |
| --- | --- |
| Page Break |  |

Q112 Please indicate whether the following statements apply to you, by selecting either the TRUE (T) or FALSE (F) for each.

|  |  |
| --- | --- |
|  |  |
| 1. When I smell a sizzling steak or see a juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal. (1) | ▼ True (1) ... False (2) |
| 2. I usually eat too much at social occasions, like parties and picnics. (2) | ▼ True (1) ... False (2) |
| 3. Sometimes things just taste so good that I keep on eating even when I am no longer hungry. (3) | ▼ True (1) ... False (2) |
| 4. When I feel anxious, I find myself eating. (4) | ▼ True (1) ... False (2) |
| 5. Since my weight goes up and down, I have gone on reducing diets more than once. (5) | ▼ True (1) ... False (2) |
| 6. When I am with someone who is overeating, I usually overeat too. (6) | ▼ True (1) ... False (2) |
| 7. Sometimes when I start eating, I just can’t seem to stop. (7) | ▼ True (1) ... False (2) |
| 8. It is not difficult for me to leave something on my plate. (8) | ▼ True (1) ... False (2) |
| 9. When I feel blue, I often overeat. (9) | ▼ True (1) ... False (2) |
| 10. My weight has hardly changed at all in the last ten years. (10) | ▼ True (1) ... False (2) |
| 11. When I feel lonely, I console myself by eating. (11) | ▼ True (1) ... False (2) |
| 12. Without even thinking about it, I take a long time to eat (12) | ▼ True (1) ... False (2) |
| 13. While on a diet, if I eat a food that is not allowed, I often then splurge and eat other high calorie foods. (13) | ▼ True (1) ... False (2) |

|  |  |
| --- | --- |
| Page Break |  |

Q113 Please answer the following questions by circling the number above the response that is appropriate to you.

Q114 *14. Do you eat sensibly in front of others and splurge alone?*

* Never (1)
* Rarely (2)
* Often (3)
* Always (4)

Q115 *15. Do you go on eating binges though you are not hungry?*

* Never (1)
* Rarely (2)
* Sometimes (3)
* At least once a week (4)

Q116 *16. To what extent does this statement describe your eating behaviour?*   *‘I start dieting in the morning, but because of any number of things that happen during the day, by evening I have given up and eat what I want, promising myself to start dieting again tomorrow.’*

* Not like me (1)
* Little like me (2)
* Pretty good describes me (3)
* Description of me perfectly (4)

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.

Q118 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: Q120 If 1. During the last 7 days, on how many days did you do vigorous physical activities like heavy... = No vigorous physical activities

Q120 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.

Q119 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 30 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don’t know/Not sure (2)

Q121 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: Q123 If 3.  During the last 7 days, on how many days did you do moderate physical activities like carry... = No moderate physical activities

Q122 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 30 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don’t know/Not sure (2)

Q123 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.

Q124 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: Q126 If 5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?  = No walking

Q125 6. How much time did you usually spend **walking** on one of those days?

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

Q126 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.

Q127 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 30 minutes) (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don’t know/Not sure (2)

|  |  |
| --- | --- |
|  |  |

Q173 Please indicate your usual food consumption below:

Q137 How many servings of **vegetables** do you normally eat a day?

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

Q138 How many servings of **vegetables** do you try to eat a day?

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

Q139 How much do you enjoy eating **vegetables**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q134 How many servings of **fruit** do you normally eat a day?

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

Q135 How many servings of **fruit** do you try to eat a day?

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

Q136 How much do you enjoy eating **fruit**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q131 How many servings of **junk food** do you normally eat a day?

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

Q132 How many servings of **junk food** do you try to eat a day?

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

Q133 How much do you enjoy eating **junk food**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q128 How many **sugar sweetened drinks** do you normally drink a day?  (e.g. soft drinks, juice drinks, sweetened-coffee and energy drinks)

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

Q129 How many **sugar sweetened drinks** do you try to drink a day?

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

Q130 How much do you enjoy drinking **sugar sweetened drinks**? (Please ensure you move the slider to indicate your preference, otherwise it will not record your response)

|  |  |
| --- | --- |
| Enjoyment (1) |  |

Q140 Please tick the correct option below to indicate how frequently you consume each food.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Never (1) | Less than once/year (2) | Once/year (3) | Several times/year (4) | Once/month (5) | 2-3 times/month (6) | Once/week (7) | 2-6 times/week (8) | Daily (9) |
| Steak (1) |  |  |  |  |  |  |  |  |  |
| Chops (2) |  |  |  |  |  |  |  |  |  |
| Roasts (3) |  |  |  |  |  |  |  |  |  |
| Hamburgers (4) |  |  |  |  |  |  |  |  |  |
| Hotdogs (5) |  |  |  |  |  |  |  |  |  |
| Chilli (6) |  |  |  |  |  |  |  |  |  |
| Baked chicken (7) |  |  |  |  |  |  |  |  |  |
| Roasted chicken (8) |  |  |  |  |  |  |  |  |  |
| Chicken nuggets (9) |  |  |  |  |  |  |  |  |  |
| Chicken wings (10) |  |  |  |  |  |  |  |  |  |
| Lasagne (11) |  |  |  |  |  |  |  |  |  |
| Pasta & tomato sauce (12) |  |  |  |  |  |  |  |  |  |
| Pasta & cream sauce (13) |  |  |  |  |  |  |  |  |  |
| Macoroni and cheese (14) |  |  |  |  |  |  |  |  |  |
| Instant noodles (15) |  |  |  |  |  |  |  |  |  |
| Fish (excluding shellfish) (16) |  |  |  |  |  |  |  |  |  |
| Shellfish (17) |  |  |  |  |  |  |  |  |  |
| Casseroles (18) |  |  |  |  |  |  |  |  |  |
| Pizza (19) |  |  |  |  |  |  |  |  |  |
| Eggs (20) |  |  |  |  |  |  |  |  |  |
| Tofu (bean curd) (21) |  |  |  |  |  |  |  |  |  |
| Home-made soup (22) |  |  |  |  |  |  |  |  |  |
| Canned soup (23) |  |  |  |  |  |  |  |  |  |
| Sandwiches (24) |  |  |  |  |  |  |  |  |  |
| Burritos (25) |  |  |  |  |  |  |  |  |  |
| Milk (26) |  |  |  |  |  |  |  |  |  |
| Hard cheese (27) |  |  |  |  |  |  |  |  |  |
| Soft cheese (28) |  |  |  |  |  |  |  |  |  |
| Flavoured yogurt (29) |  |  |  |  |  |  |  |  |  |
| Whole grain breads (30) |  |  |  |  |  |  |  |  |  |
| White breads (31) |  |  |  |  |  |  |  |  |  |
| Bagels (32) |  |  |  |  |  |  |  |  |  |
| Croissants (33) |  |  |  |  |  |  |  |  |  |
| White rice (34) |  |  |  |  |  |  |  |  |  |
| Brown rice (35) |  |  |  |  |  |  |  |  |  |
| Unsweetened cereal (36) |  |  |  |  |  |  |  |  |  |
| Sweetened cereal (37) |  |  |  |  |  |  |  |  |  |
| Apples (38) |  |  |  |  |  |  |  |  |  |
| Bananas (39) |  |  |  |  |  |  |  |  |  |
| Melons (40) |  |  |  |  |  |  |  |  |  |
| Berries (41) |  |  |  |  |  |  |  |  |  |
| Peaches (42) |  |  |  |  |  |  |  |  |  |
| Oranges (43) |  |  |  |  |  |  |  |  |  |
| Cooked green vegetables (44) |  |  |  |  |  |  |  |  |  |
| Cooked leafy vegetables (45) |  |  |  |  |  |  |  |  |  |
| Cooked orange/yellow vegetables (46) |  |  |  |  |  |  |  |  |  |
| Raw veggies (not tomato) (47) |  |  |  |  |  |  |  |  |  |
| Raw tomatoes (48) |  |  |  |  |  |  |  |  |  |
| Lettuce-based salads (49) |  |  |  |  |  |  |  |  |  |
| Cooked potatoes (50) |  |  |  |  |  |  |  |  |  |
| Chips (51) |  |  |  |  |  |  |  |  |  |
| Crisps (52) |  |  |  |  |  |  |  |  |  |
| Click on Daily for this item (53) |  |  |  |  |  |  |  |  |  |
| Popcorn (54) |  |  |  |  |  |  |  |  |  |
| Biscuits (55) |  |  |  |  |  |  |  |  |  |
| Muffins (56) |  |  |  |  |  |  |  |  |  |
| Granola bars (57) |  |  |  |  |  |  |  |  |  |
| Doughnuts (58) |  |  |  |  |  |  |  |  |  |
| Nuts (59) |  |  |  |  |  |  |  |  |  |
| Chocolate (60) |  |  |  |  |  |  |  |  |  |
| Sweets (61) |  |  |  |  |  |  |  |  |  |
| Coffee (62) |  |  |  |  |  |  |  |  |  |
| Tea (63) |  |  |  |  |  |  |  |  |  |
| Cola soft drinks (64) |  |  |  |  |  |  |  |  |  |
| Non-cola soft drinks (65) |  |  |  |  |  |  |  |  |  |
| Diet soft drinks (66) |  |  |  |  |  |  |  |  |  |
| Beer (67) |  |  |  |  |  |  |  |  |  |
| Wine (68) |  |  |  |  |  |  |  |  |  |
| Mixed drinks (69) |  |  |  |  |  |  |  |  |  |
| Hard liqour (shots) (70) |  |  |  |  |  |  |  |  |  |

Q140 How would you describe your usual rate of eating?

* Very slow (1)
* relatively slow (2)
* medium (3)
* relatively fast (4)
* very fast (5)

Q141 On average, how many times per week do you eat meals that were prepared in a restaurant? Please include eat-in restaurants, carry out restaurants, and restaurants that deliver food to your house.

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

Q142 On average, how many meals a day do you eat?

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

Q143 On average, how many meals a day do you eat alone?

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

Q144 On average, how many meals a day do you eat in the company of at least one other person?

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

Q145 On average, how many meals a day do you eat whilst watching TV or using a computer?

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

Q146 Please select the most appropriate response to the statements below:

Q147 ‘I always tend to clear my plate when eating’

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q148 ‘I normally finish eating when my plate is empty’

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q149 ‘Before I start eating, I normally plan to finish the serving I am about to eat’

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q150 ‘I rarely leave food on my plate’

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q151 ‘It is normal for me to have very little food left or an empty plate at the end of a meal’.

* Strongly Disagree (1)
* Disagree (2)
* Neither Agree nor Disagree (3)
* Agree (4)
* Strongly Agree (5)

Q152 ‘I would say I am’:

* Underweight (1)
* A healthy weight (2)
* Overweight (3)
* Obese (4)