**Study 6 questionnaire**

Q1 What is your age in years?

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

Skip To: End of Survey If What is your age in years? < 18

Skip To: End of Survey If What is your age in years? > 65

Q2 Please state your gender:

* Male (1)
* Female (2)

Q3 What is your ethnicity:

* White (1)
* Asian (2)
* Black (3)
* Other (mixed) ethnic group, please indicate: (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q4 Are you British citizen?

* Yes (1)
* No, please specify you nationality: (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Display This Question:

If Are you British citizen? = No, please specify you nationality:

Q00 **Thank you for your time but only british citizens are eligible to take part in this study which is on the british lifestyle.**

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

Q5 Do you regularly eat breakfast morning?

* Yes (1)
* No (2)

Q6 Do you regularly eat lunch?

* Yes (1)
* No (2)

Q11 Do you smoke?

* Yes (1)
* No (2)

Display This Question:

If Do you smoke? = Yes

Q12 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)

Display This Question:

If If yes, please indicate how many cigarettes you smoke per day, on average. = 25+

Q100 **Thank you for your time but only british citizens are eligible to take part in this study which is on the british lifestyle.**

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

Q13 Do you wear glasses or contact lenses?

* Yes (1)
* No (2)

Q0 Please answer the following questions about Eating and Attitudes.

Q1 How many servings of vegetables do you normally eat a day?

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

Q2 Think back carefully - How many servings of vegetables did you eat yesterday?

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

Q1 Eating sufficient vegetables is something that fits with who I am.

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

Q2 I see myself as someone who eats sufficient vegetables.

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

Q1 Please indicate your attitude toward vegetable consumption.

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

Q1 Eating sufficient vegetables 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)

Q2 I find it difficult to eat sufficient vegetables.

* 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)

Q0 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.

Q1 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: Q00 If 1.  During the last 7 days, on how many days did you do vigorous physical activities like heavy l... = No vigorous physical activities

Q2 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)

Q00 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.

Q3 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: Q000 If 3. During the last 7 days, on how many days did you do moderate physical activities like carrying... = No moderate physical activities

Q4 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)

Q000 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.

Q5 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: Q0000 If 5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?   = No walking

Q6 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)

Q0000 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.

Q7 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)

Q0 Here are a series of questions regarding to your association with Britain. Please indicate the **extent** to which you agree or disagree with each statement.

Q1 I identify with the British population.

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

Q2 I feel a strong connection to the British population.

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

Q1 I feel a bond with the British population.

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

Q2 I feel solidarity with other British people.

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

Q3 I feel committed to the British population

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

Q4 I am glad to be a British citizen.

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

Q5 I think that the British have a lot to be proud of.

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

Q6 It is pleasant to be British.

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

Q7 Being British gives me a good feeling.

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

Q0 Please click " Neither Agree nor Disagree" button.

* Strongly Disagree (16)
* Disagree (17)
* Somewhat Disagree (18)
* Neither Agree nor Disagree (19)
* Somewhat Agree (20)
* Agree (21)
* Strongly Agree (22)

Q8 I often think about the fact that I am British.

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

Q9 The fact that I am British is an important part of my identity.

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

Q10 Being British is an important part of how I see myself.

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

Q22 I have a lot in common with the average British person.

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

Q12 I am similar to the average British person.

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

Q13 People who are British have a lot in common with each other.

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

Q14 People who are British are very similar to each other.

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

Q0 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.

Q1 I see myself as \_\_\_\_\_ Extraverted, enthusiastic.

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

Q2  I see myself as \_\_\_\_\_  Critical, quarrelsome.

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

Q3  I see myself as \_\_\_\_\_  Dependable, self-disciplined.

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

Q4  I see myself as \_\_\_\_\_  Anxious, easily upset.

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

Q5  I see myself as \_\_\_\_\_  Open to new experiences, complex.

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

Q0 When you get to this question, click "Strongly Agree".

* Strongly Disagree (15)
* Disagree (16)
* Somewhat Disagree (17)
* Neither Agree nor Disagree (18)
* Somewhat Agree (19)
* Agree (20)
* Strongly Agree (21)

Q6 I see myself as \_\_\_\_\_  Reserved, quiet.

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

Q7  I see myself as  \_\_\_\_\_  Sympathetic, warm.

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

Q8  I see myself as \_\_\_\_\_  Disorganized, careless.

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

Q9  I see myself as \_\_\_\_\_  Calm, emotionally stable.

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

Q10  I see myself as \_\_\_\_\_  Conventional, uncreative.

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

Q0 Please indicate your current mood status.

Q1 1.  Using the line below, please indicate how **alert** you are right now.

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

Q2 2. Using the line below, please indicate how **anxious** you are right now.

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

Q3 3. Using the line below, please indicate how **happy** you are right now.

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

Q4 4. Using the line below, please indicate how**hungry**you are right now.

|  |  |
| --- | --- |
| Hungry level (1) |  |

Q1 **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.**   
  
  
   
    
    
    
 

Q2 **Please have a look at the poster below carefully and try to remember all details as you will be asked questions about posters and which one you prefer.**  
  
   
   
    
    
 

Q3 **Please have a look at the poster below carefully and try to remember all details as you will be asked questions about posters and which one you prefer.**​   
    
    
    
 

Q1 The text and images in posters are clear

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

Q2 I understand the meaning of the text in posters

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

Q3 All posters appears professional

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

Q4 I believed the message on posters

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

Q5 I felt like I could relate to the message on posters

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

Q6 *Please write down the text displayed on the poster as accurately as possible:*

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

Q7 *Do you prefer poster with the blue background or the other one with the yellow background?*

* Poster with the blue background (1)
* Poster with the yellow background (2)

Q0 Please indicate your current mood status.

Q1 1. Using the line below, please indicate how **alert** you are right now.

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

Q2 2. Using the line below, please indicate how **anxious** you are right now.

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

Q3 3. Using the line below, please indicate how **happy** you are right now.

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

Q4 4. Using the line below, please indicate how **hungry** you are right now.

|  |  |
| --- | --- |
| Hungry level (1) |  |

End of Block: MOOD TEST 2

Start of Block: INTENTION TEST-HEALTHY EATING

Q0 Please indicate your **eating behaviour** in the near future (next week).

Q1   
"I intend to eat sufﬁcient vegetables in the near future"

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

Q2   
"I plan to eat sufﬁcient vegetables in the near future"

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

Q3   
"I want to eat sufﬁcient vegetables in the near future"

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

Q4   
"I expect to eat sufﬁcient vegetables in the near future"

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

Q5 Please write down how many portions of vegetables you intend to eat per day next week.

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

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

Q0 Please indicate your **physical activity participation** in the future.

Q1 "I intend to be more physically active in the next two months"

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

Q1 Do you think anything from flyers affected your **intentions for eating vegetables** in the future?

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

Q2 Do you think anything from flyers affected your **intentions to do physical exercise** in the future?

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

Q0 Please write down your weight and height (only under one option):

Q1 Weight

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

Q2 Height

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