



## Eating Habits Confidence Questionnaire

ID: \_\_\_\_\_

Visit: Pre-randomization  05  
 6 month  08  
 18 month  10

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Below is a list of things people might do while trying to change their eating habits.

Whether you are trying to change your eating habits or not, please rate how confident you are that you could *really motivate* yourself to do things like these consistently for *at least six months*. Please **circle one number for each item**.

How sure are you that you can do these things?	I know I cannot	2	Maybe I can	3	4	I know I can	5	Does not apply	9
1. Drink low or non-fat milk every day.	1	2	3	4	5	9			
2. Stick to low fat, low salt foods when dining with friends or co-workers.	1	2	3	4	5	9			
3. Cut down on gravies and cream sauces.	1	2	3	4	5	9			
4. Eat poultry and fish instead of red meat at dinner.	1	2	3	4	5	9			
5. Keep the salt shaker off the kitchen table.	1	2	3	4	5	9			
6. Stick to low fat, low salt foods when there is high fat, high salt food readily available at a party.	1	2	3	4	5	9			
7. Eat smaller portions of food at a party.	1	2	3	4	5	9			
8. Eat fruit or vegetables for a snack.	1	2	3	4	5	9			
9. Cook smaller portions so there are no leftovers.	1	2	3	4	5	9			
10. Stick to low fat, low salt foods when you feel depressed, bored, or tense.	1	2	3	4	5	9			
11. Eat fruit or drink fruit juice with breakfast.	1	2	3	4	5	9			
12. Avoid ordering red meat (beef, pork, ham, lamb) at a restaurant.	1	2	3	4	5	9			
13. Eat fruit or vegetables at every meal.	1	2	3	4	5	9			
14. Substitute low or non-fat milk for whole milk at breakfast.	1	2	3	4	5	9			
15. Eat salads for lunch.	1	2	3	4	5	9			

ID: \_\_\_\_\_

<b>How sure are you that you can do these things?</b>	<b>I know I cannot</b>	<b>Maybe I can</b>	<b>I know I can</b>	<b>Does not apply</b>		
16. Eat smaller portions at dinner.	1	2	3	4	5	9
17. Eat meatless (vegetarian) entrees for dinner.	1	2	3	4	5	9
18. Stick to low fat, low salt foods when you are alone, and there is no one to watch you.	1	2	3	4	5	9
19. Eat unsalted peanuts, chips, crackers, and pretzels.	1	2	3	4	5	9
20. Stick to low fat, low salt foods when the only snack close by is available from a vending machine.	1	2	3	4	5	9
21. Drink fruit juice instead of soda.	1	2	3	4	5	9
22. Eat unsalted, unbuttered popcorn.	1	2	3	4	5	9
23. Avoid adding salt at the table.	1	2	3	4	5	9
24. Eat more vegetables at restaurants.	1	2	3	4	5	9
25. Eat lunch as your main meal of the day, rather than dinner.	1	2	3	4	5	9
26. Eat yogurt, low fat cottage cheese or low fat cheese most days.	1	2	3	4	5	9
27. Add less salt than the recipe calls for.	1	2	3	4	5	9

Reviewed by (staff ID): _____
Entered by (staff ID): _____

## **Eating Habits Confidence Questionnaire Overview**

This self-administered questionnaire is designed to capture information about the participant's confidence in their ability to change their eating habits. It is administered at baseline (any time prior to randomization) and at the 6 and 18 month follow-up visits.

### **Administration Instructions**

Using a blue or black pen, check the appropriate box to designate which visit this form (#46) was administered: Pre-randomization, 6, or 18 month. Only one box should be marked.

Instruct participant to fill out the form in blue or black pen. Participants should be encouraged to answer every question.

### **Coding Instructions**

No coding is required.

### **Review Instructions**

Page 1 and 2 should have ID labels attached.

Make sure that each circle is on a number (not around two numbers or marked between two numbers).

Check to be sure all items were completed. If any items were not completed, confirm with participant that they meant to skip the item. Participants are allowed to decline to answer any of the questions.

Also follow up with participant on forms where "does not apply" was checked frequently.