



Social Support and Eating Habits Questionnaire

ID: _____
Visit: Pre-randomization [] 05
6 month [] 08
18 month [] 10
Date: ____ / ____ / _____

Below is a list of things people might do or say to someone who is trying to improve their eating habits. If you not trying to change your eating habits, then some of the questions may not apply to you., but please read and give an answer to every question.

Please rate each question twice. Under family, rate how often anyone living in your household has said or done what is described during the last three months. Under friends, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write one number from the following rating scale in each space:

Table with 6 columns: none (1), rarely (2), a few times (3), often (4), very often (5), does not apply (9)

During the past three months, my family or friends: Family Friends

- 1. Refused to eat the same foods I eat.
2. Discussed my eating habit changes with me (asked me how I'm doing with my eating changes).
3. Reminded me to drink low or non-fat milk.
4. Brought home foods I'm trying not to eat.
5. Commented if I went back to my old eating habits.
6. Reminded me not to eat high fat, high salt foods.
7. Got angry when I encouraged them to eat low salt, low fat foods.
8. Encouraged me not to eat "unhealthy foods" (cake, salted chips) when I'm tempted to do so.
9. Reminded me to eat fruits and vegetables.
10. Got angry when I encouraged them to eat fruits and vegetables.
11. Complimented me on changing my eating habits ("Keep it up," "We are proud of you").
12. Offered me food I'm trying not to eat.
13. Got angry when I encouraged them to drink low or non-fat milk.
14. Ate high fat or high salt foods in front of me.

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

Social Support and Eating Habits Questionnaire Overview

This self-administered questionnaire is designed to capture information about the social support the participant has to help them 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 (#47) 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.

Explain how the two columns for “family” and “friends” are to be used. Each question should be answered twice: once for family members and once for friends. Some participants may find it easier to go through the questions once thinking about family members and filling out the first column, and then go through the questions again thinking about friends and filling out the second column.

Be sure to stress the fact that the “friends” category also includes co-workers.

Coding Instructions

No coding is required.

Review Instructions

Page 1 should have an ID label attached.

Check to be sure only the numbers 1, 2, 3, 4, 5, and 9 were used. (no answers like “1.5” or “1-2”).

Check to be sure all items were completed. Make sure that each item is filled out for both friends and family. 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 for any form where “does not apply” was coded frequently.