Appendix A

Questionnaire on Eating and Exercising

Introduction
This appendix contains the Questionnaire on Eating and Exercising. Many of the statistical procedures described in this book were illustrated using data obtained from this questionnaire. Although the researcher described in this book (Dr. O’Day) is fictitious, the data obtained from the Questionnaire on Eating and Exercising is an actual (non-fictitious) dataset.

This questionnaire was administered to about 260 research participants during winter semester of 2010 (January through May). The participants were students enrolled in a variety of psychology courses at a regional state university in the Midwest. The university was Saginaw Valley State University, and that is why some of the questionnaire items refer to “SVSU.” Most students completed the survey in exchange for course credit. The students did not sign their completed questionnaires, and the procedure used with the questionnaire was approved by the university’s IRB committee.
Questionnaire on Eating and Exercising

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December 30, 2009 Revision

Overview. This questionnaire deals with your exercising habits and your eating habits. Specifically, it assesses your beliefs, attitudes, and behaviors as they pertain to exercising, the consumption of healthy foods, and related issues.

Instructions: In the questionnaire, we ask questions which make use of rating items with seven spaces in which you may mark your responses. You are to circle a number in the place that best describes your opinion. For example, imagine you were asked to rate the statement “In will rain in this area today.” If you think it is extremely likely to rain in this area today, then you would place your mark as follow:

Unlikely 1 2 3 4 5 6 (7) Likely
        extremely quite slightly neither slightly quite extremely

If you think it is quite unlikely to rain in this area today, then you would place your mark as follows:

Unlikely 1 (2) 3 4 5 6 7 Likely
        extremely quite slightly neither slightly quite extremely

In making your ratings, please remember the following points:
1. Feel free to mark any number from 1 through 7 to indicate your opinion.
2. Be sure to answer all items. Please do not leave any blank.
3. Only circle one number per item—please do NOT circle two response numbers because you have difficulty choosing between them.
4. Please read all instructions and items carefully.
5. You may notice that the “question numbers” for the questions are not in perfect sequence—this is not a problem.
6. Remember that questions appear on the front and back of each page.
7. If you have any questions, please ask the researcher for assistance.

Definition of “healthy diet.” The following section asks questions about eating a healthy diet. For purposes of this questionnaire, a “healthy diet” is defined as a diet that is high is vegetables, fruits, and whole grains, and is low in saturated fats.

Subjective Norms

1. Most of my friends would think that I should eat a healthy diet.

Unlikely 1 2 3 4 5 6 7 Likely
        extremely quite slightly neither slightly quite extremely

2. Most of my relatives would think that I should follow a healthy diet.

Unlikely 1 2 3 4 5 6 7 Likely
        extremely quite slightly neither slightly quite extremely
3. Most of the people that I respect would think that I should eat a healthy diet.

Attitudes

Instructions: This section will measure your personal attitudes toward being on a healthy diet, and it will use a different type of rating item to do this. Below, we have provided several different “bipolar adjective items.” You will use these items to rate how you feel about being on a healthy diet. For example, look at the first item. If you feel that consistently following a healthy diet would be “Extremely Rewarding,” circle the “7.” If you feel that it would be “Extremely Punishing,” circle the “1.” Feel free to circle any number from 1 through 7 for each item. (Notice that there is a different set of adjectives for each item).

This is how I feel about consistently following a healthy diet:

5. Punishing 1 2 3 4 5 6 7 Rewarding
   extremely  quite  slightly  neither  slightly  quite  extremely

6. Useless 1 2 3 4 5 6 7 Useful
   extremely  quite  slightly  neither  slightly  quite  extremely

7. Bad 1 2 3 4 5 6 7 Good
   extremely  quite  slightly  neither  slightly  quite  extremely

8. Foolish 1 2 3 4 5 6 7 Wise
   extremely  quite  slightly  neither  slightly  quite  extremely

9. Unattractive 1 2 3 4 5 6 7 Attractive
   extremely  quite  slightly  neither  slightly  quite  extremely

Perceived Behavioral Control

Instructions: In this section, you will rate how easy it would be for you to follow a healthy diet. Notice that different end-points are used for some of the items in this section.

11. For me to consistently eat a healthy diet would be:

   Difficult 1 2 3 4 5 6 7 Easy
   extremely  quite  slightly  neither  slightly  quite  extremely

12. How much control do you have over consistently sticking to a healthy diet?

   Little control 1 2 3 4 5 6 7 Complete control
   extremely  quite  slightly  neither  slightly  quite  extremely

13. If I wanted to, I could easily follow a healthy diet.

   Unlikely 1 2 3 4 5 6 7 Likely
   extremely  quite  slightly  neither  slightly  quite  extremely
14. Consistently sticking to a healthy diet would be an easy task for me.

Unlikely  1  2  3  4  5  6  7  Likely
extremely  quite  slightly  neither  slightly  quite  extremely

**Behavioral Intentions**

**Instructions:** In this section, you will indicate whether you intend to follow a healthy diet. Notice that different end-points are used for the items in this section.

16. I intend to consistently eat a healthy diet.

Disagree  1  2  3  4  5  6  7  Agree
extremely  quite  slightly  neither  slightly  quite  extremely

17. I will do my best to regularly follow a healthy diet.

Disagree  1  2  3  4  5  6  7  Agree
extremely  quite  slightly  neither  slightly  quite  extremely

18. I intend to eat only low-fat foods.

Disagree  1  2  3  4  5  6  7  Agree
extremely  quite  slightly  neither  slightly  quite  extremely

19. I plan to eat lots of vegetables.

Disagree  1  2  3  4  5  6  7  Agree
extremely  quite  slightly  neither  slightly  quite  extremely

**Current Healthy-Diet Behavior**

**Instructions:** In this section, you will rate how frequently you currently eat certain foods. Notice that different end-points are used with the items in this section.

21. I currently eat leafy green vegetables:

Infrequently  1  2  3  4  5  6  7  Frequently
extremely  quite  slightly  neither  slightly  quite  extremely

22. I eat colorful vegetables such as carrots:

Infrequently  1  2  3  4  5  6  7  Frequently
extremely  quite  slightly  neither  slightly  quite  extremely

23. I eat whole-grain foods (such as whole-grain bread):

Infrequently  1  2  3  4  5  6  7  Frequently
extremely  quite  slightly  neither  slightly  quite  extremely

24. I avoid fried foods:

Infrequently  1  2  3  4  5  6  7  Frequently
extremely  quite  slightly  neither  slightly  quite  extremely
25. I **avoid** “junk food” that contains a lot of fat:

<table>
<thead>
<tr>
<th>Infrequently</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Frequently</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
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</tbody>
</table>

**Health Motivation**

**Instructions.** In this section, you will rate how important it is to you to maintain good health. Notice that different end-points are used with the items in this section.

27. It is important to me to be healthy.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

28. I am willing to sacrifice in order to stay healthy.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

29. I am willing to work hard in order to avoid medical problems.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
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</tr>
</tbody>
</table>

**Desire to be Thin**

**Instructions.** In this section, you will rate how important it is to you to have a thin body (e.g., a relatively low body weight and a thin physical appearance).

31. It is important to me to be thin.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

32. I very much want to have a fairly low body weight.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>quite</td>
<td>slightly</td>
<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
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</tr>
</tbody>
</table>

33. It is important to me to have a lean physical appearance.

<table>
<thead>
<tr>
<th>Disagree</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Agree</th>
</tr>
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<tbody>
<tr>
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<td>quite</td>
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<td>neither</td>
<td>slightly</td>
<td>quite</td>
<td>extremely</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Appendix A

Appetite for High-Fat Foods

Instructions. In this section, you will rate how strong your appetite is for fatty foods (e.g., fried foods, meat with fat, potato chips, ice cream, and so forth).

35. I love to eat fatty foods.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

36. I have a big appetite for fried foods.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

37. I like high-fat foods a lot more than low-fat foods.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

Dislike of Vegetables

Instructions. In this section, you will rate how much you dislike eating vegetables (e.g., carrots, broccoli, lettuce, cauliflower, and so forth).

39. I hate to eat vegetables.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

40. I don’t like the taste of vegetables.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

41. When I see a plate of vegetables, I think “Yuck!”
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

Lack of Time for Food Preparation

Instructions. In this section, you will indicate the extent to which you are too busy to prepare and cook food (e.g., too busy for washing vegetables, chopping food, cooking food).

43. I am too busy to prepare and cook food the way they did years ago.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

44. I am too busy to cook meals that take a lot of time.
   Disagree 1 2 3 4 5 6 7 Agree
   extremely quite slightly neither slightly quite extremely

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45. With my busy schedule, there is very little time for cooking.

**Dislike of Aerobic Exercise**

**Instructions.** In this section, you will rate how much you dislike aerobic exercise (e.g., exercise that raises your heart rate and breathing rate).

47. I **hate** to engage in aerobic exercise.

48. I find aerobic exercise to be unpleasant.

49. I find aerobic exercise to be punishing.

**Lack of Time for Aerobic Exercise**

**Instructions.** In this section, you will indicate the extent to which you are too busy to engage in frequent aerobic exercise (here, "frequent aerobic exercise" means at least three times per week participating in activities such as brisk walking, jogging, swimming, using exercise videotapes, etc.).

51. I am too busy to engage in frequent aerobic exercise.

52. I am under too much time pressure to engage in frequent aerobic exercise.

53. With my busy schedule, there is very little time for frequent aerobic exercise.
Current Physical Health

Instructions: In this section, you will rate how good your health is in general.

55. In general, my health is good.
   Disagree extremely quite slightly neither slightly quite extremely Agree
   1     2     3     4     5     6     7

56. Physically, I feel good on most days.
   Disagree extremely quite slightly neither slightly quite extremely Agree
   1     2     3     4     5     6     7

57. I am healthier than most people my age.
   Disagree extremely quite slightly neither slightly quite extremely Agree
   1     2     3     4     5     6     7

58. Compared to most people my age, I am relatively free of medical problems.
   Disagree extremely quite slightly neither slightly quite extremely Agree
   1     2     3     4     5     6     7

60. Your sex (check one):
   _____ Male
   _____ Female

62-63. Please indicate your age in years: __________

65. Your student classification (check one):
   _____ Freshman
   _____ Sophomore
   _____ Junior
   _____ Senior
   _____ Graduate student
   _____ Other

67. Do you live on campus? (check one):
   _____ Yes
   _____ No

69. Which of the following best describes you? (check one):
   _____ I eat meat
   _____ I am a vegetarian (I do not consume meat, but I do eat dairy)
   _____ I am a vegan (I do not consume meat, dairy, or any other animal products)
71. **How many children** do you have? (Write zero if you do not have any children).

   Number of children:_______

73-74. **How many hours per week are you employed at a job** outside of the home? (Write zero if you are not employed).

   Total job hours per week:_______

76-77. **How many times each week do you engage in a session of aerobic exercise** that lasts at least 15 minutes? (Write zero if you never engage in aerobic exercise).

   Number of exercise sessions per week:_______

79-81. **How many minutes per week (total) do you engage in aerobic exercise?** (Write zero if you never engage in aerobic exercise).

   Total exercise minutes per week:_______

83. Which of the following best describes your **current level of physical fitness**? (check one):

   _____ My current level of physical fitness is **poor**. (x)
   _____ My current level of physical fitness is **pretty good**.  
   _____ My current level of physical fitness is **excellent**.  

85. Are you currently a **member of an athletic sports team that is officially representing SVSU**? (such as the SVSU Women’s Track Team or the SVSU Football Team?) (check one):

   _____ Yes.   
   _____ No.  

87. Are you currently a **member of any other athletic sports team** NOT described in the previous question? (e.g., an intramural team or a city league team or anything like that?) (check one):

   _____ Yes.  
   _____ No.  

**End of Questionnaire**