

## Attachment 2A: Survey Items

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Public reporting burden for this collection of information is estimated to average 30 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0642). Do not return the completed form to this address.

### **Health Profile Items (items previously collected by Knowledge Networks for which data will be provided to us):**

1. Have you been diagnosed with any of the following medical conditions?
2. How often did you have a drink containing alcohol in the past year?
3. How many drinks did you have on a typical day when you were drinking in the past year?

### **Life Events Questionnaire**

**\*The X total respondents will be randomized to answer one of the following open-ended questions. Each participant will answer only one of the following questions.\***

1. For the next five minutes, please think of the time when you felt the happiest in your life. Please write about that time in detail, while trying to re-experience the emotions involved.
2. For the next five minutes, please think of the time when you felt the saddest in your life. Please write about that time in detail, while trying to re-experience the emotions involved
3. For the next five minutes, please think of the time when you felt the angriest in your life. Please write about that time in detail, while trying to re-experience the emotions involved
4. For the next five minutes, please think of the time when you felt the most hopeful in your life. Please write about that time in detail, while trying to re-experience the emotions involved
5. For the next five minutes, please write a detailed description of a room in your house.

### **All participants will answer these questions:**

1. On a scale of 1 to 7, how much do you currently feel happy?  

1	2	3	4	5	6	7
Not at all			Extremely			
2. On a scale of 1 to 7, how much do you currently feel sad?  

1	2	3	4	5	6	7
Not at all			Extremely			
3. On a scale of 1 to 7, how much do you currently feel angry?  

1	2	3	4	5	6	7
Not at all			Extremely			
4. On a scale of 1 to 7, how much do you currently feel hopeful?

1  
Not at all

2

3

4

5

6

7

Extremely

### **Alcohol and Breast Cancer Inventory**

**\*The X total respondents will be randomized to answer one of the two following open-ended questions. Each participant will answer only one of the following questions.\***

1. In this study we are interested in investigating values. By values we mean the moral principles and standards by which people try to live their lives. For example, honesty might be a core value for some people. That is, they may try to be honest in all they do when dealing with other people.

Please look at the list of values below, and check the one that is **most** important to you.

Artistic skills

Athletics

Business/earning money

Compassion

Conscientiousness

Creativity

Friendliness

Generosity

Hedonism (the pursuit of pleasure/happiness)

Honesty

Independence

Intelligence

Kindness

Musical ability/appreciation

Politics

Relations with friends or family

Spirituality/Religiousness

Sense of Humor

Spontaneity/Living life in the moment

Trustworthiness

Other: (write in)\_\_\_\_\_

On the previous page, you chose a value that is most important to you. Please type a short statement about why this value is important to **you**. Take a few minutes to think about this value and how this value has influenced your past behaviors or attitudes. Please write about how you use this value in your everyday life – at work, at home, with friends, or in dealing with strangers. If you can, try to recall and write about specific occasions on which this value determined what you did.

2. In this study we are interested in investigating values. By values we mean the moral principles and standards by which people try to live their lives. For example, honesty might be a core value for some people. That is, they may try to be honest in all they do when dealing with other people.

Please look at the list of values below, and check the one that is **least** important to you.

Artistic skills  
Athletics  
Business/earning money  
Compassion  
Conscientiousness  
Creativity  
Friendliness  
Generosity  
Hedonism (the pursuit of pleasure/happiness)  
Honesty  
Independence  
Intelligence  
Kindness  
Musical ability/appreciation  
Politics  
Relations with friends or family  
Spirituality/Religiousness  
Sense of Humor  
Spontaneity/Living life in the moment  
Trustworthiness  
Other: (write in)\_\_\_\_\_

On the previous page, you chose a value that is least important to you. Please type a short statement about why this value could be important to **another person**. Take a few minutes to think about how this value may influence this person's behaviors or attitudes. Please write about how this person may use this value in everyday life – at work, at home, with friends, or in dealing with strangers. Only think about why this value might be important to another person, and **not** why it is unimportant to you.

**\*All participants will read the following message about alcohol and breast cancer, and all will answer the questions that follow:\***

### **Alcohol and Breast Cancer**

Drinking a single alcoholic drink a day increases a woman's chance of developing breast cancer by around 6%, according to a major global study of woman's smoking and drinking behavior. The new research, published in a leading cancer journal, estimates that alcohol accounts for around 4 percent of breast cancers in the developed world - and nearly 2000 deaths from breast cancer each year in the US alone. If women's alcohol consumption continues to increase, this figure is likely to rise. In contrast, smoking, which causes a third of all cancers, was not found to contribute to breast cancer.

### **New Facts about alcohol**

In the past it has been extremely difficult for researchers to separate the effects of tobacco from the effects of alcohol because the more women drink the more they tend to smoke and vice versa. This is a major reason why previous work has yielded conflicting results regarding the impact of drinking on cancer risk. The sheer size of the new study, including data from approximately 150,000 women around the globe, allows the researchers to disentangle the two factors and make the most accurate estimates ever of the risks associated with smoking and drinking. Dr. Richard Doll, a co-author of the study, said: "There has been a great deal of research on whether smoking or alcohol contribute to breast cancer but until now results have been confusing. For the first time we have undertaken a study large enough and detailed enough to look at the separate effects of tobacco and alcohol reliably. When we did this we found that drinking, but not smoking, increases the risk of breast cancer."

### **How much alcohol?**

Professor Valerie Beral of the Cancer Epidemiology Center in Oxford, England, and co-author of the study said: "This research tells us there is a definite link between alcohol and breast cancer and the evidence suggests that the more a woman drinks the greater her risk." The average alcohol intake, especially for young women, has increased significantly in the last decade. This increase in alcohol consumption could have a significant impact upon breast cancer incidence. This research suggests that a woman who regularly drinks one serving a day (7 a week) has an increased risk of breast cancer of 6%, while having an average of 2.5 drinks a day (17.5 a week) will increase her risk by 15%. Current research suggests that alcohol may increase the risk of breast cancer by raising the levels of estrogen in the body. Estrogen has a well-established link with breast cancer, with research suggesting estrogen can play a role in both triggering its development and encouraging the growth of tumors.

- By the age of 80 breast cancer affects 8.8 out of every 100 women.
- One alcoholic drink a day raises the figure for women to 9.4 cases per 100.
- Six alcoholic drinks a day raises the figure for women to 13.3 cases per 100.

### **What about the benefits of alcohol?**



5. Overall, how do you think your chance of developing breast cancer in your lifetime compares to the average woman your age?

1                      2                      3                      4                      5  
Much lower                      About the same                      Much higher

6. I feel very vulnerable to breast cancer.

1           2           3           4           5           6           7  
Strongly disagree                      Strongly agree

7. I intend to decrease the amount I drink in the next 2 weeks.

1           2           3           4           5           6           7  
Definitely will not do                      Definitely will do

8. I intend to decrease the number of times I drink in the next 2 weeks.

1           2           3           4           5           6           7  
Definitely will not do                      Definitely will do

9. I intend to decrease the highest amount of alcohol I drink at one time in the next 2 weeks.

1           2           3           4           5           6           7  
Definitely will not do                      Definitely will do

**Click on the link below if you would like to be directed to resources that would help you to reduce your alcohol consumption:**

<http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/Resources.asp>