

# 6-Week Questionnaire

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## Balance After Baby - First study visit questionnaire

Page 1 of 19

### Welcome to the Balance After Baby Baseline Questionnaire!

**THANK YOU** for taking part in this important project to help us test whether a lifestyle program, designed specifically for women like you with a recent history of gestational diabetes mellitus (GDM), will help women lose weight gained during pregnancy and reduce risk factors for developing type 2 diabetes. We will be asking you to complete two questionnaires. The first questionnaire will take about 17 minutes. It will tell us about your medical history, physical activity levels, mood, and perceived stress. The second questionnaire will take about 18 minutes. It will tell us about the foods you usually eat. You can skip any questions you choose not to answer. Your answers will not be shared with anyone outside of the study staff.

Public reporting of this collection of information is estimated to average 17 minutes per response, including the time for reviewing instructions, searching existing data/information sources, gathering and maintaining the data/information 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 CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-1115). Exp. Date 6/30/2019

Next Page >>

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## 6-Week Demographics

### Section A: Demographic Information

Before this most recent pregnancy, did you have gestational diabetes in any pregnancy?

- Yes  
 No

reset

If yes, in how many pregnancies were you diagnosed with gestational diabetes, not including this most recent one?

  
Times

What is your date of birth?

  Today M-D-Y

What is the highest grade or year of school you completed?

- Never attended school or only attended kindergarten  
 Grades 1 through 8 (Elementary)  
 Grades 9 through 11 (Some high school)  
 Grade 12 or GED (High school graduate)  
 College 1 year to 3 years (Some college or technical school)  
 College 4 years or more (College graduate)

reset

Would you say your general health is:

- Excellent  
 Very Good  
 Good  
 Fair  
 Poor

reset

Do you have a family history of type 2 diabetes? Please specify (select all that apply):


- Paternal grandfather  
 Paternal grandmother  
 Father  
 Brother/sister  
 Maternal grandfather  
 Maternal grandmother  
 Mother  
 Children  
 None

What is your marital status?

- Married  
 Partnered  
 Separated  
 Divorced  
 Never Married  
 Widowed

reset

In what country were you born?

Name of Country

Do you speak a primary language other than English at home?

- Yes  
 No

reset

What is this language?

Are you of Hispanic, Latina, or Spanish Origin? (select all that apply)

- No, not of Hispanic, Latina, or of Spanish origin  
 Yes, Mexican, Mexican American, Chicana  
 Yes, Puerto Rican  
 Yes, Cuban  
 Yes, Another Hispanic, Latina, or Spanish origin

What is your race? (select all that apply)

- White  
 Black or African American  
 Asian Indian  
 Chinese  
 Filipino  
 Japanese  
 Korean  
 Vietnamese  
 Other Asian  
 Native Hawaiian  
 Guamanian or Chamorro  
 Samoan  
 Pacific Islander  
 Other:

Which of the following best describes your current employment status? (select all that apply)

- Employed for wages, currently working  
 Employed for wages, currently on leave  
 Self-employed, currently working  
 Self-employed, currently on leave  
 Out of work for less than 1 year  
 Out of work for more than 1 year  
 A homemaker  
 Full-time student  
 Part-time student  
 Unable to work

Please describe

What is your annual household income from all sources?

- \$0.00 - \$9,999  
 \$10,000 - \$14,999  
 \$15,000 - \$19,999  
 \$20,000 - \$24,999  
 \$25,000 - \$34,999  
 \$35,000 - \$49,999  
 \$50,000 - \$74,999  
 \$75,000 +  
 I do not know  
 Prefer not to answer

reset

How many children do you have living at home?

- 0
- 1
- 2
- 3
- 4
- 5 or more

reset

What are their ages?

- < 1 years old
- 1 years old
- 2 years old
- 3 years old
- 4 years old
- 5 years old
- 6 years old
- 7 years old
- 8 years old
- 9 years old
- 10 years old
- 11 years old
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older

From where do you access the internet? (select all that apply)

- Home
- Work
- Library
- Friend's house
- Cell phone
- Other

Do you have a cell phone, or a Blackberry or iPhone or other device that is also a cell phone?

- Yes
- No

reset

Some cell phones are called "smartphones" because of certain features they have, like being able to access the internet and run applications. Is your cell phone a smartphone, such as an iPhone, Android, Blackberry or Windows phone?

- Yes
- No
- Not sure

reset

Do you ever use your cell phone to do any of the following things? (select all that apply)

- Send or receive email
- Send or receive text messages
- Take a picture
- Access the internet
- Look for health or medical information online
- Track your diet or exercise
- Use apps (applications)

Have you changed cell phone numbers 2 or more times in the last 12 months?

- Yes
- No

reset

Do you have a prepaid cell phone, such as a Cricket or GoPhone phone?

- Yes
- No

reset

Does your current cell phone plan have:

- Unlimited texting
- Up to 200 Texts per month
- Up to 500 Texts per month
- Up to 1000 Texts per month
- I am not sure

reset

Does your current cell phone plan have:

- Unlimited data
- Up to 1 GB limit
- Up to 2 GB limit
- up to 3 GB limit
- More than 3 GB limit
- I am not sure

reset

Next Page >>

Save & Return Later

## 6-Week Medical History Update

### Medical History Update

Outside of your general pregnancy care, have you seen a doctor for any reason except for routine check-ups in the past 6 months?

- Yes  
 No

reset

Please describe:

Have you had any surgeries in the past 6 months not including a cesarean section?

- Yes  
 No

reset

Please describe:

Were you hospitalized for any reason in the past 6 months other than for delivery?

- Yes  
 No

reset

Please describe:

Have you been diagnosed with any medical conditions in the past year?

- Yes  
 No

reset

Please describe:

List all your medications (including over the counter), vitamins, supplements, or herbs:

Are you using contraception?

- Yes  
 No

reset

What form of contraception are you currently using? (select all that apply)

- Birth control pills, progesterone only  
 Birth control pills, combined estrogen and progesterone  
 IUD, Paragard (Copper)  
 IUD, Mirena (progestin)  
 Nuva ring  
 Contraceptive patch  
 Depo-provera injections  
 Nexplanon implant  
 Rhythm method  
 Tubal ligation or vasectomy  
 Condoms

**Do you now smoke cigarettes every day, some days, or not at all?**

- Every day
- Some days
- Not at all

reset

**Have you smoked at least 100 cigarettes (approximately 5 packs) in your entire life?**

- Yes
- No

reset

**Do you now use electronic cigarettes or e-cigarettes, every day, some days, or not at all?**

- Every day
- Some days
- Not at all

reset

<< Previous Page

Next Page >>

Save & Return Later

## 6-Week Risk Perception Survey

Section C				
Please select the statement that best reflects your opinion for each.				
	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel that I have little control over risks to my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Strongly Agree	Agree	Disagree	Strongly Disagree
If I am going to get diabetes, there is not much I can do about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Strongly Agree	Agree	Disagree	Strongly Disagree
I think that my personal efforts will help control my risks of getting diabetes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Strongly Agree	Agree	Disagree	Strongly Disagree
People who make a good effort to control the risks of getting diabetes are much less likely to get diabetes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Strongly Agree	Agree	Disagree	Strongly Disagree
Compared to other women of my same age, I am less likely than they are to get diabetes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Strongly Agree	Agree	Disagree	Strongly Disagree
Compared to other women of my same age, I am less likely than they are to get a serious disease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>



For each item below, let us know the response that best describes your opinion about possible ways to prevent diabetes.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
Doing regular physical activity and following a diet take a lot of effort.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
Regular physical activity and diet may prevent diabetes from developing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset
	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
Benefits of following a diet and physical activity program outweigh the effort to do it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
					reset

For each item below, let us know the response that best describes your opinion about possible ways to prevent diabetes.

	Almost No Chance	Slight Chance	Moderate Chance	High Chance
What do you think your risk or chance is for getting diabetes in the next 10 years?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
				reset
	Almost No Chance	Slight Chance	Moderate Chance	High Chance
If you don't change your lifestyle behaviors, such as diet or physical activity, what do you think your risk or chance is of getting diabetes in the next 10 years?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
				reset

<< Previous Page

Next Page >>

Save & Return Later

## 6-Week Physical Activity

### Recent Physical Activity

During the past three months, when you are NOT at work, how much time do you usually spend:

Preparing meals (cook, set table, wash dishes)

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Dressing, bathing, feeding children while you are sitting

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Dressing, bathing, feeding children while you are standing

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Playing with children while you are sitting or standing

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

<b>Playing with children while you are <u>walking or running</u></b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day  <a href="#">reset</a>
<b>Carrying children</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day  <a href="#">reset</a>
<b>Taking care of an older adult</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day  <a href="#">reset</a>
<b>Sitting and using a computer, a tablet, a smartphone, or writing, while <u>not</u> at work</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day  <a href="#">reset</a>
<b>Watching TV or a video</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day  <a href="#">reset</a>
<b>Sitting and reading, talking, or on the phone, while <u>not</u> at work</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day

**Playing with pets**

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

**Light cleaning (make beds, laundry, iron, put things away)**

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

**Shopping (for food, clothes, or other items)**

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

**During the past three months, when you are NOT at work, how much time do you usually spend:**

**Heavier cleaning (vacuum, mop, sweep, wash windows)**

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

**Mowing lawn while on a riding mower**

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Mowing lawn using a walking mower, raking, gardening

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Going Places...

During the past 3 months, how much time do you usually spend:

Walking slowly to go places (such as to the bus, work, visiting)  
*Not for fun or exercise*

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Walking quickly to go places (such as to the bus, work, or school)  
*Not for fun or exercise*

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Driving or riding in a car or bus

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

For Fun or Exercise...

During the past 3 months, how much time do you usually spend:

Walking slowly for fun or exercise

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

<b>Walking more <u>quickly</u> for fun or exercise</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>Walking <u>quickly up hills</u> for fun or exercise</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>During the past 3 months, how much time do you usually spend:</b>		
<b>Jogging</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>Exercise class or program, including DVDs and online classes</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>Swimming</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>Dancing, including zumba</b>	<input type="radio"/> None <input type="radio"/> Less than 1/2 hour per day <input type="radio"/> 1/2 to almost 1 hour per day <input type="radio"/> 1 to almost 2 hours per day <input type="radio"/> 2 to almost 3 hours per day <input type="radio"/> 3 or more hours per day	reset
<b>Doing other things for fun or exercise?</b>	<input type="radio"/> Yes <input type="radio"/> No	reset

Doing other things for fun or exercise?

- Yes  
 No

reset

Name of Activity

- None  
 Less than 1/2 hour per day  
 1/2 to almost 1 hour per day  
 1 to almost 2 hours per day  
 2 to almost 3 hours per day  
 3 or more hours per day

reset

Name of Activity

- None  
 Less than 1/2 hour per day  
 1/2 to almost 1 hour per day  
 1 to almost 2 hours per day  
 2 to almost 3 hours per day  
 3 or more hours per day

reset

Please fill out the next section if you work for wages, as a volunteer, or if you are a student. If you are a homemaker, out of work, or unable to work, you do not need to complete this last section.

At Work...

During the past 3 months, how much time did you usually spend:

Sitting at work or in class

- None  
 Less than 1/2 hour per day  
 1/2 to almost 1 hour per day  
 1 to almost 2 hours per day  
 2 to almost 3 hours per day  
 3 or more hours per day

reset

Standing or slowly walking at work while carrying things (heavier than a 1 gallon milk jug)

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Standing or slowly walking at work not carrying anything

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Walking quickly at work while carrying things (heavier than a 1 gallon milk jug)

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

Walking quickly at work not carrying anything

- None
- Less than 1/2 hour per day
- 1/2 to almost 1 hour per day
- 1 to almost 2 hours per day
- 2 to almost 3 hours per day
- 3 or more hours per day

reset

<< Previous Page

Next Page >>

Save & Return Later



## 6-Week Sleep

### Section E

During the past month, how many hours of sleep did you get at night?

Hours

During the past month, how many hours of sleep did you get during the day?

Hours

Why have you been getting 0 hours of sleep during the day?

- I have not been able to nap as I would like  
 I do not usually nap during the day

reset

In the past month, how satisfied are you with the amount of sleep that you have gotten?

- Very dissatisfied  
 Dissatisfied  
 Neither dissatisfied nor satisfied  
 Satisfied  
 Very Satisfied

reset

<< Previous Page

Next Page >>

Save & Return Later

## 6-Week Breastfeeding

### Breastfeeding

**Are you currently breastfeeding or feeding pumped milk to your new baby?**

- No, I never breastfed or used pumped milk
- I breastfed/pumped milk for less than one week
- I breastfed/pumped milk and stopped between 1-4 weeks
- I breastfed/pumped milk and stopped between 5-8 weeks
- I breastfed/pumped milk and stopped between 9-12 weeks
- I breastfed/pumped milk and stopped after 12 weeks
- Yes, I am currently breastfeeding.

[reset](#)

**How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, cow's milk, or any other type of milk)? Include feedings by everyone who feeds the baby and include snacks and night-time feedings.**

- My baby was less than 1 week old
- My baby was between 1-4 weeks old
- My baby was between 5-8 weeks old
- My baby was between 9-12 weeks old
- My baby was over 12 weeks old
- My baby has not had liquids other than breast milk

[reset](#)

**How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?**

- My baby was less than 1 week old
- My baby was between 1-4 weeks old
- My baby was between 5-8 weeks old
- My baby was between 9-12 weeks old
- My baby was over 12 weeks old
- My baby has not yet had food

[reset](#)

## 6-Week Social Support

### Social Support

Below is a list of things people might do or say to someone who is trying to improve their lifestyle habits. 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 six weeks. Under friends, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last six weeks.

During the past six weeks, my:

Family encouraged me not to eat "unhealthy foods" (cake, soda) when I'm tempted to do so.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

Friends encouraged me not to eat "unhealthy foods" (cake, soda) when I'm tempted to do so.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

Family discussed my eating habit changes with me (asked me how I'm doing with my eating changes).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

Friends discussed my eating habit changes with me (asked me how I'm doing with my eating changes).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** reminded me not to eat foods high in sugar or saturated fat (cookies, bacon).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** reminded me not to eat foods high in sugar or saturated fat (cookies, bacon).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** complimented me on changing my eating habits. ("Keep it up," "We are proud of you")

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** complimented me on changing my eating habits. ("Keep it up," "We are proud of you")

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** commented if I went back to my old eating habits.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** commented if I went back to my old eating habits.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

**Family ate high sugar or high saturated fat foods in front of me.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends ate high sugar or high saturated fat foods in front of me.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family refused to eat the same foods I eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends refused to eat the same foods I eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family brought home foods I'm trying not to eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends brought home foods I'm trying not to eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family got angry when I encouraged them to eat low sugar, low saturated fat foods.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends got angry when I encouraged them to eat low sugar, low saturated fat foods.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family offered me food I'm trying not to eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends offered me food I'm trying not to eat.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family engaged in physical activity with me.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends engaged in physical activity with me.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

<b><u>Family</u> offered to do physical activity with me.</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset
<b><u>Friends</u> offered to do physical activity with me.</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset
<b><u>Family</u> gave me helpful reminders to increase physical activity ("Are you going to take a 30 min walk today?")</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset
<b><u>Friends</u> gave me helpful reminders to increase physical activity ("Are you going to take a 30 min walk today?")</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset
<b><u>Family</u> gave me encouragement to stick with my physical activity program.</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset
<b><u>Friends</u> gave me encouragement to stick with my physical activity program.</b>	<input type="radio"/> None <input type="radio"/> Rarely <input type="radio"/> A few times <input type="radio"/> Often <input type="radio"/> Very Often <input type="radio"/> Does Not Apply	reset

**Family** changed their schedule so we could do physical activity together.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** changed their schedule so we could do physical activity together.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** discussed physical activity with me.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** discussed physical activity with me.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** complained about the time I spend doing physical activity.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** complained about the time I spend doing physical activity.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset



**Family** criticized me or made fun of me for my physical activity.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** criticized me or made fun of me for my physical activity.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** gave me rewards for doing physical activity. (bought me something, or gave me something I liked).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** gave me rewards for doing physical activity. (bought me something, or gave me something I liked).

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family** planned for physical activity on recreational outings.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends** planned for physical activity on recreational outings.

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

**Family helped plan activities around my physical activity.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends helped plan activities around my physical activity.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family asked me for ideas on how they can get more physical activity.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends asked me for ideas on how they can get more physical activity.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Family talked about how much they like to be physically active.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

**Friends talked about how much they like to be physically active.**

- None
- Rarely
- A few times
- Often
- Very Often
- Does Not Apply

reset

<< Previous Page

Next Page >>

Save & Return Later

## 6-Week Edinburgh Postnatal Depression Scale

### Emotions, Mood and Stress

Please select the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

I have been able to laugh and see the funny side of things

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

reset

I have looked forward with enjoyment to things

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

reset

I have blamed myself unnecessarily when things went wrong

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, not at all

reset

I have been anxious or worried for no good reason

- Yes, very often
- Yes, sometimes
- Hardly ever
- No, not at all

reset

I have felt scared or panicky for no very good reason

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

reset

Things have been getting on top of me

- Yes, most of the time I haven't been able to cope at all
- Yes, sometimes I haven't been coping as well as usual
- No, most of the time I have coped quite well
- No, I have been coping as well as ever

reset

**I have been so unhappy that I have had difficulty sleeping**

- Yes, most of the time
- Yes, sometimes
- Not very often
- No, not at all

reset

**I have felt sad or miserable**

- Yes, most of the time
- Yes, quite often
- Not very often
- No, never

reset

**I have been so unhappy that I have been crying**

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

reset

**The thought of harming myself has occurred to me**

- Yes, quite often
- Sometimes
- Hardly ever
- Never

reset

<< Previous Page

Next Page >>

Save & Return Later

## 6-Week Perceived Stress Scale

Section I					
<p><b>Instructions:</b> The questions in this scale ask you about your feelings and thoughts during the last month. In each case, please indicate how often you felt or thought a certain way.</p>					
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you been angered because of the things that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
<div style="display: flex; justify-content: space-around; margin-bottom: 10px;"> <span>&lt;&lt; Previous Page</span> <span>Next Page &gt;&gt;</span> </div> <div style="display: flex; justify-content: center;"> <span>Save &amp; Return Later</span> </div>					

## 6-Week Self-Efficacy

Challenges to Being Physically Active						
<b>Eating Habits</b>						
Below is a list of things people might do while trying to change their eating habits. Please rate how confident you are that you could motivate yourself to do things like these consistently, for at least three months. Please select one circle for each of them.						
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can eat smaller portions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can replace white bread with whole wheat or whole grain bread?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can eat at least 5 servings of fruits and vegetables a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can include at least one vegetable for dinner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can replace whole or 2% milk with nonfat or low-fat 1% milk?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>
	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can replace sugar-sweetened beverages with low-calories or calorie-free options?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>reset</small>



	I know I cannot 1	2	Maybe I can 3	4	I know I can 5	Does not apply 8
How sure are you that you can continue to do physical activity with others even though they might seem too fast or too slow for you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can stick to your physical activity program when undergoing a stressful life change (e.g., divorce, death in the family, moving)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can stick to your physical activity program when your family is demanding more time from you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can stick to your physical activity program when you have household chores to attend to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can stick to your physical activity program even when you have excessive demands at work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can stick to your physical activity program when social obligations are very time-consuming?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
How sure are you that you can watch less TV in order to increase your physical activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> reset
<div style="display: flex; justify-content: space-around; align-items: center;"> <span>&lt;&lt; Previous Page</span> <span>Next Page &gt;&gt;</span> </div> <div style="text-align: center; margin-top: 10px;"> <span>Save &amp; Return Later</span> </div>						



## 6-Week Readiness to Change

**Section K**

Please select the answer that best describes your current interest in losing weight.

- I am not interested in weight loss and I don't plan on losing weight in the near future.
- I am not trying to lose weight at the moment but I am thinking about losing weight.
- I am preparing to lose weight and intend to start in the next month.
- I am currently losing weight.

[reset](#)

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Please select the answer that best describes your current interest in healthy eating.

- I am not interested in making healthy changes to my diet and I don't plan on doing so in the near future.
- I am not trying to make healthy changes to my diet at the moment but I am thinking about making healthy changes.
- I am preparing to make healthy changes to my diet and intend to start in the next month.
- I am currently eating a healthy diet.

[reset](#)

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Please select the answer that best describes your current level of physical activity.

For the purposes of this questionnaire, being physically active means doing activities such as walking, playing sports, cycling, or dancing for at least 20 minutes, 3 to 5 times a week.

- I am not physically active and I don't plan on doing any physical activity in the near future.
- I am not active at the moment but I am thinking about being more active.
- I am preparing to do more activity and intend to start in the next month.
- I am currently physically active.

[reset](#)

[<< Previous Page](#)      [Submit](#)

[Save & Return Later](#)

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**Thank you for taking the survey.**

Have a nice day!

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The Research Assistant will now log you into the Block© Food Frequency Questionnaire.