

MID-PROGRAM INTERVIEW

Section One - Colouring and Skin Type

All right, lets get started, I would first like to ask you some questions about your colouring and skin type.

1. Have you made an attempt to get a suntan in the past 3 months?  
Please pick one of the following answers.

- Yes
- No
- Don't Know/Unsure

2. When outdoors, how often do you do each of the following?  
Please indicate rarely/never (1), sometimes (2), usually (3), or always (4) for each of the following:

- a) Wear a shirt with sleeves
- b) Wear sunglasses
- c) Stay in the shade
- d) Use sunscreen
- e) Limit your time in the sun during midday hours
- f) Wear a hat
- g) Stay under an umbrella

3. When you use sun protection, such as sunscreen, a hat or wearing long sleeves, is it mainly to protect yourself from sun burn or to prevent premature ageing? So either:

- Protect myself from sunburn
- Prevent premature ageing
- Both
- Don't use sun protection
- Unsure

4. A sunburn is any amount of reddening of the skin after being in the sun. Overall, how many times did you get sunburnt in the past 3 months?

- Never
- Once
- 2-5 times
- 6 or more times
- Don't know/unsure

5. How likely is it, do you think, that you will get skin cancer at some time in the future?

Please pick one of the following answers:

- Not at all likely
- Somewhat likely
- Very likely
- Don't know/Unsure

6. How likely is it, do you think, that you will get heart disease at some time in the future? Would you say...

Please pick one of the following answers:

- Not at all likely
- Somewhat likely
- Very likely
- Already been diagnosed
- Don't know/unsure

7. Type 2 diabetes is a disease that causes high levels of sugar in the blood. It is most often controlled by diet. How likely is it, do you think, that you will get type 2 diabetes at some time in the future? Would you say...

Please pick one of the following answers:

- Not at all likely
- Somewhat likely
- Very likely
- Already been diagnosed
- Don't know/unsure

## Section Two - Physical Activity

For this section of the interview, we would like to ask you about your physical health. This involves asking some questions about your exercise and physical activity status and regime.

8. How many days per week do you exercise for at least 30 minutes?

Please pick one of the following answers:

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

The next four questions I'm about to ask, relate to any physical activity or exercise that you may have done in the last week.

9. In the last week, how many times have you walked continuously, for at least 10 minutes, for recreation, exercise or to get to and from places?

Number of Times:

.....  
.....  
.....  
.....

10. What do you estimate was the total time, in minutes, that you spent walking in this way in the last week?

Number of Minutes:

.....  
.....  
.....  
.....

11. In the last week, how many times did you do any vigorous gardening or heavy work around the yard, which made you breathe harder or puff and pant?

Number of Times:

.....  
.....  
.....  
.....

12. What do you estimate was the total time, in minutes, that you spent doing vigorous gardening or heavy work around the yard in the last week?

Number of Minutes:

.....  
.....  
.....  
.....

Great, thank you for answering those questions. For the next four questions about exercise, we would like you to exclude household chores, gardening and yard work as we specifically wish to focus on vigorous physical activity.

13. In the last week, how many times did you do any vigorous physical activity (e.g. jogging, cycling, aerobics, competitive tennis) which made you breath harder or puff and pant?

Number of Times:

.....  
.....  
.....  
.....

14. What do you estimate was the total time, in minutes, that you spent doing this vigorous physical activity in the last week?

Number of Minutes:

.....  
.....  
.....  
.....

15. In the last week, how many times did you do any other more moderate physical activity (e.g. gentle swimming, social tennis, golf) that you have not already mentioned?

Number of Times:

.....  
.....  
.....  
.....

16. What do you estimate was the total time, in minutes, that you spent doing these activities in the last week?

Number of Minutes:

.....  
.....  
.....  
.....

### Section Three - Skin Self-Examination History

Now, we'd like to ask a few questions about you or a person who is not a doctor examining your skin for the early signs of skin cancer.

17. In the past 3 months, have you or someone who is not a doctor, such as your spouse or partner, deliberately checked any part of your skin for early signs of skin cancer?

Please pick one of the following answers:

- Yes
- No
- Unsure

18. In the past 3 months, how often have you or someone who is not a doctor checked any part of your skin for early signs of skin cancer?

Please pick one of the following answers:

- 1-2 times
- 3-4 times
- 5-6 times
- More than 6 times

19. Thinking back to the last time you or someone who is not a doctor checked your own skin, which areas of your body did you actually check?

Please select all that apply.

- Face
- Neck
- Upper Chest
- Arms
- Hands (including palms and fingers)
- Torso
- Front of thighs/knees/shins
- Feet (including toes and soles of feet)
- Back of thighs/knees/shins
- Buttocks
- Lower Back
- Higher Back
- Back of Neck
- Scalp
- Whole Body

20. During your last check, did you use a hand-held mirror or full-size mirror to check difficult to see areas of your skin such as your back?

Please select one of the following answers:

- Yes, hand-held mirror
- Yes, full-size mirror
- Yes, both
- No
- Unsure

21. During your last skin check, did you have someone to help you see difficult to see areas, for example, your partner or relative?

Please select one of the following answers:

- Yes
- No
- Unsure

22. When you last checked your skin, did you find a spot or mole of cancer?

Please select one of the following answers:

- Yes
- No
- Unsure

23. If yes, what did you do?

Please select all that apply and/or add your own variant.

- Watched it for up to one month
- Watched it for longer than one month
- Showed it to a partner/relative
- Showed it to a doctor
- Other
- .....
- .....
- .....
- .....

24. In the next 9 months, do you intend to check your skin for early signs of skin cancer?

Please select one of the following answers:

- Yes
- No
- Unsure

25. How confident are you that you can check your own skin correctly?

On a scale from 1-10, with 1 being not at all confident and 10 being highly confident.

26. How confident are you that you will find the time in the next 9 months to check your own skin?

On a scale from 1-10, with 1 being not at all confident and 10 being highly confident.

27. I am confident that I can participate in regular physical activity even when...

Please indicate each of the following on a scale from 1-4, with 1 being strongly agree, 2 being agree, 3 being unsure, and 4 being disagree.

- ...I am tired
- ...I am in a bad mood
- ...I feel that I do not have the time
- ...It is raining or very hot
- ...I have to do it alone

#### Section Six-Attitudes and Beliefs

Please rate the following statement with relation to how confident you are that you can participate in regular physical activity. Your response options are 1. Strongly agree, 2. Agree, 3. Unsure, 4. Disagree and 5. Strongly disagree.

28. I am confident that I can examine my skin even when...

Please indicate each of the following on a scale from 1-4, with 1 being strongly agree, 2 being agree, 3 being unsure, and 4 being disagree.

- ...I do not have a mirror
- ...I have not examined my skin for a while
- ...I feel that I do not have the time
- ...I am on holiday
- ...I am uncertain what to look for
- ...I have no one to help me

Please rate the following statements with relation to how confident you are that you can participate in regular sun protection such as using sunscreen, wearing a hat and protective clothing and staying in the shade.

Your response options are 1. Strongly agree, 2. Agree, 3. Unsure, 4. Disagree and 5. Strongly disagree

29. I am confident that I can protect my skin from the sun even when...

Please indicate each of the following on a scale from 1-4, with 1 being strongly agree, 2 being agree, 3 being unsure, and 4 being disagree.

- ...It's overcast
- ...I am not going out for long
- ...I feel that I do not have the time
- ...I am on holiday
- ...I am looking pale
- ...I am the only one who is sunsafe

30. If I regularly protect my skin from the sun I am in danger of not getting enough Vitamin D?

Your response options for the question is 1. Strongly agree, 2. agree, 3. Unsure, 4. Disagree and 5. Strongly disagree.

31. Exposing my skin to the sun without sun protection contributes to the premature ageing of my skin.

Your response options for the following question is 1. Strongly agree, 2. Agree, 3. Unsure, 4. Disagree and 5. Strongly disagree.

Next is a list of ways in which people might react to someone who is trying to exercise regularly.

Your response options are 1. Very often, 2. Often, 3. Sometimes, 4. Rarely and 5. Never.

32. Please tell me how often your friends or family have said or done the following during the past 12 weeks:

Your response options are very often, often, sometimes, or rarely/never.

- ...Gave you encouragement to exercise
- ...Offered to exercise with you
- ...Helped plan activities around your exercise
- ...Took over chores so you had more time to exercise
- ...Engaged in exercise themselves



Next is a list of ways in which people might react to someone who is trying to protect their skin from the sun.

Your response options are 1. Very often, 2. Often, 3. Sometimes, 4. Rarely and 5. Never

33. Please tell me how often your family or friends have said or done the following during the past 12 weeks:

Your response options are Very often, Often, Sometimes, or Rarely Never

- ...Gave you encouragement to use sun protection
- ...Offered to also protect their skin
- ...Helped plan sun protection
- ...Offered to assist you with sun protection (eg. apply sunscreen to your back)
- ...Protected their own skin from the sun

Next is a list of ways in which people might react to someone who is trying to self-examine their skin.

Your response options are 1. Very often, 2. Often, 3. Sometimes, 4. Rarely and 5. Never.

34. Please tell me how often your family or friends have said or done the following during the past 12 weeks:

Your response options are: Very often, Often, Sometimes, or Rarely Never.

- ...Gave you encouragement to examine your skin
- ...Offered to also examine their skin
- ...Helped plan your skin examination
- ...Offered to assist with skin examination (eg. look at your back)
- ...Examined their own skin

#### Section Seven-Other Health Behaviours

35. Please answer yes, no, or unsure to the following questions

- Have you smoked 100
- cigarettes in your life?
- During a usual day, do you
- eat 2 serves of fruit?
- During a usual day, do you
- eat 5 serves of vegetables?
- During a usual day do you
- drink softdrink such as
- lemonade, cola, fanta, sprite or similar or drink fruit juice?
- During a usual day, do you eat takeaway food?
- During a usual day, do you drink alcohol?

Thank you very much. That completes our mid-program interview. In approximately 9 months one of the interviewers will contact you again for the final interview.