

Baseline Interview Script (Greeting and Farewell)

Greeting:

Hello, this is (name), calling on behalf of the program, may I speak to (name).

If unavailable/busy: No problem. When would be a good time to call back?

If available, proceed as below:

Hi (name), I'm calling in regards to the HealthY Texts program. You would have recently received a text informing you that we will be calling you for the first telephone interview. Is now a suitable time for you to do the interview? It will take 20-25 minutes depending on your answers.

If no: that's okay. Would you be able to provide a suitable time or day for us to call back?

Nominate preferred days of week _____. Preferred time_____.

If yes: May I just check whether or not it is safe for you to take this call at the moment? If not, I am happy to call you back when it is more convenient for you.

If no: that's okay. Would you be able to provide a suitable time or day for us to call back?

Nominate preferred days of week _____. Preferred time_____.

If yes: Great, thanks for that. Let's get started.

Survey begins

Participant Eligibility Screening

Before we start the formal part of the interview, I would like to ask you a few very quick questions.

1. Do you own or have available for your use a mobile phone?
(Ineligible if NO)

- Yes
- No

2. Have you ever had a melanoma?
(Ineligible if YES)

- Yes
- No

3. Has a doctor or any other health professionals advised you NOT to exercise in the past 12 months?
(Ineligible if YES)

- Yes
- No

4. What is your age?
(If unwilling to provide skip to question 5)

5. Which age category do you fit into?

- 17 years or under (ineligible). Thank you for your time but we are looking to speak to people aged 18 to 42 years old for this study.

- 18-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-42

- 43 or older (ineligible). Thank you for your time but we are looking to speak to people aged 18 to 42 years old for this study.

Section One - Current Health Intentions

All right, lets get started, I would first like to ask you some questions about your current health intentions

During the last 12 months have you made plans to:

6. Have you made plans to reduce your risk of heart disease?
(Read all responses)

- Not at all
- Somewhat
- Quite a bit
- Very much so

7. Have you made plans to reduce your risk of diabetes?
(Read all responses)

- Not at all
- Somewhat
- Quite a bit
- Very much so

8. Have you made plans to reduce your risk of skin cancer?
(Read all responses)

- Not at all
- Somewhat
- Quite a bit
- Very much so

9. Have you made plans to reduce your risk of high cholesterol?
(Read all responses)

- Not at all
- Somewhat
- Quite a bit
- Very much so

10. Have you made plans to check your skin for early signs of skin cancer in the future? (read all responses)

- Not at all
- Somewhat
- Quite a bit
- Very much so

11. Overall, can you tell me what you want to achieve for your health over the next 12 months?

12. What works best for you when making healthy lifestyle choices? For example, telling friends and family your intentions toward healthy eating or exercise, planning ahead to have healthy food available, setting goals etc.

Section Two - Colouring and Skin Type

This section looks at your colouring and skin type.

13. What was your natural hair colour at age 21 (or now if you are younger than 21)? (do not read list)

- Red (including Auburn)
- Fair or Blonde (including White)
- Light or Mouse Brown
- Dark Brown
- Black
- Other

14. What is your eye colour?

(do not read list - If person says 'Greeny-Blue' eyes, choose the colour which appears first on the list below. i.e Blue)

- Blue or Grey
- Green or Hazel
- Brown or Black

15. What is your skin colour before tanning or on areas never exposed to the sun, such as the inside of your upper arm? Is it...

- Very Fair
- Fair
- Medium
- Olive or Brown

16. If you were exposed to strong sun for 30 minutes at the beginning of summer without a tan and without protection, would your skin...

- Burn and not tan afterwards
- Burn then tan
- Tan slightly without burning
- Tan a lot without burning

17. After being exposed to the sun (for a long time) over several days, how deep a tan would you get?

- Never tan, only burn or freckle
- Slight tan
- Moderate tan
- Deep tan

18. Most people have some moles. Moles are small brown, black or pink, either raised or flat skin markings that do not change after sun exposure. How many moles do you think you have on your body? Either... (read all responses)

- None
- A few (less than 20)
- Some (20-50)
- Many (more than 50)

19. Have you made an attempt to get a suntan in the past 12 months? (do not read list)

- Yes
- No
- Don't Know/Unsure

The following questions ask about your usual sun protection behaviours while outdoors between 10am and 3pm.

20. When outdoors, how often do you do each of the following?

Your response options are: Rarely/Never , Sometimes, Usually, Always

- 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

21. 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?

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

22. 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 12 months? (Read all responses- skip to 24 if never)

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

23. And just thinking about the last three months, how many times did you get sunburnt? (Read all responses)

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

24. How likely is it, do you think, that you will get skin cancer at some time in the future? Would you say... (Read all responses)

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

25. How likely is it, do you think, that you will get heart disease at some time in the future? Would you say... (Read all responses)

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

26. 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... (Read all responses)

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

Section Three - Physical Activity

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

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

- 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.

28. 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: (if answer is '0', skip to 30)

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

Number of Minutes:

30. 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: (if '0' skip to question 32)

31. 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.

32. 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:

33. 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:

34. 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:

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

Number of Minutes:

36. Is your main job or activity now...?
(read all responses)

- Mainly indoors
- Mainly outdoors
- About equal amounts indoors and outdoors

37. Is your main job or other daily activity now...
(one answer only)

- Sedentary (involves mostly sitting)
- Work that mainly involves standing and walking but does not require other physical activity
- Work that includes standing and walking and also some lifting and carrying
- Heavy physical work that includes lifting and carrying
- I am currently not working

38. I will now read a list of activities and I would like you to identify which activities are the main activities you do when outside?
(read all)

- Walking
- Jogging
- Swimming
- Tennis
- Football or Soccer
- Golf
- Beach Activities
- Gardening
- House Maintenance or Renovations
- Working Outside (paid work)
- Martial Arts
- Playing other team sports or games (e.g. netball, basketball)
- Cycling
- Other, please specify

Section Four - Skin Self-Examination History

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

40. Have you or someone who is not a doctor, such as your spouse or partner, ever deliberately checked any part of your skin for early signs of skin cancer?

- Yes
- No. skip to question 46
- Unsure

41. In the past 12 months, have you or someone who is not a doctor, such as your spouse or partner, ever deliberately checked your skin for early signs of skin cancer?

- Yes
- No
- Unsure

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

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

43. 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?
Specific Spot Only

- Parts of Body
- Whole Body

44. 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?

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

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

- Yes
- No
- Don't know

46. How confident are you that you can check your own skin correctly, with 1 being not at all confident and 10 being highly confident?

47. How confident are you that you will find the time in the next 3 months to check your own skin, with 1 being not at all confident and 10 being highly confident?

48. When you last checked your own skin, did you find a spot or mole of concern?

- Yes
- No
- Unsure
- Did not check my skin

49. What did you do?

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

Section Five - Health Checks

Ok, for the next section we would like to ask you a few questions about having a health check by a doctor, for example your local doctor.

50. Do you have a regular general practitioner (GP)?

- Yes
- No
- Unsure/ Don't know

51. Approximately what is the distance from your home to your GP or health care provider?

RECORD MINUTES BY CAR OR KILOMETERS

Minutes by car _____OR

Kilometers _____

52. Do you regularly visit your GP for health checkups? By this I mean visits for health checks rather than visits for an acute illness such as the flu or an injury?

- Yes
- No
- Unsure/ Don't know

53. Has your doctor ever...

Your response options are Yes, No, Unsure

1. Asked you to exercise more
2. Asked you to improve your diet
3. Asked you to obtain a blood test for cholesterol
4. Checked any parts of your skin for skin cancer
5. Asked you to obtain a blood test for Vitamin D levels
6. Showed you how to check your OWN skin for early signs of skin cancer
7. Provided you with information about sun protection
8. asked you to obtain a blood test for your blood sugar levels

54. How confident are you filling out personal medical history forms by yourself?

- Extremely
- Quite a bit
- Somewhat
- A little bit
- Not at all

Section 6 Attitudes and Beliefs

Please rate the following statements 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

Please rate the following statements 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, 5 Strongly Disagree.

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

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

Please rate the following statements with relation to how confident you are that you can participate in regular skin self-examination. Your response options are:

1 Strongly Agree, 2 Agree, 3 Unsure, 4 Disagree, 5 Strongly Disagree.

56. I am confident that I can examine my skin for early signs of skin cancer even when...

- ...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
- ...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

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.

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

Your response options for the next two questions are:

1. Strongly agree, 2. Agree, 3. Unsure, 4. Disagree and 5. Strongly disagree.

How strongly do you agree with the following statements:

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

Strongly agree, Agree, Unsure, Disagree and Strongly disagree.

58_1. If I regularly protect my skin from the sun I can reduce my risk of getting skin cancer in the future.

Strongly agree, Agree, Unsure, Disagree and Strongly disagree.

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

Strongly agree, Agree, Unsure, Disagree and Strongly disagree.

I am going to read 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

60. 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, Rarely, Never

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

I am going to read 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

61. 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, Rarely, and Never

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

I am going to read 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

62. Please tell me how often your family or friends have said or done the following during the past twelve (12) weeks. Your response options are:

Very often, Often, Sometimes, Rarely, or 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 (e.g. look at your back)
...Examined their own skin

Section Seven - Other Health Behaviours

Now, the following section will cover questions about various health behaviours.

63. Please answer yes or no to the following questions. Your response options: Yes, No, or Unsure.

- Have you smoked 100 cigarettes in your entire 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 fruit juice or soft drink such as lemonade, cola, fanta, sprite or similar?
- During a usual day, so you eat takeaway food?
- During a usual day, do you drink alcohol?

64. Please answer the following. If you are unsure, please estimate

USE 999 FOR REFUSED

- How tall are you in cm: What is your current weight in kg:

Section Eight - Use of Mobile Phones

65. How often do you use your mobile phone for phone calls?

Your response options are: Several times a day, Once a day, Several times a week, Hardly ever

66. How often do you use your mobile phone for SMS?

- Several times a day
- Once a day
- Several times a week
- Hardly ever

67. Do you ever read messages sent to your mobile phone from an unknown sender?

- Yes
- No

68. What is the make and model of your mobile phone?

Model please specify

Make please specify

69. In the intervention program we want to send you text messages. In those text messages, how would you like us to address you?
(It can be a nickname, with no more than 6 characters)

Section Nine - Personal Background

Ok, we have now reached the final section of the questionnaire. Thank you for the responses you have provided and your patience so far. To finish off, I would like to ask you some questions about yourself.

70. What is the highest level of education you have completed?
(do not read list)

- Did not complete primary school or have no formal schooling
- Completed primary school
- Completed junior high school
- Completed senior high school
- Trade or technical certificate or diploma
- University or collage degree
- Other please specify

71. What is your current living situation?
(do not read list)

- Living alone
- Living with your partner
- Living with partner and children
- Living with parents or siblings
- Living in a shared house, flatmates, student accommodation
- Other

72. How would you best describe your current work situation?
(prompt if necessary)

- Employed full-time (include self employed/business/farming)
- Employed part-time or casual (include self employed/business/farming)
- Full-time home duties/home carer
- Student (if employed full-time and student, put employed full-time)
- Unemployed or looking for work
- Retired
- Permanently ill/unable to work
- Other please specify

73. What is your present marital status?
(do not read list)

- Married/Living together
- Divorced/separated
- Widowed
- Single/never married
- Other please specify

74. Do you have private health insurance?
(read all responses)

- Yes, hospital cover only
- Yes, extras cover only
- Yes, hospital and extras cover
- Yes, health cover from the departments of veterans affairs
- Yes, other please specify
- No

75. What is your personal income before tax?
(read all responses)

- Less than \$20, 000
- \$20, 000 to \$39, 999
- \$40, 000 to \$59, 999
- \$60,000 to \$79,999
- \$80,000 to \$99,999
- more than \$100 000
- Unsure
- Rather not disclose

76. What country were you born in?
(do not read list)

- Australia . skip to 77
- New Zealand
- England
- Scotland, Ireland or Wales
- Northern Europe (e.g. Norway, Sweden, The Netherlands, Germany...)
- Southern Europe (e.g.Greece, Italy, Spain...)
- Eastern Europe (e.g.Russia, Poland, Estonia...)
- Asia
- Middle East
- USA
- Canada
- Other please specify

77. If you were born in a country other than Australia, how old were you
(age in years) when you first arrived to live in Australia?
Age in years:

78. Do you identify as an Indigenous Australian?

- Aboriginal AND Torres Strait Islander
- Torres Strait Islander ONLY
- Aboriginal ONLY
- Neither
- None

79. Do you speak any language other than English at home?

- No
- Yes (please specify)

Farewell:

Thank you very much, that's the end of the first interview. Because we're still in the process of getting participants on board it will be a couple of weeks before your program begins. We'll send you a text letting you know when it's about to start. After the first three months of the program you'll hear from us again for the second phone interview, and then again nine months later for the last interview. Is there a preferred day and time of day that you would like to nominate for us to contact you?

Select Days of week _____ select time _____

Before we finish can you please provide us with at least two alternate contact phone numbers for us to call if we can't reach you for the next two telephone interviews. These could be the numbers of relatives or good friends whom we can call to get your contact details in case we're unable to reach you. It might be a good idea to let them know you have given us their contact details in case we do need to contact them to obtain your contact information.

Note Phone Numbers-

79. Alternative contact #1

Name: _____

Telephone Number: _____

80. Alternate Contact #2

Name: _____

Telephone Number: _____

After the first three months of the program you'll hear from us again for the second telephone interview, then again nine months later for the very last interview.

Thank you again for participating. If you have any questions about the interviews or the program, please do not hesitate to call the research team. Goodbye.