TYPES OF QUESTIONNAIRES:

1. **Structured Questionnaires:** These have fixed response options, such as multiple-choice, yes/no, or Likert scale questions.

2. **Unstructured Questionnaires:** These have open-ended questions, allowing respondents to provide detailed responses in their own words.

3. **Semi-Structured Questionnaires:** These combine structured and unstructured questions, providing a balance between standardized responses and open-ended input.

4. **Closed-Ended Questionnaires:** Questions with predefined response options that limit respondents to choosing from those options.

5. **Open-Ended Questionnaires:** Questions that allow respondents to provide free-text responses, offering more in-depth insights.

6. **Likert Scale Questionnaires:** Use a scale to measure attitudes or opinions, typically with response options ranging from "Strongly Disagree" to "Strongly Agree."

7. **Multiple-Choice Questionnaires:** Questions with several answer options, where respondents choose the one that applies.

8. **Ranking Questionnaires:** Require respondents to rank a list of items in order of preference or importance.

9. **Semantic Differential Questionnaires:** Use pairs of adjectives to measure the respondent's perception of a concept or item.

10. **Dichotomous Questionnaires:** Present binary choices, often yes/no or true/false.

11. **Matrix Questionnaires:** Group related questions together under a common theme, using a matrix format with consistent response options.

12. **Checklist Questionnaires:** Require respondents to check items from a list that apply to them.

13. **Demographic Questionnaires:** Collect information about respondents' characteristics, such as age, gender, education, etc.

Sample 1

"Survey on Health and Fitness Habits"

1. Demographic Information:

a)   Age: _____
b)   Gender: [ ] Male [ ] Female [ ] Other
c)   Education Level: [ ] High School [ ] College [ ] Graduate

2. Structured Question:

How often do you exercise per week?

[ ] Never
[ ] 1-2 times
[ ] 3-4 times
[ ] 5 or more times

3. Unstructured Question:

Can you describe your favorite type of exercise and why you enjoy it?

4. Semi-Structured Question:

On a scale of 1 to 5, how would you rate your overall diet quality? (1 = Poor, 5 = Excellent)

5. Likert Scale Question:

Please indicate your level of agreement with the following statement:

"I find it easy to maintain a healthy lifestyle."

[ ] Strongly Disagree
[ ] Disagree
[ ] Neutral
[ ] Agree
[ ] Strongly Agree

6. Multiple-Choice Question:

Which of the following do you consider the most important factor for maintaining good health?

[ ] Regular exercise
[ ] Balanced diet
[ ] Sufficient sleep
[ ] Stress management

7. Ranking Question:

Rank the following fitness activities in order of preference (1 = Most Preferred, 5 = Least Preferred):

[ ] Running
[ ] Yoga
[ ] Weightlifting
[ ] Swimming
[ ] Cycling

8. Semantic Differential Question:

Please indicate how you perceive the following terms in relation to your fitness goals:

Easy [ ] ------ [ ] ------ [ ] Difficult

Enjoyable [ ] ------ [ ] ------ [ ] Unenjoyable

Effective [ ] ------ [ ] ------ [ ] Ineffective

9. Dichotomous Question:

Do you consume fast food more than once a week?

[ ] Yes
[ ] No

10. Matrix Question:

Please rate your agreement with the following statements on a scale of 1 to 5

(1 = Strongly Disagree, 5 = Strongly Agree):

Statement	1	2	3	4	5
I eat vegetables with every meal.					
I engage in physical activity regularly.					
I prioritize getting enough sleep.					

11. Checklist Question:

Please check the fitness activities you currently participate in:

[ ] Jogging
[ ] Dancing
[ ] Gym workouts
[ ] Cycling
[ ] Yoga

"Survey on Eating Disorders Awareness and Attitudes"

1. Demographic Information:

a)   Age: _____
b)   Gender: [ ] Male [ ] Female [ ] Other
c)   Education Level: [ ] High School [ ] College [ ] Graduate

2. Structured Question:

Have you ever heard of the term "eating disorders" before this survey?

[ ] Yes [ ] No

3. Unstructured Question:

Can you share any personal experiences or observations related to eating behaviors and body image concerns?

4. Semi-Structured Question:

On a scale of 1 to 5, how confident do you feel in recognizing the signs and symptoms of an eating disorder? (1 = Not Confident, 5 = Very Confident)

5. Likert Scale Question:

Please indicate your level of agreement with the following statement:
"Society's emphasis on thinness contributes to the development of eating disorders."

    [ ] Strongly Disagree
    [ ] Disagree
    [ ] Neutral
    [ ] Agree
    [ ] Strongly Agree

6. Multiple-Choice Question:

What do you think is the most common factor contributing to the development of eating disorders?

    [ ] Media influence
    [ ] Peer pressure
    [ ] Genetics
    [ ] Psychological factors

7. Ranking Question:

Rank the following factors in order of their impact on body image dissatisfaction (1 = Highest Impact, 4 = Lowest Impact):

[ ] Social media
[ ] Family environment
[ ] Fashion industry
[ ] Personal self-esteem

8. Semantic Differential Question:

Please indicate how you perceive the following terms in relation to eating disorders:

Stigmatized [ ] ------ [ ] ------ [ ] Empathetic
Treatable [ ] ------ [ ] ------ [ ] Hopeless
Preventable [ ] ------ [ ] ------ [ ] Inevitable

9. Dichotomous Question:

Do you believe that eating disorders only affect young individuals?

[ ] Yes

[ ] No

10. Matrix Question:

Please rate your level of agreement with the following statements on a scale of 1 to 5

(1 = Strongly Disagree, 5 = Strongly Agree):

Statement	1	2	3	4	5
Eating disorders are primarily a female issue.					
Seeking professional help is important.					
Body positivity campaigns are effective.					

11. Checklist Question:

Please check any of the following warning signs that you associate with eating disorders:

[ ] Rapid weight loss
[ ] Obsessive calorie counting
[ ] Binge eating episodes
[ ] Frequent use of laxatives
[ ] Excessive exercise