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 QUESTIONNAIRE   
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   
   
   
   
  
Sample 2   
“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