

431 Survey - Fall 2018

Please answer every single question by Friday 2018-11-02 at Noon.

Completing this survey is Task E for your Course Project.

Please remember that Task D (the Survey Comparison Plan) is also due at the same time, and that requires the completion of a separate Google Form, which is available at <http://bit.ly/431-2018-survey-comparison-plan-taskD>. The Data Description document for this Course Survey is available to you at <http://bit.ly/431-2018-survey-data-description>, and that document will be most useful when you are completing the survey comparison plan, and later, once you have the data and need to begin analyzing the results .

Your email address (at CWRU) is being collected automatically, so that Dr. Love will know who has and who has not completed the form in two ways. He will remove this information before preparing data sets for analysis.

If you wish to save your work on this Survey and return later, scroll down to the final section of the survey, type in your name in the final question, and then submit the form.

You will automatically receive an email (at your CWRU account) when you submit with a link that will let you return to the survey, and you can return as many times as you like to complete the survey before the final deadline of 2018-11-02 at Noon.

Your email address (**tel3@case.edu**) will be recorded when you submit this form. Not **tel3**? [Sign out](#)

* Required

Core Items

1. usborn_001

Were you born in the United States?
Mark only one oval.

- ☐ Yes
☐ No

2. english_002

Is English the language you speak better than any other?
Mark only one oval.

- ☐ Yes
☐ No

3. female_003

Do you identify as female?
Mark only one oval.

- ☐ Yes
☐ No

4. glasses_004

Do you wear prescription glasses or contact lenses?
Mark only one oval.

- ☐ Yes
☐ No

5. **r_pre431_005**

Before taking 431, had you ever used R before?

Mark only one oval.

☐ Yes

☐ No

6. **domestic_006**

Are you currently married or in a stable domestic relationship?

Mark only one oval.

☐ Yes

☐ No

7. **smoke100_007**

Have you smoked 100 cigarettes or more in your entire life?

Mark only one oval.

☐ Yes

☐ No

8. **tobacco_008**

Which of the following descriptions best describes your use of tobacco? Are you a current user, a former user who has now quit, or someone who has never used tobacco?

Mark only one oval.

☐ Current

☐ Former

☐ Never

9. **yearborn_009**

In what year were you born?

10. **sroh_010**

How would you rate your current health overall?

Mark only one oval.

☐ Excellent

☐ Very Good

☐ Good

☐ Fair

☐ Poor

11. **neohio_011**

For how long, in months, have you lived in Northeast Ohio?

12. **height_012**

What is your height in inches? (If you are five feet, eight inches tall, please write 68 to indicate 68 inches. To convert from centimeters to inches, multiply your height in centimeters by 0.3937, and then round the result to the nearest inch.)

13. **weight_013**

What is your weight in pounds? (To convert from kilograms to pounds, multiply your weight in kilograms by 2.2046, and then round the result to the nearest pound.)

14. **pulse_014**

What is your pulse rate, in beats per minute? (Please either use a tracking device, or count your pulse for 15 seconds then multiply by 4)

15. **exercise_015**

Last week, on how many days did you exercise?
Mark only one oval.

0 1 2 3 4 5 6 7

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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16. **sleep_016**

Last night, how many hours of sleep did you get?

17. **sleepq_017**

Over the past 30 days, how would you rate the quality of your sleep?
Mark only one oval.

- ☐ Excellent
- ☐ Very Good
- ☐ Good
- ☐ Fair
- ☐ Poor

18. **checkup_018**

In the past 12 months, have you visited a health care provider for a routine checkup?
Mark only one oval.

- ☐ Yes
- ☐ No

19. **kids_019**

Do you have children?

Mark only one oval.

☐ Yes

☐ No

20. **workhrs_020**

How many hours per week do you work? (Do not include hours spent studying, writing a thesis or attending class, and also do not include required time in a lab or grading papers or other "work" for which you are not compensated.)

21. **politic_021**

Do you consider yourself to be a politically engaged person? ("Politically engaged" refers to feeling meaningfully invested in the results of the political process, broadly speaking.)

Mark only one oval.

☐ Yes

☐ No

22. **student_022**

Do you consider yourself to be a full-time student?

Mark only one oval.

☐ Yes

☐ No

Items with Yes/No responses

23. **redmeat_023**

In the past 30 days, did you eat red meat? (Red meat includes all meat that is red when it is raw. For our purposes, this will include beef, lamb and pork, but not include chicken, turkey or fish)

Mark only one oval.

☐ Yes

☐ No

24. **seafood_024**

In the past 30 days, did you eat fish or seafood?

Mark only one oval.

☐ Yes

☐ No

25. **vegetar_025**

Do you consider yourself to be a vegetarian?

Mark only one oval.

☐ Yes

☐ No

26. **vegan_026**

Do you consider yourself to be a vegan?

Mark only one oval.

☐ Yes

☐ No

27. **flushot_027**

Did you receive the flu vaccination last year?

Mark only one oval.

☐ Yes

☐ No

28. **bodyfat_028**

Are you generally satisfied with how your body looks?

Mark only one oval.

☐ Yes

☐ No

29. **ecigever_029**

Have you ever tried e-cigarettes?

Mark only one oval.

☐ Yes

☐ No

30. **voteleg_030**

Are you registered to vote in the November 6 U.S. election?

Mark only one oval.

☐ Yes

☐ No

31. **vote prez_031**

Did you vote in the 2016 U.S. presidential election?

Mark only one oval.

☐ Yes

☐ No

32. **voteint_032**

Do you expect to vote in the upcoming U.S. election?

Mark only one oval.

☐ Yes

☐ No

33. **sleepok_033**

Do you feel that you generally get enough sleep?

Mark only one oval.

☐ Yes

☐ No

34. **steps_034**

In the past seven days, have you used a device that tracks your daily steps?

Mark only one oval.

☐ Yes

☐ No

35. **shoppol_035**

Have you ever changed your shopping patterns (either switching to or away from a particular store) because of your political beliefs?

Mark only one oval.

☐ Yes

☐ No

36. **retire_036**

Do you have a retirement account?

Mark only one oval.

☐ Yes

☐ No

37. **carloan_037**

Do you have a car loan?

Mark only one oval.

☐ Yes

☐ No

38. **cwrusom_152**

Is your primary affiliation with CWRU through the School of Medicine?

Mark only one oval.

☐ Yes

☐ No

Items with a Numeric Response

39. **sickdays_038**

How many sick days (from school or work) did you take in the last year?

40. **selfies_039**

How many pictures of yourself did you post on social media last month?

41. **credits_040**

How many credit hours are you taking in the Fall 2018 semester?

42. hrs431_041

In the past seven days, how many hours did you spend on work related to 431? (Include the time you spent attending class and doing work for the class, and include the time you have spent so far filling out this survey.)

43. hrsclass_042

In the past seven days, how many hours did you spend on work related to courses OTHER THAN 431 that you are taking? (Include the time you spent attending class and doing work for the class. If you aren't taking other classes, your answer should be zero.)

44. device_043

In the past seven days, how many times have you checked a mobile health app or other device that tracks your personal health goals, like your steps, sleep, or calories?

45. relax_044

In the past seven days, how many times have you deliberately implemented stress relieving techniques into your day?

46. computer_045

In the past seven days, about how many hours did you spend using a computer (either a laptop, tablet, or desktop with a keyboard) for any reason?

47. tvmovies_046

In the past seven days, about how many hours did you spend watching television programs or movies, either in a theater, on a television, or on a computer, tablet or other device? (Time spent watching YouTube videos, video podcasts, or streaming video should be included here.)

48. polmedia_047

In the past seven days, about how many hours did you spend consuming media about U.S. politics? (Please include the time you spent listening to podcasts, as well as television and radio commercials and programming, reading books and newspapers and websites, and engaging with social media posts.)

49. **hobby_048**

In the past seven days, about how many hours did you spend doing a hobby?

50. **inperson_049**

In the past seven days, about how many hours did you spend socializing in-person with friends and/or family?

51. **playing_050**

In the past seven days, about how many hours did you spend playing sports or exercising?

52. **cooking_051**

In the past seven days, about how many hours did you spend cooking food for yourself or for other people?

53. **sports_052**

In the past seven days, about how many hours did you spend watching sports or consuming media about sports?

54. **emedia_053**

In the past seven days, about how many hours did you spend using electronic media? (Here, "using electronic media" refers to everything you consume electronically, and includes, for instance, using a television, radio, phone, tablet or computer for content of any type (books, audio, video, etc.), and also includes using a device of that sort to check email, code in R, or do work.)

55. **cards_151**

How many credit cards do you have?

Ten-Item Personality Inventory

Here are a number of personality traits that may or may not apply to you. Please indicate the extent to which you agree or disagree with each statement. Rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

56. **tipi01_141**

I see myself as Extraverted, Enthusiastic.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

57. **tipi02_142**

I see myself as Critical, Quarrelsome.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

58. **tipi03_143**

I see myself as Dependable, Self-Disciplined.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

59. **tipi04_144**

I see myself as Anxious, Easily Upset.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

60. **tipi05_145**

I see myself as Open to New Experiences, Complex.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

61. **tipi06_146**

I see myself as Reserved, Quiet.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

62. **tipi07_147**

I see myself as Sympathetic, Warm.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

63. **tipi08_148**

I see myself as Disorganized, Careless.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

64. **tipi09_149**

I see myself as Calm, Emotionally Stable.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

65. **tipi10_150**

I see myself as Conventional, Uncreative.
Mark only one oval.

- ☐ 1 = Strongly Disagree
- ☐ 2 = Disagree moderately
- ☐ 3 = Disagree a little
- ☐ 4 = Neither agree nor disagree
- ☐ 5 = Agree a little
- ☐ 6 = Agree moderately
- ☐ 7 = Strongly Agree

Items with a Multi-Categorical Response

66. **employ_054**

Which of the following best describes your employment status? (Do not count labor as a graduate assistant or similar role where you are not compensated financially as employment)
Mark only one oval.

- ☐ Not employed
- ☐ Employed part-time
- ☐ Employed full-time

67. **redblue_055**

Which of the following best describes your political views?
Mark only one oval.

- ☐ Very conservative
- ☐ Conservative
- ☐ Somewhat conservative
- ☐ Moderate
- ☐ Somewhat liberal
- ☐ Liberal
- ☐ Very liberal

68. **fluvax_056**

How often do you receive a flu vaccination?

Mark only one oval.

- ☐ Never
- ☐ Occasionally
- ☐ Most Years
- ☐ Every Year

69. **os_057**

What operating system is on your main computer?

Mark only one oval.

- ☐ Macintosh
- ☐ Windows
- ☐ Linux
- ☐ Unix
- ☐ Other

70. **ecigyear_058**

How likely are you to use e-cigarettes in the next 12 months?

Mark only one oval.

- ☐ Very likely
- ☐ Somewhat likely
- ☐ Somewhat unlikely
- ☐ Very unlikely

71. **uspol_059**

How closely do you follow U.S. politics?

Mark only one oval.

- ☐ Very closely
- ☐ Somewhat closely
- ☐ Not closely at all

72. **rallies_060**

Have you ever participated in a political rally, a political town hall meeting, a meeting of a political club or organization, or in another political gathering, forum or march?

Mark only one oval.

- ☐ Yes, I have.
- ☐ No, I have not, but I am interested in doing so in the future.
- ☐ No, I have not, and I am not interested in doing so in the future

73. degree_061

Which degree are you currently pursuing in your academic work? (If you are enrolled in a simultaneous undergraduate and graduate degree program, like a joint BS/MS, please select Undergraduate here.)

Mark only one oval.

- ☐ Undergraduate
- ☐ Master's
- ☐ Doctorate
- ☐ Not currently pursuing a degree

74. eatlate_062

How often do you eat food after 10 PM?

Mark only one oval.

- ☐ Every night
- ☐ Most nights
- ☐ Sometimes
- ☐ Once in a while
- ☐ Never

75. fruitveg_063

In the last 90 days, how often have you eaten enough fruit and vegetables to keep you healthy?

Mark only one oval.

- ☐ Never
- ☐ Seldom
- ☐ Occasionally
- ☐ Frequently
- ☐ Daily

76. vitamin_064

In the last 90 days, how often have you consumed enough vitamins to sustain you?

Mark only one oval.

- ☐ Never
- ☐ Seldom
- ☐ Occasionally
- ☐ Frequently
- ☐ Daily

77. fried_065

In the last 90 days, how often did you eat fried food?

Mark only one oval.

- ☐ Never
- ☐ Seldom
- ☐ Occasionally
- ☐ Frequently
- ☐ Daily

78. **icecream_066**

In the last 90 days, how often did you eat ice cream?

Mark only one oval.

- ☐ Never
- ☐ Seldom
- ☐ Occasionally
- ☐ Frequently
- ☐ Daily

79. **living_067**

Do you own or rent the place where you currently live?

Mark only one oval.

- ☐ Own
- ☐ Rent
- ☐ Neither

80. **edmom_153**

What is the highest level of education that your mother completed?

Mark only one oval.

- ☐ Less than high school graduate
- ☐ High school graduate
- ☐ Some college
- ☐ Four-year college degree
- ☐ Post-bachelor's degree
- ☐ I don't know

81. **eddad_154**

What is the highest level of education that your father completed?

Mark only one oval.

- ☐ Less than high school graduate
- ☐ High school graduate
- ☐ Some college
- ☐ Four-year college degree
- ☐ Post-bachelor's degree
- ☐ I don't know

Items using Linear Rating Scales

Note that you will respond to these items on a scale from 0-10. In preparing the data for your use, Dr. Love will multiply your response by 10, and then add a random draw from a uniform probability distribution over a small range, and truncating so that the eventual range of responses you will see for each item is 0-100.

82. resil 068

I consider myself to be a very resilient person. I believe in myself, and do not let adversity define me.

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
0 = Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 = Strongly Agree

0 =
Strongly
Disagree

10 =
Strongly
Agree

83. **anxiety_069**

Please rate your anxiety level over the past few weeks on the scale below.

Mark only one oval.

0 1 2 3 4 5 6 7 8 9 10

Never
anxious
at all

Extremely
anxious,
almost all
the time

Never
anxious
at all

Extremely
anxious,
almost all
the time

84. headache_070

Please rate the extent to which headaches prevent you from accomplishing your goals.

Mark only one oval.

Headaches never prevent me from accomplishing my goals.

0 1 2 3 4 5 6 7 8 9 10

Headaches prevent me from accomplishing my goals all the time.

Headaches
never prevent
me from
accomplishing
my goals.

Headaches prevent me from accomplishing my goals all the time.

85. fluimp_071

Please rate your agreement with the following statement: I consider getting the flu vaccination every year to be an essential activity for me.

Mark only one oval.

[illegible]

Strongly Disagree

Strongly Agree

86. healthimp_072

Please rate your agreement with the following statement: Living life in the best possible health is very important to me.

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

Strongly Disagree

Strongly Agree

99. eciqok 150

Please rate your agreement with the following statement: E-cigarettes are more socially acceptable than regular cigarettes.

Mark only one oval.

[illegible]

100. **ecigsec_085**

Please rate your agreement with the following statement: Second-hand exposure to e-cigarette smoke is not harmful.

Mark only one oval.

[illegible]

101. **workout_086**

Please rate your agreement with the following statement: I consider myself to be a very active person who works out very regularly.

Mark only one oval.

[illegible]

102. **bedtime_087**

Please rate your agreement with the following statement: I maintain an extremely consistent sleep schedule.

Mark only one oval.

[illegible]103. **labels_088**

Please rate your agreement with the following statement: Nutrition facts labels on food have a strong impact on my purchase decisions.

Mark only one oval.

[illegible]104. **beliefs_089**

Please rate your agreement with the following statement: My political beliefs have a very strong influence on my habits as a consumer in terms of where I shop or don't shop.

Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

105. **satis_090**

Please rate your satisfaction with your work and school life in the past month or so.

Mark only one oval.

[illegible]

Delayed Gratification Scale

Please respond to each item specifying how well each statement applies to you.

106. **dgs01_091**

I have a hard time sticking with a healthy diet.

Mark only one oval.

[illegible]

107. **dgs02_092**

I try to spend my money wisely.

Mark only one oval.

[illegible]

108. **dgs03_093**

In the past, I have given up physical pleasure or comfort to reach my goals.

Mark only one oval.

[illegible]

109. **dgs04_094**

I try to consider how my actions will affect other people in the long-term.

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

110. **dgs05_095**

I can never be trusted with money.

Mark only one oval.

[illegible]

111. **dgs06_096**
I do not consider how my behavior affects other people.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ Strongly Agree

112. **dgs07_097**
I cannot motivate myself to accomplish long-term goals.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ Strongly Agree

113. **dgs08_098**
I have always tried to eat healthy because it pays off in the long run.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ ○ Strongly Agree

114. **dgs09_099**
When faced with a physically demanding chore, I always try to put off doing it.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ ○ Strongly Agree

115. **dgs10_100**
I have always felt like my hard work would pay off in the end.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ ○ Strongly Agree

Several Shorter Scales

116. **press1_101**
Grades in my classes are of no importance to me.
Mark only one oval.

Strongly Disagree ○ ○ ○ ○ ○ ○ Strongly Agree

117. **press2 102**

In the past two weeks, I have been anxious or nervous about my classes.

Mark only one oval.

[illegible]

118. **press3_103**

In the past two weeks, I have felt overwhelmed by my classwork.

Mark only one oval.

[illegible]

119. **press4_104**

I am very confident in my abilities to handle problems in my classwork.

Mark only one oval.

[illegible]

120. **press5_105**

Despite taking classes, I can always make time available to do things I enjoy.

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

121. **press6_106**

In the past month, I have had trouble sleeping due to my classwork.

Mark only one oval.

[illegible]

122. **press7_107**

I regularly discuss my classwork with someone else.

Mark only one oval.

[illegible]

123. **amb1_108**

I always aim to be the best in the world at what I do.

Mark only one oval.

[illegible]

124. **amb2** 109

I consider myself to be a very ambitious person.

Mark only one oval.

[illegible]

125. **amb3_110**

Achieving something of lasting importance is the highest possible goal in life.

Mark only one oval.

[illegible]

126. **amb4_111**

I am driven to succeed.

Mark only one oval.

[illegible]

127. hap1_112

In general, I consider myself ...

Mark only one oval.

[illegible]

128. **hap2_113**

Compared to most of my peers, I consider myself ...

Mark only one oval.

[illegible]

129. hap3_114

Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

Mark only one oval.

[illegible]

130. **hap4_115**

Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	A great deal

131. **self1_116**

I can figure out anything if I try hard enough.

Mark only one oval.

	1	2	3	4	5	6	7	
Not like me at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much like me

132. **self2_117**

Once I've decided to accomplish something difficult, I keep trying to accomplish it, even if it's harder than I thought.

Mark only one oval.

	1	2	3	4	5	6	7	
Not like me at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much like me

133. **self3_118**

I am confident that I will achieve the goals that I set for myself.

Mark only one oval.

	1	2	3	4	5	6	7	
Not like me at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much like me

134. **self4_119**

I believe that the brain can be developed like a muscle.

Mark only one oval.

	1	2	3	4	5	6	7	
Not like me at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much like me

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you.

135. **ess1_120**

How likely are you to doze off or fall asleep when ... Sitting and reading?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

136. **ess2_121**

How likely are you to doze off or fall asleep when ... Watching TV?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

137. **ess3_122**

How likely are you to doze off or fall asleep when ... Sitting inactive in a public place (e.g. a theater or meeting)?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

138. **ess4_123**

How likely are you to doze off or fall asleep ... As a passenger in a car for an hour without a break?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

139. **ess5_124**

How likely are you to doze off or fall asleep when ... Lying down to rest in the afternoon when circumstances permit?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

140. **ess6_125**

How likely are you to doze off or fall asleep when ... Sitting and talking to someone?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

141. **ess7_126**

How likely are you to doze off or fall asleep when ... Sitting quietly after a lunch without alcohol?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

142. **ess8_127**

How likely are you to doze off or fall asleep ... In a car, while stopped for a few minutes in traffic?

Mark only one oval.

- ☐ 0 = no chance of dozing
- ☐ 1 = slight chance of dozing
- ☐ 2 = moderate chance of dozing
- ☐ 3 = high chance of dozing

Items from a Rapid Eating Assessment

143. **rea01_128**

In an average week, how often do you skip breakfast?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

144. **rea02_129**

In an average week, how often do you eat 4 or more meals from sit-down or take-out restaurants?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

145. **rea03_130**

In an average week, how often do you eat less than 2 servings of whole grain products or high-fiber starches a day? (Serving = 1 slice of 100% whole grain bread; 1 cup whole grain cereal like Shredded Wheat, Wheaties, Grape Nuts, high fiber cereals, oatmeal, 3-4 whole grain crackers, ½ cup brown rice or whole wheat pasta, boiled or baked potatoes, yuca, yams or plantain.)

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

146. **rea04_131**

In an average week, how often do you eat less than 2 servings of fruit a day? (Serving = ½ cup or 1 med. fruit or ¾ cup 100% fruit juice.)

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

147. **rea05_132**

In an average week, how often do you eat less than 2 servings of vegetables a day? (Serving = ½ cup vegetables, or 1 cup leafy raw vegetables.)

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

148. **rea06_133**

In an average week, how often do you eat or drink less than 2 servings of milk, yogurt, or cheese a day? (Serving = 1 cup milk or yogurt; 1½ - 2 ounces cheese.)

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

149. **rea07_134**

In an average week, how often do you eat more than 8 ounces (see sizes below) of meat, chicken, turkey or fish per day? (Note: 3 ounces of meat or chicken is the size of a deck of cards or ONE of the following: 1 regular hamburger, 1 chicken breast or leg (thigh and drumstick), or 1 pork chop.)

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

150. **rea08_135**

In an average week, how often do you use regular processed meats (like bologna, salami, corned beef, full-fat hot dogs, sausage or bacon) instead of low fat processed meats (like roast beef, turkey, lean ham; low-fat cold cuts or hot dogs)?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

151. **rea09_136**

In an average week, how often do you eat fried foods such as fried chicken, fried fish, French fries, fried plantains, tostones or fried yuca?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

152. **rea10_137**

In an average week, how often do you eat regular potato chips, nacho chips, corn chips, crackers, regular popcorn, nuts instead of pretzels, low-fat chips or low-fat crackers, air-popped popcorn?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

153. **rea11_138**

In an average week, how often do you add butter, margarine or oil to bread, potatoes, rice or vegetables at the table?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

154. **rea12_139**

In an average week, how often do you eat sweets like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day?

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

155. **rea13_140**

In an average week, how often do you drink 16 ounces or more of non-diet soda, fruit drink/punch or Kool-Aid a day? Note: 1 can of soda = 12 ounces

Mark only one oval.

- ☐ Usually or Often
- ☐ Sometimes
- ☐ Rarely or Never

Just one final question and you're done.

Please don't forget to answer this last question, and then hit the blue SUBMIT button to submit the form. After submitting, you will be able to return and both edit your past answers and add new responses. THANK YOU!

156. **Please type in your first and last name. ***

Dr. Love will remove this information before building analytic data sets.

A copy of your responses will be emailed to tel3@case.edu

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