**Promotion/Prevention Scale**

**Using the scale below, please write the appropriate number in the blank beside each item.**

**1 2 3 4 5 6 7 8 9**

**Not at Very**

**all true true of**

**of me me**

1.­ \_\_\_\_ In general, I am focused on preventing negative events in my life.

2. \_\_\_\_ I am anxious that I will fall short of my responsibilities and obligations.

3. \_\_\_\_ I frequently imagine how I will achieve my hopes and aspirations.

4. \_\_\_\_ I often think about the person I am afraid I might become in the future.

5. \_\_\_\_ I often think about the person I would ideally like to be in the future.

6. \_\_\_\_ I typically focus on the success I hope to achieve in the future.

7. \_\_\_\_ I often worry that I will fail to accomplish my academic goals.

8. \_\_\_\_ I often think about how I will achieve academic success.

9. \_\_\_\_ I often imagine myself experiencing bad things that I fear might happen to me.

10. \_\_\_\_ I frequently think about how I can prevent failures in my life.

11. ­­­­\_\_\_\_ I am more oriented toward preventing losses than I am toward achieving gains.

12. \_\_\_\_My major goal in school right now is to achieve my academic ambitions.

13. \_\_\_\_My major goal in school right now is to avoid becoming an academic failure.

14. \_\_\_\_I see myself as someone who is primarily striving to reach my “ideal self”—to fulfill my hopes, wishes, and aspirations.

15. \_\_\_\_I see myself as someone who is primarily striving to become the self I “ought” to be—to fulfill my duties, responsibilities, and obligations.

16. \_\_\_\_In general, I am focused on achieving positive outcomes in my life.

17. \_\_\_\_I often imagine myself experiencing good things that I hope will happen to me.

18. \_\_\_\_ Overall, I am more oriented toward achieving success than preventing failure.

**Positive Role Model**

I had always heard about the “Freshman 15” that most incoming college students gained their first year in college. This weight gain typically occurs as a result of all the unhealthy foods that people eat while in college like ramen, hot pockets, fast food and sodas. I was determined to not be one of those that gained weight so I made sure to eat a healthy diet. I ate more fruits and vegetables, more lean meat, such as chicken and fish, and cut out unhealthy foods, like fried foods, soda and candy. I not only succeeded in not gaining 15 pounds of weight, I also felt more energized throughout the day, keeping me alert, especially in my classes. I had the energy to keep up with my schoolwork and have fun with extracurricular activities as well. As the year went on, my friends would compliment me on how great my complexion looked, and they would always ask me how I kept from gaining weight. Before coming back to school this year, I went to the doctor for my yearly physical check-up. My cholesterol actually dropped 10 points, and my blood pressure is really great too. As a result of eating healthily, I have never felt more energized, or felt better about myself, than I do now. Even my grades improved!

**Negative Role Model**

I had always heard about the “Freshman 15” that most incoming college students gained their first year in college. However, I just disregarded it as a myth. As a freshman living on campus, I typically frequented the dining halls that were “buffet-style”, and I would go back for seconds or thirds sometimes. I also tended to eat lots of fried foods and drank a lot of soda to help keep my energy level up throughout the day. However, after the soda or sugar rush would wear off, I usually felt more tired and groggy than I did before. After a while, I noticed that I would have to eat or drink more to get the same energy level that I did before. My lack of energy made it hard for me to keep up with school work and any extracurricular activities that I was involved in. I also began to notice that all of the greasy food that I was eating was causing my complexion to dull and I began to get pimples more often. Before coming back to school this year, I went to the doctor for a regular physical check-up. My cholesterol actually went up 15 points, and my blood pressure is higher than it was just a year ago. By not watching what I ate, or how much I ate, I didn’t gain the mythical 15 pounds that most freshmen gain. I actually gained 25 lbs during my first year in college!

**Gain-Framed Messages**

**People who eat enough fruits and vegetables and eat a low-fat diet:**

* Have more resistance against diseases, such as the flu and cold
* Probably have less chance of getting cancer
* Often have an adequate intake of dietary fibers and therefore, more chance of healthy bowels.
* Have less chance of getting arteriosclerosis and therefore a heart attack
* Often have adequate intake of vitamins which protect the body against cardiovascular diseases.
* Have more chance of feeling good about themselves
* Have more chance to stay healthy
* Often have an adequate intake of important nutrients and therefore more chance that their body will continue to function normally.
* Have more chance of staying fit or feeling energetic
* Have more chance of losing weight and therefore, have more of a chance of having a normal weight
* Have more chance of having normal blood pressure

**Loss-Framed Messages**

**People who eat too much fat and not enough fruits and vegetables:**

* Have more chance of becoming ill
* Probably have more chance of getting cancer
* Often have inadequate intake of vitamins which can cause cardiovascular diseases
* Have more chance of getting arteriosclerosis and therefore a heart attack
* Have more chance of feeling bad about themselves
* Have more chance of staying unfit or feeling less energetic
* Have less chance of losing weight and therefore more chance of being overweight
* Have more chance of having high blood pressure; having heart damaged
* Have less resistance against disease such as flu and cold
* Often have inadequate intake of dietary fibers and therefore more chance of bowel problems
* Often have inadequate intake of important nutrients and therefore have more chance that their body will not continue to function normally

**Intention Scale**

**1 2 3 4 5 6 7**

**Strongly Strongly**

**Disagree Agree**

1. In the future, I will pay attention to how many servings of fruits I eat every day.

2. In the future, I will pay attention to how many servings of meat/beans I eat every day.

3. In the future, I will pay attention to how many servings of vegetables I eat every day.

4. In the future, I will pay attention to how much fat I consume every day.

5. In the future, I will pay attention to how many servings of milk products (milk, cheese, yogurt, etc.) I eat every day.

6. In the future< I will pay attention to how many servings of grains I eat every day.

7. In the future, I will take into consideration how much nutrition the food will provide for me when I choose my meal.

8. In the future, I will read the nutrition information label before I buy foods or snacks.

9. In the future, I will try to keep track of my daily caloric intake every day.

10. In the future, I will try to follow a guideline of how much I should eat every day.

**Self-Efficacy Scale**

**1 2 3 4 5 6 7**

**Very A lot**

**Little of**

**Confidence Confidence**

1. I am confident that I can eat at least two fruits or drink two cups of fruit juice every day.

2. I am confident that I can plan meals or snacks with more fruits during the next week.

3. I am confident that I can choose meals with more vegetables.

4. I am confident that I can eat at least one serving of vegetables at lunch and dinner, respectively, given that 1 cup of salad is about half a serving.

5. I am confident that I can eat fruits and vegetables as snacks.

6. I am confident that I can eat at least 10 different fruits and vegetables in a week.

7. I am confident that I can eat at least 6 oz. of grains every day, given that 1 slice of bread or 1 cup of cereal is 1 oz. of grains.

8. I am confident that I can eat 3 cups of milk product every day, given that 1 cup of milk or 2 slices of cheese equal 1 cup of milk product.

**Response-Efficacy Scale**

**What do you think will be the consequences for yourself if you adopt a low-fat diet?**

**1 2 3 4**

**Strongly Strongly**

**Disagree Agree**

If I stick to a low-fat diet, then:

1. ­­­\_\_\_\_ I will feel physically more attractive

2. ­­­\_\_\_\_ I will feel better mentally

3. \_\_\_\_ I will have no (or fewer) body weight problems

4. \_\_\_\_ I will lower my cholesterol level

5. \_\_\_\_ I will lower my blood pressure

6. \_\_\_\_ I will be healthier

7. \_\_\_\_ I will reduce my risk of suffering a heart attack.