



HCHS/SOL SOLNAS Ancillary Study (AS#2008.03) QxQs

NHLBI grant: Ancillary to HCHS/SOL: Nutrition & Physical Activity Assessment Study
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BIE – Body Image Questionnaire QxQ

SDS – Sedentary Behavior QxQ

SOLNAS - Study of Latinos Nutrition and Physical Assessment Study

Body Image Questionnaire Question by Question Instructions

General Instructions:

The Body Image Questionnaire is a 7 item instrument measure designed to assess participant's self-perception of his/her body size, his/her desired size and the healthiest size. In turn it gives a measurement of participant's satisfaction with his/her body size.

Q1 – Q7: Read the questions as they appear while showing the image card (Sorenson-Stunkard silhouettes) to participant. You may re-read the questions at the participant's request. When asking these questions, be careful to not comment on respondent's answers and to record answers in a non-judgmental manner. Record the answer with the thinnest figure corresponding to one and the largest to nine.

If you are asked about a specific question, re-read it to the participant and/or state that he/she should understand it as whatever it means to him/her. If asked the difference between question 1 and 2 just point out that 1 refers to how he/she *thinks* he/she looks while 2 refers to how he/she *feels*. It is critical that you do not provide definitions or interpretations about questions or answers.

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Sedentary Behavior Weekday and Weekend Questionnaire Question by Question Instructions

General Instructions

These behaviors include sitting or reclining at work, at home, getting to and from places, or with friends including time spent (sitting at a desk, sitting with friends, traveling in a car, bus, train, reading, playing cards, watching television, movies or videos), but do not include time spent sleeping.

Q1-Q18: Read the script exactly as it appears. Interviewer should clarify that participant should include time spent lying down (awake) as well as time spent sitting.

The questions are designed to assess the amount of activity that the participant engages in on a typical day. If the participant has trouble answering the question, he/she can be prompted to recall his/her previous week's activity so long as he/she also confirms that the previous days of the week are representative of his/her normal days of activity.

An average time per day is being sought. If the participant cannot answer because the pattern of time spent varies widely from day to day, ask: "If this past week is typical of your usual patterns, how much time in total did you spend sitting on Monday, Tuesday, Wednesday, Thursday, Friday?" (Section A) and/or "how much time in total did you spend sitting on Saturday and Sunday"(Section B) . Then, total the number of hours and minutes up and divide by 5 on Section A and by 2 on Section B.