



**PLEASE COMPLETE AND RETURN
IN THE FREEPOST ENVELOPE**

The ADDITION *Plus* Study

ISRCTN No. 99175498

Baseline Questionnaire

Version 2: 13 January, 2003

This questionnaire asks about your opinions and views towards behaviour change in the next twelve months and your personal views about diabetes.

Please try to answer every question, except when there is a specific request to skip a section. If you have any queries, please contact the ADDITION office on 01223 763491 or on addition@medschl.cam.ac.uk.

Please enter today's date:

Day

Month

Year

**Your answers will be treated as confidential and will
only be used for medical research**

We are interested in your views about making changes to your lifestyle (physical activity, diet, smoking) and about taking medicines, in the next 12 months. Please indicate how much you agree or disagree with **each** of the following statements by ticking the appropriate box.

PHYSICAL ACTIVITY

Please put a tick (✓) on every line

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. I am confident that I could be more physically active in the next 12 months, if I wanted to					
2. It would be difficult for me to be more physically active in the next 12 months even if I wanted to					
3. If I was more physically active in the next 12 months, it is likely that my health would improve					
4. If I was more physically active in the next 12 months, it is likely that I would lose weight					
5. I intend to be more physically active in the next 12 months					
6. It is likely that I will be more physically active in the next 12 months					

DIET

Please put a tick (✓) on every line

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
7. I am confident that I could eat a lower fat diet in the next 12 months, if I wanted to					
8. It would be difficult for me to eat a lower fat diet in the next 12 months even if I wanted to					
9. If I did eat a lower fat diet in the next 12 months, it is likely that my health would improve					

SMOKING

19. Do you smoke?

Yes

No

If Yes, please answer questions 20 to 24 before going to question 25.

If No, please go straight to question 25.

Please put a tick (✓) on every line

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
20. I am confident that I could stop smoking completely in the next 12 months, if I wanted to					
21. It would be difficult for me to stop smoking completely in the next 12 months even if I wanted to					
22. If I stopped smoking completely in the next 12 months, it is likely that my health would improve					
23. I intend to stop smoking completely in the next 12 months					
24. It is likely that I will stop smoking completely in the next 12 months					

Please put a tick (✓) on every line

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
25. If I was able to follow a healthy lifestyle for at least 12 months, it is likely that my health would improve in the short term					
26. If I was able to follow a healthy lifestyle for at least 12 months, it is likely that my health would improve in the long term					

We are also interested in your own personal views about diabetes. Please indicate how much you agree or disagree with the following statements about diabetes by ticking the appropriate box.

Please put a tick (✓) on every line

	VIEWS ABOUT YOUR DIABETES	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
27.	My diabetes is a serious condition					
28.	My diabetes has major consequences on my life					
29.	My diabetes does not have much effect on my life					
30.	My diabetes strongly affects the way others see me					
31.	My diabetes has serious financial consequences					
32.	My diabetes causes difficulties for those who are close to me					
33.	There is very little that can be done to improve my diabetes					
34.	My treatment will be effective in curing my diabetes					
35.	The negative effects of my diabetes can be prevented (avoided) by my treatment					
36.	My treatment can control my diabetes					
37.	There is nothing which can help my condition					

38. In general would you say your health is: (Please tick one box)

Excellent

Very Good

Good

Fair

Poor

Finally, please read each of the 6 statements below and then tick the most appropriate box for each statement to indicate how you feel right now, at this moment.

Please put a tick (✓) on every line

RIGHT NOW:	Not at all	Somewhat	Moderately	Very much
39. I feel calm				
40. I am tense				
41. I feel upset				
42. I am relaxed				
43. I feel content				
44. I am worried				

Thank you for completing this questionnaire