

Final NHMRC Phase 1b

Start of Block: Explanatory statement

EXPLANATORY STATEMENT

You are invited to take part in this survey which is part of the Communicating Health Project, a Monash University and RMIT University collaboration funded by the National Health and Medical Research Council. This survey is approved by the Monash University Human Research Ethics Committee (MUHREC) project titled “Communicating Health Final Phase 1b Survey” (project ID 17629). Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact one of the researchers: Tracy McCaffrey: tracy.mccaffrey@monash.edu

Linda Brennan: linda.brennan@rmit.edu.au Mike Reid: mike.reid@rmit.edu.au Annika Molenaar: annika.molenaar@monash.edu Shinyi Chin: shinyi.chin@rmit.edu.au We are trying to learn about how we can use social media to create and share healthy eating messages. The aim of the overall project is to understand young adult’s lifestyle habits particularly related to food and how you are using social media. This study is a pilot survey and the results will be used to refine a larger survey to help us understand ways to present healthy eating messages on social media. If you are between the ages of 18 and 24 and currently living in Australia, we would like to invite you to complete the following 20-30 minute online survey. If you decide you want to participate you will be asked questions related to eating, cooking, social media use, body image, health and demographic questions including physical activity level, height and weight. The survey is anonymous and doesn’t ask you to disclose any identifiable information such as your name. You do not have to answer any questions you are not comfortable answering. If you decide to take part you are still free to stop at any time without giving a reason, however your answers will not be able to be removed from the data as this survey is anonymous. If this survey brings up any issues, services available include: - Monash nutrition clinic for further information on your diet (has some costs involved): <https://www.monash.edu/medicine/base/about/clinics/nutrition-clinic> - Monash counselling services (only available to Monash staff and students): <https://www.monash.edu/health/counselling> - Lifeline phone line: 13 11 14 - Butterfly foundation phone line: 1800 33 4673 Data will be collected and stored on the survey software Qualtrics and stored electronically on a secure drive that only the research team has access to. Any complaints should be directed to the Executive Officer, Monash University Human Research Ethics Committee (MUHREC): Room 111, Building 3e Research Office

- I would like to take part and consent for my responses to be used for research purposes (1)
- I would not like to take part (2)

End of Block: Explanatory statement

Start of Block: 1. Demographics

To begin the survey, please tell us a little bit about yourself.

Q1.1 What is your age?

- Less than 18 years old (1)
- 18 years old (2)
- 19 years old (3)
- 20 years old (4)
- 21 years old (5)
- 22 years old (6)
- 23 years old (7)
- 24 years old (8)
- Above 24 years old (9)

Skip To: End of Block If What is your age? = Less than 18 years old

Skip To: End of Block If What is your age? = Above 24 years old



Q1.2 Post code

Q1.3 I identify as...

- Male (1)
- Female (2)
- Trans male/trans man (3)
- Trans female/trans woman (4)
- Non-binary/gender fluid (5)
- My gender is not listed (6) _____
- Prefer not to say (7)

Q1.4 I identify as... (tick all that apply)

- Oceanian eg. Australian, New Zealander, Polynesian (1)
- Aboriginal or Torres Strait Islander (2)
- North-West European eg. British, German, Dutch (3)
- Southern and Eastern European eg. Italian, Greek, Serbian (4)
- North African and Middle Eastern eg. Lebanese, Turkish, Sudanese (5)
- South-East Asian eg. Vietnamese, Filipino, Indonesian (6)
- North-East Asian eg. Chinese, Japanese, Korean (7)
- Southern and Central Asian eg. Indian, Bangladeshi, Afghan (8)
- Peoples of the Americas eg. American, Mexican, Chilean (9)
- Sub-Saharan African eg. South African, Zimbabwean, Mauritian (10)
- Prefer not to say (11)

Page Break

Q1.5 What is your highest level of education completed?

- Never attended school (1)
- Year 8 or below (2)
- Year 9 or equivalent (3)
- Year 10 or equivalent (4)
- Year 11 or equivalent (5)
- Year 12 or equivalent (6)
- Certificate (non-high school) (7)
- Certificate I/II (non-high school) (8)
- Certificate III/IV (non-high school) (9)
- Advanced diploma/diploma (10)
- Bachelor degree (11)
- Graduate diploma/graduate certificate (12)
- Postgraduate degree (13)
- Prefer not to say (14)

Display This Question:

If 1 = 0

Q1.6 I am currently... (tick all that apply)

- Working full-time (1)
 - Working part-time (2)
 - Working casually (3)
 - Studying full-time (4)
 - Studying part-time (5)
 - Unemployed (6)
 - Prefer not to say (7)
-

Q62 I am currently...

- Working full-time (1)
 - Working part-time (2)
 - Working casually (3)
 - Not working (4)
 - Prefer not to say (5)
-

Q63 I am currently...

- Studying full-time (1)
 - Studying part-time (2)
 - Not studying (3)
 - Prefer not to say (4)
-

Q1.7 What is your occupation?

- Professional eg. Teacher, Nurse, Accountant, Engineer, Journalist (1)
 - Clerical or Administrative Worker eg. Secretary, Numerical clerk, Personal assistant (2)
 - Technician or Trades Worker eg. Carpenter, Plumber, Mechanic, Science technician (3)
 - Manager eg. General manager, Construction manager, Retail manager, Farm manager (4)
 - Community or Personal Service Worker eg. Hospitality worker, Carer, Personal trainer, Health care support (5)
 - Labourer eg. Cleaner, Food preparation assistant, Factory process worker, Building or plumbing labourer (6)
 - Sales Worker eg. Sales representative, Sales assistant (7)
 - Machinery Operator or Driver eg. Machine operator, Road or rail driver (8)
 - Student eg. High school, TAFE, University (9)
 - Prefer not to say (10)
-

Q1.8 What is your **weekly** income (**before** tax, superannuation, salary sacrifice and any other automatic deductions)?

- No income (1)
 - \$1 - \$149 (2)
 - \$150 - \$299 (3)
 - \$300 - \$399 (4)
 - \$400 - \$499 (5)
 - \$500 - \$649 (6)
 - \$650 - \$799 (7)
 - \$800 - \$999 (8)
 - \$1,000 - \$1,249 (9)
 - \$1,250 - \$1,499 (10)
 - \$1,500 - \$1,749 (11)
 - \$1,750 - \$1,999 (12)
 - \$2,000 - \$2,999 (13)
 - \$3,000 or more (14)
 - Prefer not to say (15)
-

Q1.9 What is your current living arrangement?

A family is defined as two or more persons, one of whom is at least 15 years of age, who are related by blood, marriage (registered or de facto), adoption, step or fostering. Each separately

identified couple relationship, lone parent-child relationship or other blood relationship forms the basis of a family. Some households contain more than one family.

- One family household with only family members present (1)
- Two family household with only family members present (2)
- Three or more family household with only family members present (3)
- One family household with non-family members present (4)
- Two family household with non-family members present (5)
- Three or more family household with non-family members present (6)
- Lone person household (7)
- Group household (8)
- Prefer not to say (9)

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As this survey is about healthy eating lifestyles, we would like to know your weight and height as a way to estimate body mass index (BMI). Please be assured that your responses will remain anonymous and confidential.



Q1.10 Your weight in kilograms (kg)



Q1.11 Your height in centimetres (cm)

Q1.12 In the last 12 months have you put on or lost any significant amount of weight (greater than 5% of starting weight)

- Lost weight (1)
 - Gained weight (2)
 - Amount lost or gained in kilograms (3)

 - No significant weight change (4)
 - Prefer not to say (5)
-

Q1.13 Do you have a **medically diagnosed condition** that influences what you eat?

- Yes (1)
 - No (2)
 - Prefer not to say (3)
-

Q1.14 Do you have a **non-medically diagnosed condition** that influences what you eat?

- Yes (1)
- No (2)
- Prefer not to say (3)

End of Block: 1. Demographics

Start of Block: Age Screen Out Message

Thank you for your interest in this survey. However, we're looking for people aged 18-24. Please click the **EXIT SURVEY** button below to exit the survey.

End of Block: Age Screen Out Message

Start of Block: 2. Health related values and motivations

Q2 This set of questions will give you the opportunity to tell us more about your health related values.

Q2.1 Please rate the following questions based on your satisfaction.

	Very poor / dissatisfied (1)	2 (2)	3 (3)	4 (4)	Very good / satisfied (5)
How would you rate your quality of life? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with your health? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How would you rate your energy for everyday life? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with yourself? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with what you are achieving in life? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with feeling part of your community? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you with your living conditions? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How satisfied are you that you have enough money to meet your needs? (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How satisfied are you with your future security? (9)

How satisfied are you with your spirituality or religion? (10)

How satisfied are you with your ability to perform your daily living activities? (11)

How satisfied are you with your personal relationships? (12)

Display This Question:

If 1 = 0

Q2.2 How much do you agree/disagree with the following statements?

- I can solve most problems if I invest the necessary effort (1)
- If I am in trouble, I can usually think of a solution (2)
- I can usually handle whatever comes my way (3)

Q64 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I can solve most problems if I invest the necessary effort (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I am in trouble, I can usually think of a solution (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can usually handle whatever comes my way (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

Q2.3 How do you feel about your body?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I am satisfied with my weight (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my height (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the shape of my body (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the shape of my shoulders and arms (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my body is about the right size (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my chest is about the right size (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my stomach (waist/abs) is the right size (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think my thighs are just the right size (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.4 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
Obesity is usually caused by overeating (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity is usually caused by a lack of exercise (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity can be caused by a biological disorder (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity is rarely caused by a lack of willpower (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food can be like an addiction for some people (e.g. sugar), just like drugs (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q2.5 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
My family think I should eat healthier (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My close friends think I should eat healthier (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My health practitioner(s) think I should eat healthier (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally speaking, I do what my family expects of me. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally speaking, I do what my close friends expect of me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally speaking, I do what my health practitioner(s) expect of me (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2.6 How much do you agree/disagree with the following statements about healthy eating?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
It is important that the food I eat keeps me healthy (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Following a healthy diet is a good thing to do (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is too difficult to follow a healthy diet (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: 2. Health related values and motivations

Start of Block: 3. Healthy eating and lifestyle

Q3 Please tell us more about your healthy eating and lifestyle habits.

Q3.1 Which of these statements do you identify with the most? (Choose one)

- I'm passionate about healthy eating and health plays a big part in my life. I use social media to follow active lifestyle personalities or get new recipes/exercise ideas. I may even buy superfoods or follow a particular type of diet. I like to think I am super healthy. (1)
- I'm health-conscious and being healthy and eating healthy is important to me. Although health means different things to different people, I make conscious lifestyle decisions about eating based on what I believe healthy means. I look for new recipes and healthy eating information on social media. (2)
- I aspire to be healthy (but struggle sometimes). Healthy eating is hard work! I've tried to improve my diet, but always find things that make it difficult to stick with the changes.

Sometimes I notice recipe ideas or healthy eating hacks, and if it seems easy enough, I'll give it a go. (3)

I try and live a balanced lifestyle, and I think that all foods are okay in moderation. I shouldn't have to feel guilty about eating a piece of cake now and again. I get all sorts of inspiration from social media like finding out about new restaurants, fun recipes and sometimes healthy eating tips. (4)

I'm contemplating healthy eating but it's not a priority for me right now. I know the basics about what it means to be healthy, but it doesn't seem relevant to me right now. I have taken a few steps to be healthier but I am not motivated to make it a high priority because I have too many other things going on in my life. (5)

I'm not bothered about healthy eating. I don't really see the point and I don't think about it. I don't really notice healthy eating tips or recipes and I don't care what I eat. (6)

Q3.2 How much do you agree/disagree with the following statements about healthy eating?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I know quite a bit about healthy eating (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not feel very knowledgeable about healthy eating (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When it comes to healthy eating, I really don't know a lot (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my circle of friends, I am one of the "experts" on healthy eating (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compared to most people, I know less about healthy eating (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People seek me out for information on healthy eating (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q3.3 Would you say that you are physically more active, less active or about as active as other persons your age?

- More (1)
- Less (2)
- Same (3)

End of Block: 3. Healthy eating and lifestyle

Start of Block: 4. Food security

This next set of questions will be on the topic of food consumption and choices.

Q4.1 How often do you or anyone in your household worry you might run out of food before you have money to go and buy more?

- Rarely (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - Usually (5)
-

Q4.2 Have you or anyone in your household ever bought food that didn't last and you didn't have the money to go and get more?

- Yes (1)
- No (2)

End of Block: 4. Food security

Start of Block: 5. Healthy Food Choices / Consumption

Q5.1 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (13)	Strongly agree (14)
I am a good cook (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others view me as a good cook (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a relatively better cook than my family/friends (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't consider myself to be a good cook (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get a sense of satisfaction from preparing and cooking meals (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident that whatever I cook will turn out well (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can time different elements of a dish to come together on time (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to try new foods (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to try out new recipes (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I would describe myself as a foodie (I'm interested in food and seek out food experiences)
(10)

I am very particular about the healthiness of the food I eat
(11)

When I eat, I like to choose food that is good for the environment
(12)

Q5.2 How often are you dieting in a conscious effort to control your weight?

- Rarely (1)
- 2 (2)
- 3 (3)
- 4 (4)
- Usually (5)

Q5.3

How difficult would it be for you to stop eating halfway through dinner and not eat for the next four hours?

- Very easy (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - Very difficult (5)
-

Q5.4 How frequently do you skip desert because you are no longer hungry?

- Almost never (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - Almost everyday (5)
-

Q5.5 How likely are you to consciously eat less than you want?

- Very unlikely (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - Very likely (5)
-

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Q5.6 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I deliberately take small helpings as a means of controlling my weight (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consciously hold back at meals in order not to gain weight (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often stop eating when I am not really full as a conscious means of limiting the amount that I eat (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I count calories as a conscious means of controlling my weight (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy eating too much to spoil it by counting calories or watching my weight (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life is too short to worry about dieting (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat anything I want, any time I want (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am always hungry so it is hard for me to stop eating before I finish the food on my plate (8)

Since I am often hungry, I sometimes wish that while I am eating, an expert would tell me that I have had enough or that I can have something more to eat (9)

When I see a real delicacy, I often get so hungry that I have to eat right away (10)

Being with someone who is eating often makes me hungry enough to eat also (11)

Q5.7 On average in the past month on **weekdays** (Mondays to Fridays only), how often do you do the following?

	Almost never (1)	2 (2)	3 (3)	4 (4)	Almost everyday (5)
Skip breakfast (don't eat anything within 2 hours of waking) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat dinner within two hours before bed time (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q5.8 On average in the past month on **weekends** (Saturdays and Sundays only), how often do you do the following?

	Almost never (1)	2 (2)	3 (3)	4 (4)	Almost everyday (5)
Skip breakfast (don't eat anything within 2 hours of waking) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat dinner within two hours before bed time (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q5.9 How much do you agree/disagree with the following statements about the healthiness of your diet?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I currently eat healthily (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the healthiness of my diet (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't need to improve the healthiness of my diet (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to improve the healthiness of my diet over the next month (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to eat a healthier diet over the next month (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to eat a healthier diet over the next month (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: 5. Healthy Food Choices / Consumption

Start of Block: 6. Cooking and food skills

Q6.1 How good would you say you are at the following tasks:

	Very poor (1)	2 (2)	3 (3)	4 (4)	Very good (5)
Planning meals ahead (e.g. for the day/week ahead) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning how much food to buy (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shopping with a grocery list (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shopping for specific meals (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowing what budget you have to spend on food (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comparing prices before you buy food (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buying food in season to save money (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buying cheaper cuts of meat or fish to save money (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Keeping basic ingredient items in your cupboard for putting meals together e.g. herbs/spices, dried/tinned foods (9)

Reading the storage and use by information on food packets (10)

Reading nutrition information on food labels (11)

Following recipes when cooking (12)

Balancing meals based on nutrition advice of what is healthy (13)

Preparing or cooking a healthy meal with only few ingredients on hand (14)

Preparing or cooking a meal with limited time (15)

Using leftovers to create another meal (16)

Cooking more or double recipes which can be used for another meal (17)

Reading the best-before date on food (18)

Preparing meals in advance e.g. packed lunch, partly preparing a meal in advance (19)

End of Block: 6. Cooking and food skills

Start of Block: 7. Online and social media behaviour

This set of questions will help us understand your social media usage and online behaviour.

Q7.1 Do you use the following devices?

	Limited use (1)	2 (2)	3 (3)	4 (4)	Extensive use (5)	Do not use (6)
Smartphone (Apple) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smartphone (Android) (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smartphone (Other) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tablet (Apple) (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tablet (Android) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tablet (Other) (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Desktop computer (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laptop computer (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple watch (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fitbit (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other wearable fitness device (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7.2 How often do you use the following social media sites?

	Limited use (1)	2 (2)	3 (3)	4 (4)	Extensive use (5)	Do not use (6)
Facebook (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YouTube (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instagram (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twitter (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snapchat (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pinterest (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LinkedIn (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tumblr (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blogspot (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wordpress (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other blog platforms (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spotify (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soundcloud (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reddit (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other forums/discussion boards (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q7.3 Which of the following 'best' describes your use of social media? Please consider your social media activities in the last month or so.

	Not really applicable (1)	2 (2)	3 (3)	4 (4)	Highly applicable (5)
<p>Sharing my opinion is a very important reason for using the Internet. I have asked a question to a brand on a social network or microblog in the last month, and I have posted a comment on a forum in the last month. (1)</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>Creating content is a very important reason for using the Internet. I have uploaded/shared a photo or video on a brand's social network or micro-blog page in the last month, and/or I have provided ideas for a new product/service or for a new brand design in the last month. (2)</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Following content is a very important reason for using the Internet. I follow brands and people I like on social media. I have liked or followed a brand on a social network or microblog in the last month, or I have visited a brand social network page or microblog in the last month. (3)

Listening to content is a very important reason for using the Internet. I have listened to an online radio station or service in the last month, or I have listened to or watched a podcast in the last month, or I have used music streaming service in the last month. (4)

Reviewing content is a very important reason for using the Internet. I have left feedback or review on a brand's website in the last month, or I have posted a review of a product, company or service online in the last month.

(5)



Sharing content is a very important reason for my using the Internet. I have used a social share button on the website in order to share something with my social network contacts in the last month, or I have shared a brand's post on a social network or microblog in the last month.

(6)



Researching and finding products to buy is a very important reason for using the Internet. I have purchased a product online in the last month, or I have searched online for a product or service I want to buy in the last month, or I have used a price comparison service in the last month, or I have visited an online auction site in the last month, or I have visited an online retail site or stores such as Amazon in the last month. (7)



Entertainment (e.g. games, films) is a very important reason for using the Internet. I have used a streaming service to watch live television in the last month, or I have used and on demand catch up TV service in the last month, or I have used an online TV/film subscription service in the last month, or I have watched a vlog in the last month. (8)



Researching for work is the main reason I use the Internet. I have used an online networking service for work or I have shared business expertise online in the last month.
(9)

None of these categories describes me.
(10)

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Q7.4 How much do you agree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I feel good when I use social media (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using social media makes me happy (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think about social media a lot, even when I am not using it (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using social media stimulates my interest in learning things (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media keeps me connected to my friends (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media helps me to be the type of person I want to be (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My social media profile is the real 'me' (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My social media profile is what I want people to see about me (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I have different social media profiles depending on the type of social media I use (9)



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Q7.5 How does using social media impact you?

	Makes it much worse or more difficult (1)	2 (2)	3 (3)	4 (4)	Makes it much better or easier (5)
Your anxiety eg. feelings of worry, nervousness or unease (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your fear of missing out (FOMO) eg. staying connected because you worry about what is happening without you (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your loneliness eg. feelings of being on your own (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your depression eg. feeling extremely low and unhappy for an extended period of time (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your need for emotional support eg. empathy and compassion from family and friends (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your
experience
with
cyberbullying
eg. people
threatening or
abusing you,
being trolled
(6)

Your body
image
eg. how you
feel about the
way you look
(7)

Your sleep
eg. quality
and amount
of sleep (8)

Q7.6 How much do you agree/disagree with the following statements about social media?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
Social media helps me express my feelings, thoughts and ideas (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media helps me explore who I am (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media allows me to build new relationships (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media helps me maintain existing relationships (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media makes me feel like I belong in a community of like-minded people (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find seeing other people's health experiences on social media beneficial to my own health experience (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I can access expert health advice on social media without attending a clinic (7)



End of Block: 7. Online and social media behaviour

Start of Block: 8. Online health and food information

This set of questions will ask you about your engagement with health and food related information online.

Q8.1 How often do you seek health information from these online sources?

	Rarely (1)	2 (2)	3 (3)	4 (4)	Usually (5)
World Health Organisation website (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WebMD, Mayo Clinic or similar medical/health sites (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Australian Government Department of Health (www.health.gov.au) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
State Government Health Websites eg. Better Health Channel (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health and wellness blogs eg. jessicasepel.com (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health and medical forums eg. ourhealth.org.au (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reviews of medical or health products (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advertisements of health or medical products and services (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people who have similar health concerns on social media (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends and families' posts on social media eg. Facebook, Instagram (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Youtube wellness channels (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8.2 How do you usually engage with the following types of information about **food on social media**? Please tick all that apply.

	Search for (1)	Read (2)	Like/React by clicking (3)	Post comments (4)	Share privately (5)	Share publicly (6)	Create content (7)	Use/Follow (recipe/diet) (8)	Not applicable (9)
Recipes of healthy food eg. text and photo recipes from blogs/Instagram (1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How-to videos of healthy meals eg. videos from Youtube (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commercial content from brands eg. Coles Facebook/YouTube (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diets/diet plans eg. Weight loss, Keto, Paleo, Vegan, FODMAP (7)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends and family eg. their food posts on Facebook/Instagram (5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suggestions of restaurants in your area eg. Zomato, Google Reviews etc (6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Page Break

Q8.3 How much do you agree/disagree with the following statements?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I would use the internet if I needed help to make a decision about my health (for example, whether I should see a doctor or seek other types of treatment) (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The internet can be useful to help people decide if their symptom are important enough to go to see a doctor (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The internet is a good way of finding other people who are experiencing similar health problems (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It can be helpful to see other people's health-related experiences on the internet (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8.4 How much do you agree/disagree with the following statements about your intention to search for health and food information online?

	Strongly disagree (1)	2 (2)	3 (3)	4 (4)	Strongly agree (5)
I intend to search for health related information online over the next month (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to search for healthy eating and food related information online over the next month (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to search for healthy cooking recipes and meal plans online over the next month (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

End of Block: 8. Online health and food information

Start of Block: End of survey

Thank you for taking the time to complete this survey.

If you would like further information or assistance you can contact one of the researchers:

Tracy McCaffrey: tracy.mccaffrey@monash.edu

Linda Brennan: linda.brennan@rmit.edu.au

Mike Reid: mike.reid@rmit.edu.au

Annika Molenaar: annika.molenaar@monash.edu
Shinyi Chin: shinyi.chin@rmit.edu.au

Or one of the following services:

- Monash nutrition clinic for further information on your diet:

<https://www.monash.edu/medicine/base/about/clinics/nutrition-clinic>

- Monash counselling services:

<https://www.monash.edu/health/counselling>

- Lifeline phone line: 13 11 14

- Butterfly foundation phone line: 1800 33 4673

Please click the **EXIT SURVEY** button below to exit the survey.

End of Block: End of survey
