Appendix 7. Modified ABCD Risk Questionnaire

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Scale	Items	Coding
Perceived Risk of Heart	1. It is likely that I will have a	4= Strongly disagree, 3=
Attack or Stroke	heart attack or stroke	Disagree, 2= Agree, 1=
Attack of Stroke	sometime in my life	Strongly Agree; N/A= 0
	2. There is a good chance I	4= Strongly disagree, 3=
	will experience a heart	Disagree, 2= Agree, 1=
	attack or stroke in the next	Strongly Agree; N/A= 0
	10 years	
	3. It is (more) likely I will	4= Strongly disagree, 3=
	have a heart attack or	Disagree, 2= Agree, 1=
	stroke because of my past	Strongly Agree; N/A= 0
	and/or present behaviours	
	4. I am not worried that I	REVERSE CODED
	might have a heart attack	4= Strongly disagree, 3=
	or stroke	Disagree, 2= Agree, 1=
		Strongly Agree; N/A= 0
	5. I am concerned about the	4= Strongly disagree, 3=
	likelihood of having a	Disagree, 2= Agree, 1=
	heart attack or stroke in	Strongly Agree; N/A= 0
	the near future	
Perceived Benefits and	6. I am thinking about	4= Strongly disagree, 3=
Intentions to Exercise	exercising at least 2.5	Disagree, 2= Agree, 1=
	hours a week	Strongly Agree; N/A= 0
	7. I intend or want to	4= Strongly disagree, 3=
	exercise at least 2.5 hours	Disagree, 2= Agree, 1=
	a week	Strongly Agree; N/A= 0
	8. When I exercise for at	4= Strongly disagree, 3=
	least 2.5 hours a week I	Disagree, 2= Agree, 1=
	am doing something good	Strongly Agree; N/A= 0
	for the health of my heart	4.61 11 2
	9. I am confident that I can	4= Strongly disagree, 3=
	maintain a healthy weight	Disagree, 2= Agree, 1=
	by exercising at least 2.5	Strongly Agree; N/A= 0
	hours a week	REVERSE CODED
	10. I am not thinking about	4= Strongly disagree, 3=
	exercising for 2.5 hours a week	
	WEEK	Disagree, 2= Agree, 1=
	11. Increasing my exercise to	Strongly Agree; N/A= 0 4= Strongly disagree, 3=
	at least 2.5 hours a week	Disagree, 2= Agree, 1=
	will decrease my chances	Strongly Agree; N/A= 0
	of having a heart attack or	July Agree, N/A-0
	stroke	
	SHOKE	

Perceived Benefit and	12. I am confident that I can	4= Strongly disagree, 3=
	eat at least five portions of	Disagree, 2= Agree, 1=
Healthy Eating	fruit and vegetables a day	Strongly Agree; N/A= 0
Intentions	within the next two	3.6.6.6.7.7.8.6.6.7.7.7.
	months	
	13. I am thinking about eating	4= Strongly disagree, 3=
	at least five portions of	Disagree, 2= Agree, 1=
	fruit and vegetables a day	Strongly Agree; N/A= 0
	14. I am not thinking about	REVERSE CODED
	eating at least five	4= Strongly disagree, 3=
	portions of fruit and	Disagree, 2= Agree, 1=
	vegetables a day	Strongly Agree; N/A= 0
	15. When I eat five portions of	4= Strongly disagree, 3=
	fruit and vegetables a day I	Disagree, 2= Agree, 1=
	am doing something good	Strongly Agree; N/A= 0
	for the health of my heart	
Benefits and Intentions	16. I am thinking of stopping	4= Strongly disagree, 3=
to Stop Smoking	smoking within two	Disagree, 2= Agree, 1=
to stop smoking	months	Strongly Agree; N/A= 0
	17. I have reduced or stopped	4= Strongly disagree, 3=
	smoking	Disagree, 2= Agree, 1=
		Strongly Agree; N/A= 0
	18. I intend or want to stop	4= Strongly disagree, 3=
	smoking	Disagree, 2= Agree, 1=
		Strongly Agree; N/A= 0
	19. If I stop smoking it will	4= Strongly disagree, 3=
	reduce my chances of	Disagree, 2= Agree, 1=
	having a heart attack or	Strongly Agree; N/A= 0
	stroke	
	20. I am not thinking about	REVERSE CODED
	stopping smoking	4= Strongly disagree, 3=
		Disagree, 2= Agree, 1=
		Strongly Agree; N/A= 0