

## Appendix 7. Modified ABCD Risk Questionnaire

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

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