



# The MODEL Study

Sticker with Participant's ID, full name and DOB					
Visit: 1	2	3	4	5	Date of visit: ____/____/____

*To be answered at end of conversation – counselling visit 3, once all elements have been completed*

A) For each of the following statements, please indicate to what extent you agree with that statement, using the following scale:

	Totally disagree	Agree a little bit	Moderately agree	Strongly agree	Very strongly agree
1. The information provided made me think that I am susceptible to cardiovascular disease	1	2	3	4	5
2. The information provided made me think that I am at risk of cardiovascular disease	1	2	3	4	5
3. The information provided made me feel that my health is at risk	1	2	3	4	5
4. Having cardiovascular problems is a severe health problem	1	2	3	4	5
5. Having cardiovascular problems is a significant health risk	1	2	3	4	5
6. Having cardiovascular problems is serious for my health	1	2	3	4	5

B) For each of the following statements, please indicate how each sentence best applies to you, using the scales:

	Poor	Fair	Good	Very good	Excellent
7. How would you rate your cardiovascular health?	1	2	3	4	5

	Very low level	Low level	Moderate level	High level	Very high level
8. Please estimate your level of atherosclerosis	1	2	3	4	5

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	Not at all certain	Confident	Somewhat certain	Certain	Very certain
9. How certain are you of your level of atherosclerosis?	1	2	3	4	5

C) **The following questions refer to the 3 goals on diet and physical activity.** For each of the following statements, please indicate to what extent you agree with that statement, using the following scale:

	Totally disagree	Agree a little bit	Moderately agree	Strongly agree	Very strongly agree
10. Meeting the goal for fruit and vegetable intake will reduce my risk of cardiovascular problems	1	2	3	4	5
11. Meeting the goal for fruit and vegetable intake is one of the most important things I can do to protect my cardiovascular health	1	2	3	4	5
12. Meeting the other dietary goal (e.g., reducing salt, alcohol, processed meats, and increasing grains and nuts) will reduce my risk of cardiovascular problems	1	2	3	4	5
13. Meeting the other dietary goal (e.g., reducing salt, alcohol, processed meats, and increasing grains and nuts) is one of the most important things I can do to protect my cardiovascular health	1	2	3	4	5
14. Meeting the goal to increase physical activity and reduce sitting time will reduce my risk of cardiovascular problems	1	2	3	4	5
15. Meeting the goal to increase physical activity and reduce sitting time is one of the most important things I can do to protect my cardiovascular health	1	2	3	4	5



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D) **The following questions refer to the 3 goals on diet and physical activity.** For each of the following statements, please indicate to what extent you agree with that statement, using the following scale:

	Totally disagree	Agree a little bit	Moderately agree	Strongly agree	Very strongly agree
16. Right now, I think I can meet the goal for fruit and vegetable intake	1	2	3	4	5
17. Right now, I am confident in my ability to meet the goal for fruit and vegetable intake	1	2	3	4	5
18. Right now, I think I can meet the other dietary goal (e.g., reducing salt, alcohol, processed meats, and increasing grains and nuts)	1	2	3	4	5
19. Right now, I am confident in my ability to meet the other dietary goal (e.g., reducing salt, alcohol, processed meats, and increasing grains and nuts)	1	2	3	4	5
20. Right now, I think I can meet the goal to increase physical activity and reduce sitting time	1	2	3	4	5
21. Right now, I am confident in my ability to meet the goal to increase physical activity and reduce sitting time	1	2	3	4	5

E) **The following questions refer to your intentions towards dietary and lifestyle advice.** For each of the following statements, please indicate to what extent you agree with that statement, using the following scale:

	Totally disagree	Agree a little bit	Moderately agree	Strongly agree	Very strongly agree
22. I intend to meet the goal for fruit and vegetable intake	1	2	3	4	5
23. I intend to meet the other dietary goal (e.g., reducing salt, alcohol, processed meats, and increasing grains and nuts)	1	2	3	4	5
24. I intend to meet the goal to increase physical activity and reduce sitting time	1	2	3	4	5

Entered on: \_\_\_\_/\_\_\_\_/\_\_\_\_ by \_\_\_\_\_