

## 6. Appendix

### 6.1 Measures used in Study

#### Title: Impact of body shape on the patient-practitioner relationship study

*This appendix contains all used measures. The document is split into following parts.*

***Administrative information** (such as debriefing and introduction and socio-demographics),*

***Novel questionnaires** (any novel questionnaire that was developed for this study),*

***Standardized questionnaires** (ATOP, BAOP, F Scale and IPAQ).*

#### Administrative information

##### General information

You have been provided with a unique link for the study on "Relationship between patient/client and healthcare professional". You have received this link because of your initial interest and preliminary agreement to participate in the study. Before you agree to take part you will be asked to provide informed consent. The following part that you will see, informs you about the study. Please read this information **carefully**.

In the first section of the study, you will be required to watch a video of a healthcare professional giving you a medical advice. Afterward, you will also be asked to complete several questionnaires. Your involvement in the study should last no more than 30 minutes. After completing the study, you will be directed to a page where you will see the email address of the principal investigator for any further questions you may wish to ask and you will receive a link to the debrief document.

As a participant involved in the study your responses will be anonymized so that there will be no chance of identifying your responses and your participation will remain **confidential at all times**. You also have the right to **withdraw or withhold any information at any point up until the point of publication**, without any penalty. **There are no known expected discomforts, no "disguised" procedures or unnecessary deception**, or risks through participation in this study.

This study will contribute towards much needed research in the patient/client and healthcare professional relationship and it is anticipated that the findings from this research will inform future practice. Before you continue, **please ensure you have read and understood the information above**. The procedure will take roughly 30 minutes. If you do not have 30 minutes right now, please close the browser and complete the study at another time. The study will remain open for you to complete until 1:00 PM, 22.6. 2016. Please be aware that you can

only complete the study once and that **once you start you cannot pause it or interrupt it**. If you experience any problems whilst completing the study, please contact the researcher.

If you have any concerns or questions, please contact **Martin Čadek** at [cadekmar@gmail.com](mailto:cadekmar@gmail.com)

## Declaration of informed Consent

### Patient - practitioner relationship – Declaration of Informed Consent

Researched by Martin Čadek (cadekmar@gmail.com) and Dr Stuart Flint (S.Flint@shu.ac.uk)

1. I confirm that I have read the information page provided on the page before and have had the opportunity to consider the information and ask questions and had these answered satisfactorily.

2. I understand that my participation in the study is voluntary and that I am free to withdraw at any time without giving a reason and without detriment to any treatment/service.

3. I agree that my name will not appear with the data.

4. I agree that any data collected may be passed to other researchers in anonymized form, and may appear in a report in the public domain, although it will not be possible to identify me from any material included.

5. I have been told that no “disguised” procedures or unnecessary deception exist in this study.

6. If I have any concerns then I may contact either Martin Čadek at cadekmar@gmail.com and Dr Stuart Flint on 0114 2255582 or by emailing: S.Flint@shu.ac.uk

I **agree** to take part in the study:

Yes (1)

No (2)

If No Is Selected, Then Skip To End of Survey

Please write down your **email**. The email serves as a way to help you in case you will experience any problems whilst completing the study. Your email is used exclusively for this research.

Goodbye page with information of next procedures, when they will receive Debrief and such.

### Instructions for the following part

You have reached the final page of the study. We thank you for your participation and the time you have taken to complete this study. **Please click on the link below this paragraph, you will be redirected to a debrief document in PDF that describes the study in full detail.** You are free to download it and keep it. If you have any questions about the study you have just completed, please contact us at [cadekmar@gmail.com](mailto:cadekmar@gmail.com). Remember, you are free to withdraw yourself from the study at any time of the study prior to a publication of results. If you wish to do so, please contact [cadekmar@gmail.com](mailto:cadekmar@gmail.com). Thank you for participating in the study.

`<p style="text-align: center;"><a href="https://onedrive.live.com/redir?resid=7BE2547229B0EFF5!221&authkey=!ANm_j0sisMYvaqY&ithint=file%2cpdf" target="_blank" >Download the Debrief Document</a></p>`

Video instructions

### Instructions for the following part

Please read this section carefully. In the next page your task will be **to watch a video** of a healthcare professional giving you advice.

The video is roughly 4 minutes in duration. After the video, you will be asked to respond to a variety of questionnaires.

All of the pages are automated (the video will play automatically, stop automatically) so you can sit comfortably and watch the video. **Please do not try to stop the video by clicking on it.** At the end of the video, you will automatically move to the next page. Before you continue, please answer following questions.

12.3 I am in an environment where I will **not be disturbed**. If you select NO, the questionnaire will terminate and you will be provided with another opportunity to complete the study.

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Survey

12.4 **Only my browser and the tab window** with the current questionnaire is open. If NO is selected the questionnaire will terminate and you will be provided with another opportunity to complete the study.

- Yes (1)
- No (2)

If No Is Selected, Then Skip To End of Survey

## Novel questionnaires

### Recalled Advice Questionnaire (RAQ) – Female Version, Stress Version

Q266 Instructions for the following part

Following the questionnaire, we will ask you to **recall some information from the video**. Please ensure that only browser with the tab of the questionnaire page is open. **Finally, if you do not know an answer to the question**, please simply write '999' or 'I do not know'. When you feel that you have familiarized yourself with instructions above, please continue.

14.5 **The following questions are related to the video you have just watched.**

14.7 Do you remember what Dr Anna Lee's **specialization** was?

14.8 What did Dr Anna Lee say her goal today was **to inform you about**?

14.9 Please describe how did Dr Anna Lee **looked**?

14.10 Do you remember **anything else** about Dr Anna Lee?

14.11 Can you please **describe the place** where Dr Anna Lee was standing?

14.12 Please provide the **definition of stress** according to the video?

14.13 According to the video roughly what **percentage of all work-related ill health cases** are attributed to stress?

14.14 What **percentage of working days** is lost due to ill health according to the video?

14.15 In the video, **which occupations** are reported as having higher levels of stress?

14.16 In the video, **how many working days** in 2015 were roughly lost due to stress in UK?

14.17 In the video, how much **physical activity** over a week is good for adults?

14.18 In the video, **what intensity** should your physical activity be?

14.19 Please recall the **examples** of recommended physical activity?

14.21 In the video, Dr Anna Lee provided **some suggestions** of what you can do when you feel under pressure during work. What were these?

14.22 Please name **the activities** that the healthcare professional suggested to improve time management?

14.23 What **options** did the healthcare professional suggest **to quit smoking**?

14.24 In the video, what advice did the healthcare professional suggest **regarding sitting**?

14.25 In the video, **how many hours** did the healthcare professional suggested you view TV per day?

14.26 What advice did the healthcare professional give for **alcohol consumption**?

Recalled Advice Questionnaire (RAQ) – Male Version, Stress Version

120.7 Do you remember what Dr David Broom's **specialization** was?

120.8 What did Dr David Broom say his goal today was **to inform you about**?

120.9 Please describe how did Dr David Broom **looked**?

120.10 Do you remember **anything else** about Dr David Broom?

120.11 Can you please **describe the place** where Dr David Broom was standing?

120.12 Please provide the **definition of stress** according to the video?

120.13 According to the video roughly what **percentage of all work-related ill health cases** are attributed to stress?

120.14 What **percentage of working days** is lost due to ill health according to the video?

120.15 In the video, **which occupations** are reported as having higher levels of stress?

120.16 In the video, **how many working days** in 2015 were roughly lost due to stress in UK?

120.17 In the video, how much **physical activity** over a week is good for adults?

120.18 In the video, **what intensity** should your physical activity be?

120.19 Please recall the **examples** of recommended physical activity?



120.21 In the video, Dr David Broom provided **some suggestions** of what you can do when you feel under pressure during work. What were these?

120.22 Please name **the activities** that the healthcare professional suggested to improve time management?

120.23 What **options** did the healthcare professional suggest **to quit smoking**?

120.24 In the video, what advice did the healthcare professional suggest **regarding sitting**?

120.25 In the video, **how many hours** did the healthcare professional suggested you view TV per day?

120.26 What advice did the healthcare professional give for **alcohol consumption**?

#### Recalled Advice Questionnaire (RAQ) – Female Version, Weight Version

18.7 Do you remember what Dr Anna Lee's **specialization** was?

18.8 What did Dr Anna Lee say her goal today was **to inform you about**?

18.9 Please describe how did Dr Anna Lee **looked**?

18.10 Do you remember **anything else** about Dr Anna Lee?

18.11 Can you please **describe the place** where Dr Anna Lee was standing?

18.12 In the video, what was the **body mass index (hereafter BMI)** for a healthy weight?

18.13 In the video, what was the **approximate mean BMI** in 2012 in the UK?

18.14 In the video, UK adults with a healthy weight were in minority. Can you remember the **approximate percentage of men and women in a health weight**?

18.15 In the video, roughly **how many adults were obese** in 2014 in UK?

18.16 In the video, can you remember **the percentage of adults classified as overweight** in the UK?

18.17 In the video, how much **physical activity** over a week is good for adults?

18.18 In the video, **what intensity** should your physical activity be?

18.19 Please recall the **examples** of recommended physical activity?

18.20 In the video, what should you **substitute high sugar drinks** including sport drinks with?

18.21 In the video, which energy dense foods could you **remove** from your diet as suggested?

18.22 In the video, what can you use as a **guide for appropriate portion sizes**?

18.24 In the video, what advice did the healthcare professional suggest **regarding sitting**?

18.25 In the video, **how many hours** did the healthcare professional suggested you view TV per day?

18.26 What advice did the healthcare professional give for **alcohol consumption**?

Recalled Advice Questionnaire (RAQ) – Male Version, Weight Version

119.7 Do you remember what Dr David Broom's **specialization** was?

119.8 What did Dr David Broom say his goal today was **to inform you about**?

119.9 Please describe how did Dr David Broom **looked**?

119.10 Do you remember **anything else** about Dr David Broom?

119.11 Can you please **describe the place** where Dr David Broom was standing?

119.12 In the video, what was the **body mass index (hereafter BMI)** for a healthy weight?

119.13 In the video, what was the **approximate mean BMI** in 2012 in the UK?

119.14 In the video, UK adults with a healthy weight were in minority. Can you remember the approximate **percentage of men and women in a health weight**?

119.15 In the video, roughly **how many adults were obese** in 2014 in UK?

119.16 In the video, can you remember **the percentage of adults classified as overweight** in the UK?

119.17 In the video, how much **physical activity** over a week is good for adults?

119.18 In the video, **what intensity** should your physical activity be?

119.19 Please recall the **examples** of recommended physical activity?

119.20 In the video, what should you **substitute high sugar drinks** including sport drinks with?

119.21 In the video, which energy dense foods could you **remove** from your diet as suggested?

119.22 In the video, what can you use as a **guide for appropriate portion sizes**?

119.24 In the video, what advice did the healthcare professional suggest **regarding sitting**?

119.25 In the video, **how many hours** did the healthcare professional suggested you view TV per day?

119.26 What advice did the healthcare professional give for **alcohol consumption**?

## Attitudes Towards Healthcare Professional (AHCP)

### **Instructions**

In the following part you are going to be asked to mark **37 statements** according to how much do you agree or disagree with each of the statements. **You cannot skip** any statement. You will be provided with a scale to indicate your response.

*Please read the statement displayed below and mark on the scale how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance. Higher numbers are considered that you agree more.*

*Scale: Strongly Disagree / Disagree / Agree / Strongly agree*

*General Advice Adherence (Higher scores, higher likelihood of following HCP advice)*

I intend to **follow** the healthcare professional's **instructions**.

I am **not sure** how to **follow** the healthcare professional's **advice**. (Negative)

I **don't think** it would take much effort for me to **follow** the healthcare professional's **advice**.

It may be **difficult** for me to **follow** the **advice** of the healthcare professional. (Negative)

I **plan to use** the healthcare professional's medical **advice tactics** from the video.

*Professional credibility (Higher scores, higher doubts)*

I have **doubts** about the healthcare professional's **credibility**. (Negative)

The healthcare professional in the video is someone I would have **respect** for.

The healthcare professional in the video seemed to **know what he or she was talking about**.

I am **confident** in the **ability** of the healthcare professional in the video.

The healthcare professional in the video seemed to **lack enough experience**. (Negative)

*Patient's trust (Higher scores, higher trust)*

I **do not trust** the healthcare professional in the video. (Negative)

I would feel **comfortable to express my concerns** about my body to the healthcare professional in the video.

I would **find it difficult** to tell the healthcare professional in the video about **private things**.  
(Negative)

I would **feel embarrassed** in front of the healthcare professional in the video. (Negative)

I am **confident** that the healthcare professional in the video would keep my **personal information confidential**.

### **Patient's trust (by condition)**

I would feel **comfortable** to **consult my diet** with the dietitian in the video. (Diet Condition)

I would feel **comfortable** to **consult stressful situations** with the psychologist in the video.  
(Stress Condition)

I would feel **comfortable** to **talk about losing weight** to the dietitian in the video. (Diet Condition)

I would feel **comfortable** to **discuss smoking cessation** with the psychologist in the video.  
(Stress Condition)

### *Selecting HCP (Higher scores, higher hypothetical likelihood of selecting this HCP)*

I would **choose** the healthcare professional in the video **for a consultation**.

I would **hesitate to recommend** the healthcare professional in the video to **my friends**.  
(Negative)

I would **hesitate to recommend** the healthcare professional in the video to **anybody**.  
(Negative)

I would **be completely happy** to see this healthcare professional for an advice **again**.

It would be **fantastic** if such a healthcare professional would be in **my neighbourhood**.

### *Compassion (Higher scores, higher compassion)*

I believe the healthcare professional in the video would **listen carefully to what I have to say**.

I believe the healthcare professional in the video would **understand my concerns**.

I would feel **comfortable** when talking to the healthcare professional in the video about my health concerns.

The healthcare professional in the video **seemed caring**.

I felt that the healthcare professional in the video would be **interested in me as a person** not just my illness.

*Patient's impression about stereotypes towards the HCP (Higher score, more positive impression)*

The healthcare professional in the video **seemed sloppy**.

The healthcare professional in the video **seemed unintelligent**.

The healthcare professional in the video **seemed lazy**.

I felt that the healthcare professional in the video **should manage his or her weight better**.

I found the healthcare professional in the video **unattractive**.

*Health behaviours of the healthcare professional (Higher score, higher need for healthy behaviours of HCP)*

In general, healthcare professionals should **not smoke cigarettes**.

In general, healthcare professionals should **not drink alcohol**.

In general, healthcare professionals should **exercise regularly**.

In general, healthcare professionals should **eat a well-balanced diet**.

In general, healthcare professionals should **manage their own stress fine**.

## Sociodemographic Questionnaire

### 113.1 Instructions for the following part

You are almost at **the end of the study**. The last part is a socio-demographic questionnaire. There are several questions about your background. Some questions may be perceived **as sensitive**. This part should take no more than 10 minutes to complete.

113.1.1 Please indicate your **nationality** (e.g. United Kingdom, United States, Japan)?

*Text field*

113.2 What is your sex?

- Male (1)
- Female (2)



113.3 Are you an English native speaker?

- Yes I am (1)
- No I am Not (2)

Answer If Are you an English native speaker? No Is Selected

113.4 Are you **fluent in English?** (i.e. you can understand all of the questions and information in the video, and you had no problems writing your answers in English.)

- Yes, I am fluent in English (1)
- No, I am not fluent in English (2)

113.5 What is **your date of birth?** (Please answer in following format: mm/dd/yyyy)

113.6 What is your height?

	feet (1)	inches (2)	OR centimeters (optional) (3)
What is you height in feet and inches or centimeters? (1)			

113.7 What is your weight?

	pounds (1)	OR kilograms (optional) (2)
Your weight in pounds or kg? (1)		

113.8 Are you currently employed in or studying in any of the following fields?

- Medicine (Including: Health Care, Physical Education and Nutrition) (1)
- Psychology (Including: Psychotherapy and Coaching) (2)
- I am NOT an employee or I am NOT a student in any of the fields above (3)

113.9 In past 14 days, have you visited a dietitian, psychologist or general practitioner?

- Yes (1)
- No (2)

If Yes Is Selected, Then Skip To Please select all that apply. If none...If No Is Selected, Then Skip To Did you ever scheduled an appointment...

113.10 Have you ever scheduled an appointment with a dietitian or psychotherapist?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To We are interested in finding out about...

113.11 In previous visits to see your healthcare professional (e.g.: dietitian, general practitioner or psychologist), have you **discussed any of the following topics**: Please select all that apply. If none apply do not select anything.

- stress management (1)
- weight management (2)
- dietary advice (3)
- physical activity advice (4)
- smoking cessation (5)
- time management (6)
- healthy eating (7)
- other services directly related to stress or weight management (8)

113.4 Do you **smoke** cigarettes?

*Yes / No*

113.41 **How many cigarettes/day do you smoke?**

*10 or less, 11-20, 21-30, 31 or more*

113.5 Do you consume drinks containing **alcohol**?

*Yes / No*

113.51 **How many** drinks containing alcohol do you have on a typical day when you are drinking?

*1 or 2, 3 or 4, 5 or 6, 7 to 9, 10 or more*

113.6 Please estimate your **annual income** from the **last year** (That is your income for 12 months in year 2015, i.e. £13,124).

*Text field*

## Standardized Questionnaires

ATOP

110.1 Instructions for the following part

In the following part you are going to be asked to mark 20 statements according to how much do you agree or disagree with each of the statements. You cannot skip any statement. You will be provided with a scale to indicate your response.

110.2 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are as happy as nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.3 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people feel that they are not as good as other people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.4 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people are more self-conscious than other people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.5 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese workers cannot be as successful as other workers.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.6 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most nonobese people would not want to marry anyone who is obese.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)

- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.7 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Severely obese people are usually untidy.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.8 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are usually sociable.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.9 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people are not dissatisfied with themselves.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.10 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are just as self-confident as other people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.11 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most people feel uncomfortable when they associate with obese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.12 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are often less aggressive than nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.13 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people have different personalities than nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)



110.14 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Very few obese people are ashamed of their weight.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.15 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people resent normal weight people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.16 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are more emotional than nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.17 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people should not expect to lead normal lives.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.18 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are just as healthy as nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.19 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people are just as sexually attractive as nonobese people.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.20 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obese people tend to have family problems.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

110.21 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

One of the worst things that could happen to a person would be for him to become obese.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

BAOP

111.1 Instructions for the following part In the following part you are going to be asked to mark 8 statements according to how much do you agree or disagree with each of the

statements. You cannot skip any statement. You will be provided with a scale to indicate your response.

111.2 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obesity often occurs when eating is used as a form of compensation for lack of love or attention.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.3 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

In many cases, obesity is the result of biological disorder.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.4 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obesity is usually caused by overeating.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.5 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people cause their problem by not getting enough exercise.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.6 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Most obese people eat more than nonobese.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.7 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

The majority of obese people have poor eating habits that lead to their obesity.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.8 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

Obesity is rarely cause by a lack of willpower.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)

111.9 Please read the statement displayed below and mark on the scale provided below how much do you agree or disagree with the statement. The numbers above the scale serve as a guidance.

People can be addicted to food, just as others are addicted to drugs, and these people usually become obese.

- 3 Strongly disagree (1)
- 2 Moderately disagree (2)
- 1 Slightly disagree (3)
- +1 Slightly agree (4)
- +2 Moderately agree (5)
- +3 Strongly agree (6)



F-SCALE

112.1 Instructions for the following part In the following part you are about to complete 14 pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, you are asked to choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

112.2 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
lazy:industrious (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.3 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
no will power:has will power (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.4 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
attractive:unattractive (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.5 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
good self-control:poor self-control (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.6 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
fast:slow (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.7 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
having endurance:having no endurance (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.8 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
active:inactive (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.9 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
weak:strong (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.10 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
self-indulgent:self-sacrificing (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.11 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
dislikes food:likes food (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.12 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
shapeless:shapely (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.13 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
undereats:overeats (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.14 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
insecure:secure (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

112.15 Listed below is a pair of adjectives sometimes used to describe obese or fat people. For each adjective pair, please choose a point on the line closest to the adjective that you feel best describes your feelings and beliefs.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
low self-esteem:high self-esteem (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IPAQ – This questionnaire is administrated after Socio-demographic (or rather as part of it)

113.12 We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

113.13 Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a

time. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	0 (No vigorous physical activities) (8)
Days per week: (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Days per week: - 0 (No vigo... Is Selected, Then Skip To Think about all the moderate activiti...

113.14 How much time did you usually spend doing vigorous physical activities on one of those days? (If you don't know or you are not sure, write down 999.)

hours a day (1)

minutes per day (2)

113.15 Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	0 (No moderate physical activities) (8)
Days per week: (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Days per week Days per week... Is Selected, Then Skip To Think about the time you spent walkin...

113.16 How much time did you usually spend doing moderate physical activities on one of those days? (If you don't know or you are not sure, write down 999.)

Hours per day: (1)

Minutes per day: (2)

113.17 Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	0 (No walking at all) (8)
Days per week: (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If Days per week: - 0 (No walk... Is Selected, Then Skip To 7. During the last 7 days, how much t...

113.18 How much time did you usually spend walking on one of those days? (If you don't know or you are not sure, write down 999.)

Hours per day: (1)

Minutes per day (2)

113.19 The last question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch

television. During the last 7 days, how much time did you spend sitting on a week day? (If you don't know or you are not sure, write down 999.)

Hours per day (1)

Minutes per day (2)

**Perceived Stress Scale – 4** (Part of sociodemographic questionnaire)

*0=never \_\_\_ 1=almost never \_\_\_ 2=sometimes \_\_\_ 3=fairly often \_\_\_ 4=very often*

113.71 In the **last month**, how often have you felt that you were unable to control the important things in your life?

113.72 In the **last month**, how often have you felt confident about your ability to handle your personal problems?

113.73 In the **last month**, how often have you felt that things were going your way?

113.74 In the **last month**, how often have you felt difficulties were piling up so high that you could not overcome them?

## 6.2 Script

### **Preventing excess weight gain advice (EWG condition)**

#### **Advice**

Hello I'm Dr David Broom and I am a dietitian. My goal today is to inform you about how to prevent excess weight gain.

First of all let's talk about what excess weight is and how do we define it. A healthy weight is defined by a body mass index or BMI of 18.5 to 24.9 kg/m<sup>2</sup>. In 2014, the mean BMI of adults in England was approximately 27. The minority of adults had a healthy weight with only 38% of men and 41% of women in this category.

The majority of adults are either overweight which is a BMI of 25 to 29.9 or obese which is a BMI of 30 or over. In 2012, a quarter of all adults were obese and 60% of adults are overweight.

Given the current situation, health professionals would like to help people to keep their excess weight down.

In order to do this, I am going to share with you several guidance tactics all from the latest scientific evidence:

Firstly drinking water instead of drinks containing high amounts of sugar including sports drinks is very important. This small change can be surprisingly helpful.

Secondly, engaging in physical activity is extremely beneficial. A good amount of physical activity for an adult to do over a week is 150 minutes or 2 and a half hours of moderate intensity activity. Examples of such activities are jogging, dancing, and gardening and this can be broken down into bouts of 10 minutes of activity. If you are unsure of what moderate intensity activity is think about exercising at 50-60% of your maximum capacity.

In order to keep your weight in check, it is also important to remove high energy dense foods from your diet such as fried foods, biscuits, savoury snacks, confectionery and drinks made with full fat milk or cream. To follow these guidelines, it may be helpful to check portion size by looking at the labels of food. Smart phone applications are also very useful here. Be aware that food perceived as healthy such as olive oil, nuts and fruit juices can contribute excess weight. The first thing you can do is to reduce overall energy density of the diet. This includes consuming less of food such as olive oil, fruit juice or nuts, which can contribute to weight gain if you consume large amounts of them.

It is also important to consider your alcohol intake. Men and women should not regularly consume more than 14 units of alcohol. Regularly means drinking this amount on most or all days of the week.

Although we all enjoy sitting, it is also important to break up your sitting whilst at home and in work. It is important to use the stairs and strategies to reduce our TV viewing time and other leisure screen activities include having a TV free day or limiting your TV viewing time to 2 hours per day.

I hope that you find this information useful and thank you for attending this consultation. Goodbye.



## **Preventing cardiovascular diseases (CVD condition)**

### **Advice**

Hello I'm Dr David Broom I am a psychologist. My goal today is to inform you about how to prevent and reduce stress.

First let's start by defining what we mean by the term stress. This is when we are feeling under increased amounts of mental or emotional pressure. In the UK, stress accounted for 35% of all work related ill health cases are due to stress and 43% of all working days are lost to stress.

Occupations in public service experience higher levels of stress compared to other services. This includes teachers, health professionals and other public service professionals. In the UK in 2015, 9.9 million days were lost to stress in the workplace.

Stress has various health consequences and it reduces your quality of life. However, stress is manageable and can be prevented at all ages. Therefore health professionals would like share some guidance on how to do this and this is the key message of this consultation.

The first thing you can do it to develop and confide in a support network of colleagues, friends and family. This can help ease your work troubles and help you to see things in a different light.

When feeling under pressure, take a break from work and clear your thoughts. This will help you feel calmer, relaxed and focused when you return to the task. Consider your time management Managing your time effectively can help you to feel more relaxed, focused and in control. Here using a diary or personal organiser to work towards a more balanced lifestyle. Other options include making to-do lists, ensuring you take a lunch break instead of working through, and to prioritise your tasks.

Secondly, engaging in physical active is extremely beneficial in reducing your stress levels. A good amount of physical activity for an adult to do over a week is 150 minutes or 2 and a half hours of moderate intensity activity. Examples of such activities are jogging, dancing, and gardening and this can be broken down into bouts of 10 minutes of activity. If you are unsure of what moderate intensity activity is think about exercising at 50-60% of your maximum capacity.

Although we can offer some general advice to everyone, it is important to know your individual differences. If you smoke, it is important to work towards quitting. You can ask your doctor about smoking cessation services. Alternatively, you could try pharmacotherapy if you do not wish to try smoking cessation services. You can also visit the NHS website and see variety of healthy choices they advise.

Although we all enjoy sitting, it is also important to break up your sitting whilst at home and in work. It is important to use the stairs and strategies to reduce our TV viewing time and other

leisure screen activities include having a TV free day or limiting your TV viewing time to 2 hours per day. The last guidance concerns alcohol consumption

It is also important to consider your alcohol intake. Men and women should not regularly consume more than 14 units of alcohol. Regularly means drinking this amount on most or all days of the week.

I hope that you find this information useful and thank you for attending this consultation. Goodbye.

### **6.3 Debrief**

#### **DEBRIEF DOCUMENT**

You were informed that the aim of the study was to examine the *Relationship between patient/client and healthcare professional*. Whilst this was the aim of the study, the full aim was to examine whether patients discriminate obese healthcare professionals compared to normal weight healthcare professionals. Media depictions often present obese people as lazy, having less social interactions, pertaining to lower social classes, and being less educated. It has been suggested that obese healthcare professionals may experience similar stigmatisation.

As part of the study, you viewed a video of a healthcare professional providing advice. There were other participants who saw the video with the same person; however, the weight of that person was modified (either to be depicted as obese or non-obese). Your participation also included conscious measures of attitudes towards obese people and questions relating to your perception of the healthcare professional in the video. Responses to these measures will be compared to find out if there are any differences between participants who viewed the different videos. As part of this study, we are also examining the impact of the healthcare professional's gender, the advice they gave, and the BMI of the healthcare professional. These characteristics will be examined to determine whether they are associated with stigmatising attitudes reported previously. If you have any questions about your participation and the findings of this study, please do not hesitate to contact the researchers Martin Čadek at [cademar@gmail.com](mailto:cademar@gmail.com) and Dr Stuart Flint at [s.flint@shu.ac.uk](mailto:s.flint@shu.ac.uk) or +44(0)1142255582. We are happy to receive any potential questions about the study or provide further clarification about the study.

We would like to take this opportunity to thank you again for your participation.