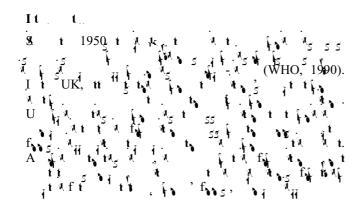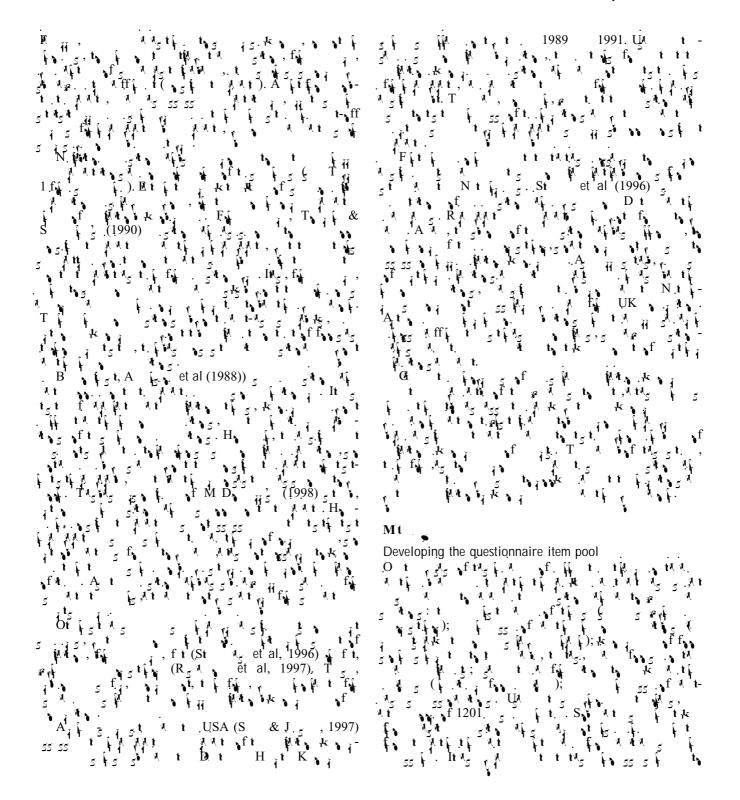# D...

K P...t...[1]   J W...[1]*

[1]ICRF Health Behaviour Unit, University College London

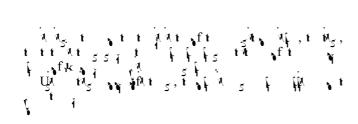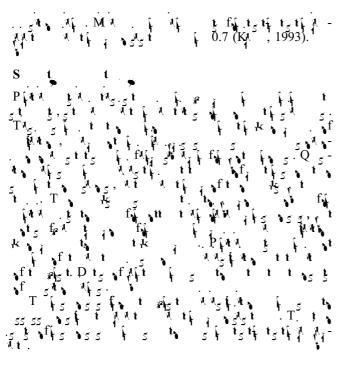**O...t...y:** T... ...f -397()-336 ... 50... ...It...

St...: T... 1994... UK...

S...t...: T... ...168 ...

R...t...: T... (C...= 0.70 0.97) ... [F(1,167) = 200.5, P < 0.001 ...

C...: T... It...

S...: T... B... B... S... R...

D...: ...

I t...t...

...t 1950... (WHO, 1990). I ...UK, tt...

T 1 P

Authors (year)	Target population	Scope	Psychometric measures
A et al (1988)	M -	G k	C t t
B et al (1992)	A t	C ff k	KR = 0.6 f t
M D (1998)	T t	G k	C t t
			T t t
R et al (1997)	A t	F t, & t	C t t
S & J (1997)	A t	D t k	C t t < 0.7
S & T (1992)	A t	G k	C t t
St et al (1996)	A t (D t)	G k	C t t
			C t t
			T t t
St et al (1996)	A t (D t)	K t f t	T t t r = 0.85

1989   1991. U

F

St   et al (1996)

B   t, A   et al (1988))   It

T   f M D   (1998)

G

M t

Developing the questionnaire item pool

O

(St   et al, 1996)

(R   et al, 1997). T

A   USA (S & J   , 1997)

D H K

0.7 (K..., 1993).

Construct validity

T ... 4 ... (P < 0.001).

Results

At ... , 168 ... , 74 ... 94 ... , 105 ... (53 ... 52 ...). T ... 90% ... 84% ... T ... 3.

R...

A... AS, U... D, P... L & P... DWM (1988): N... J. Hum. Nutr. Diet. **1**, 39 55 46.

A... ML, F... TL & B... D (1985): A... J. Nutr. Educ. **17**, 51 54.

B... EA, E... ML & B... JC (1992): C... J. Nutr. Educ. **24**, 179 184.

C... DA & B... KI (1990): D... Austr. J. Nutr. Diet. **47**, 97 104.

H...t E... A t...t (1997): Eight Guidelines for a Healthy Diet. L...: H...t E... A t...t.

K... P (1986): A Handbook of Test Construction. L...: M t...

K... P (1993): The Handbook of Psychological Testing: L..., R...

L... AS, F... SB & St... M (1993): N... 1983 1988. J. Nutr. Educ. **25**, 60 66.

M D... P (1998):

T . . . .
. . . .

1 D. . . t. . k . . t . . t. . . . . . t . t . . . . f
s . . . f. . s ? (tick one box per food)

	M. .	S	L. .	N. t. .
V. . t . . s	☐	☐	☐	☐
S . . . . s	☐	☐	☐	☐
M . t	☐	☐	☐	☐
St. . f. . s	☐	☐	☐	☐
F. . t f. . s	☐	☐	☐	☐
H. . . . f. . s	☐	☐	☐	☐
F. . t	☐	☐	☐	☐
S. . t f. . s	☐	☐	☐	☐

2 H. . . . . s . . . . s . f . . t . . . . t . . s . . t? (O. .
s . . . . f. . . . . , ... f. .
. f . . . .)
. . . .

3 W. . . f t . . . . . . s . . s . . . . . t f. . . . . t.
t . . . . ? (tick one)

( ) . . . s . . t . . t . f t   ☐
( ) . . . s . . t . . t . f t   ☐
( ) s . . . . . f t

7 D... ti.. k t... f.. f...s i... high or low in saturated fat? (tick one box per food)

H...	L...	N..t.. ..	
M..k...	☐	☐	☐
W... ..k	☐	☐	☐
O.....	☐	☐	☐
R... t	☐	☐	☐
S... ...	☐	☐	☐
C...	☐	☐	☐

8 S.. f...s .. t.. ..t..ff t. t.. ..s t.... .
() . . ☐
() ... . ☐
() ...... ☐

9 D... ti.. k ..t.. .. t.. a healthy alternative to red meat? (tick one box per food)

Y..	N...	N..t.. ..	
..... t	☐	☐	☐
L... ... t	☐	☐	☐
B..k ... ..s	☐	☐	☐
N.. ...	☐	☐	☐
L.. f.t ...	☐	☐	☐
Q...	☐	☐	☐

10 A ...ss ..f ... t .. ..
... f ...t.

() . .. ☐
() ..s ..

19 W.. one f t f... . s t . t . .. s f.
t .s . .t? (tick one)

( ) .s . . ☐
( ) .s t . f...s ☐
( ) .. . . . ☐
( ) f . ☐
( ) . .s . ☐

20 H. . f . . t.

9 W... ? (tick one)

( ) ....
( ) E....
( ) ....
( ) St.... ☐ ☐ ☐ ☐

10 If ...... ? (tick one)

( ) ......
( ) ......
( ) ......
( ) ...... ☐ ☐ ☐ ☐

T.... ....

1 A.... .... low intake of fruit and vegetables?

( ) s
( ) ....
( ) ....s.... ☐ ☐ ☐

If ..., ...?

....
....
....

2 A.... .... low intake of fibre?

( ) s
( ) ....
( ) ....s.... ☐ ☐ ☐

If ..., ...?

....
....
....

3 A.... .... how much sugar ....?

( ) s
( ) ....
( ) ....s.... ☐ ☐ ☐

If ..., ...?

....
....
....
....

4 A.... .... how much salt ....?

( ) s
( ) ....
( ) ....s.... ☐ ☐ ☐

If ..., ...?

....
....
....

5 A.... .... amount of fat ....?

( ) s
( ) ....
( ) ....s.... ☐ ☐ ☐

If ..., ...?

....
....
....

6 D.... .... ? (answer each one)

	Yes	No	Not sure
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐

7 D.... .... ? (answer each one)

	Yes	No	Not sure
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐
....	☐	☐	☐

8 W... one .f t... ... ...k ...? (tick one)

( ) ......
( ) ......
( ) ......
( ) ......
( ) ......

9 H... ... .f antioxidant ...?

( ) ...
( ) ...

10 If YES t... ... 9, ...k t... ... anti-oxidant ...? (answer each one)

	Y..	N..	N.t..
V.t.. A	☐	☐	☐
B C.. V.t..	☐	☐	☐
V.t.. C	☐	☐	☐
V.t.. D	☐	☐	☐
V.t.. E	☐	☐	☐
V.t.. K	☐	☐	☐

F... ... t... ... ... t...

1 A... ... .f ...?

( ) M... ☐
( ) F... ☐

2 H... ... ...?

( ) ... t... 18 ☐
( ) 18 24 ☐
( ) 25 34 ☐
( )

10 If …………… ? If he/she is not working now, what is his/her usual job? (please be specific):

………………………………………………………

………………………………………………………

THE END

T……… ……… .
I t……… ……… t
t t……… ……… ,t

………………………………………………………………

………………………………………………………………

11 A……… :

( ) ……………… ☐
( ) ……………… ☐
( ) ……………… ☐
( ) ……………… ☐
( ) ……………… ☐
(f) ……………… ☐
( ) ……………… ☐

………………………………………………………………

………………………………………………………………

………………………………………………………………

12 A……… ?

( ) Y… ☐
Please specify:

………………………………………………………

( ) N… ☐

………………………………………………………………

………………………………………………………………

………………………………………………………………

………………………………………………………………