Sun Habit Survey: Adult

Marking Instructions

Please use black or blue ink. Correct Incorrect

The following questions ask about your views and habits about being out in the sun. The information you provide will help us understand what people are doing to prevent sun damage and skin cancer. All information will be kept private and confidential. Thank you for your help.

Let’s start with what you know about sun safety. For each of the following statements below, please fill in a true or false circle.

1. To work best, sunscreen needs a half hour to be absorbed by the skin. False
2. You don’t need to worry about skin cancer if you only go out for short periods of time (10 to 20 minutes). False
3. A sun protection factor (SPF) rating of 15 or greater means you can stay outside for 3 hours without getting a burn. False
4. People with light hair and light skin have the greatest risk of getting skin cancer. False
5. Sunburn is painful, but not really harmful in the long run. False
6. People who only go out in the sun for two weeks a year are not likely to get skin cancer. False
7. Being in water provides natural sun protection. False
8. Sun exposure during childhood can increase a person's chance of getting skin cancer later in life. False

We are interested in your views about sun exposure and sun safety. For each statement below, please fill in the one circle that best describes your view.

<table>
<thead>
<tr>
<th>How much do you agree with the following?</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>9. People are more attractive if they have a tan.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>10. It's too much bother to put on a hat when I go outside.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>11. I find it difficult to protect myself from the sun.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

It helps to...

<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Somewhat</th>
<th>A great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>12. Use sunscreen</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>13. Wear a shirt with sleeves</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>14. Wear a hat</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>15. Wear sunglasses</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>16. Have a good base suntan</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>17. Stay in the shade or under an umbrella</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>18. Limit the number of hours outdoors when the sun's rays are strongest, at mid-day</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

How much do you agree with the following statements?

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
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</thead>
<tbody>
<tr>
<td>19. Most people like me use sunscreen as protection from the sun when they are outdoors.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>20. Most people like me wear hats as protection from the sun when they are outdoors.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>21. Most people like me cover up to protect themselves from the sun.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Sun Protection Habits

22. On average, how many hours were you in the sun between 10 a.m. and 4 p.m. last summer?
   a. Hours per day in the sun from 10 a.m. to 4 p.m. on WEEKDAYS
      ☐ 1 or less  ☐ 2  ☐ 3  ☐ 4  ☐ 5  ☐ 6
   b. Hours per day in the sun from 10 a.m. to 4 p.m. on WEEKENDS
      ☐ 1 or less  ☐ 2  ☐ 3  ☐ 4  ☐ 5  ☐ 6

23. Wear a shirt with sleeves
   ☐ Rarely or never  ☐ Sometimes  ☐ Usually  ☐ Always

24. Wear sunglasses
   ☐ Rarely or never  ☐ Sometimes  ☐ Usually  ☐ Always

25. Stay in the shade or under an umbrella
   ☐ Rarely or never  ☐ Sometimes  ☐ Usually  ☐ Always

26. Wear sunscreen
   ☐ Rarely or never  ☐ Sometimes  ☐ Usually  ☐ Always

27. Wear a hat
   ☐ Rarely or never  ☐ Sometimes  ☐ Usually  ☐ Always

28. Have you ever been told by your doctor that you have skin cancer?
   ☐ No  ☐ Yes  If YES, what type?

29. What is your natural hair color?
   ☐ Red  ☐ Blonde  ☐ Light brown  ☐ Dark brown  ☐ Black

30. What is the color of your eyes?
   ☐ Green  ☐ Blue  ☐ Light brown  ☐ Dark brown  ☐ Black

31. As a child, did you have more than one severe sunburn? (i.e. painful and/or blistering)
   ☐ Yes  ☐ No

32. What is the color of your untanned skin?
   ☐ Very fair  ☐ Fair  ☐ Olive  ☐ Dark  ☐ Very dark  ☐ Black

33. After being in direct sunlight for more than 30 minutes, do you get:
   ☐ A severe burn with blistering
   ☐ A severe burn without blistering
   ☐ A mild burn but then tan or darken
   ☐ Tanned easily
   ☐ Tanned slowly

34. How many times last summer did you get a sunburn?
   ☐ None  ☐ 1  ☐ 2  ☐ 3  ☐ 4  ☐ 5 or more
35. Your sex:
   ○ Male   ○ Female

36. Date of birth: [ ] [ ] [ ]
   Month   Day   Year

37. Racial/Ethnic background: (Fill in the one best choice)
   ○ Caucasian/White  ○ Asian American
   ○ Black  ○ Other [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
   ○ Hispanic

38. How much schooling do you have?
   ○ Have not completed high school
   ○ Completed high school
   ○ Completed some college
   ○ Graduated from a 4-year college
   ○ Completed graduate school
   ○ Other [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

39. Are you:
   ○ Married   ○ Divorced/widowed/separated   ○ Never been married   ○ Part of an unmarried couple

40. Do you have any children?
   ○ No
   ○ Yes   If YES, how many children do you have? [ ] [ ]

41. Do you have any other comments?

   __________________________________________________________
   __________________________________________________________

   Thank you for your assistance!