**Appendix 1**

**LIBRA score**



**Appendix 2**

**The Dunedin Dementia Risk Awareness Survey**

Age:

Gender:

Ethnicity:

Education:

What do you believe are the 3 most important risk factors for dementia?’

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‘What do you believe are the 3 most important protective factors for dementia?’

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‘Which of the following do you believe has a significant effect on whether or not the average person develops dementia?’

Please answer ‘Yes/No or Don’t Know’ for the following statements:

* Low/Moderate Alcohol Consumption
* Coronary Heart Disease
* Oral Hygiene
* Physical Inactivity
* Renal Dysfunction
* Diabetes
* High Cholesterol
* Curcumin
* Midlife Hearing Loss
* Smoking
* Obesity
* Hypertension
* Social Isolation
* Mediterranean Diet
* Depression
* Prescription Drugs
* High Cognitive Activity
* Low Unsaturated Fat Intake

Please answer ‘Yes/No’ for the following statements:

* ‘I am more than likely than the average person to suffer from dementia in the future’
* ‘If I were to suffer from dementia my whole life would change’
* ‘Changing lifestyle behaviours will reduce the risk of dementia’
* ‘Taking preventive measures will be too resource intensive’
* ‘I know how to initiate dementia prevention’
* ‘I want to start dementia prevention early’