Appendix A

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| Outcome variable  |  |
| To what extent would you like to reduce the amount of sugary drinks that you drink? &Are you considering drinking less sugary drinks in the next **six months**? | Not at allA littleA lotA great dealYes/No |
| Predictor variables |  |
| BMIWhat is your height without shoes?What is your weight (undressed) in the morning?BMI PerceptionDo you consider yourself to be…? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_An acceptable weightUnderweight; orOverweight |
| Past week sugary drink consumptionThe next series of questions ask about **sugary drinks**. This means soft drinks like coke and lemonade, energy drinks like Red Bull, sports drinks like Gatorade, fruit flavoured drinks like Schweppes mineral waters and mixers, all types of fruit juice and cordial. It excludes artificially sweetened drinks and those mixed with alcohol.During the **past 7 days**, on how many days did you drink at least one 250ml cup of a sugary drink?On days when you do drink sugary drinks, how many cups per day do you usually have? | \_\_\_\_days\_\_\_\_cups per day |
| Regular sugary drink consumptionHow often do you **usually** drink a cup of the following types of sugary drink?Soft drinks, (includes Coke or lemonade)Energy drinks (like Red Bull)Sports drinks (like Gatorade)Fruit juice | Cups per day\_\_\_\_\_ ORCups per week\_\_\_\_\_ OR Cups per month \_\_\_\_ OR Less than monthly ORNever |
| Perception of sugary drink consumptionIn your opinion, is the amount of sugary drinks that you drink during an average week…? | Just rightToo muchNot enough |
| Habitual sugary drink consumptionTo what extent do you agree or disagree that drinking sugary drinks is something you do without thinking? | Strongly agreeAgreeNeither agree or disagreeDisagreeStrongly disagree |
| Difficulty reducing sugary drink consumptionIf you wanted to, **how difficult** do you think it would be to drink fewer sugary drinks in the next month? | Very difficultFairly difficultNot at all difficultNever intend to stop |
| Likelihood of benefiting from reduced consumptionIf you successfully reduced the amount of sugary drinks that you are currently consuming for six months, **how likely** it is that you would feel more healthy? | Very unlikelySomewhat unlikelyNeither likely or unlikelySomewhat likelyVery likely |
| Current and future health perceptionsTo what extent do you believe that your **current** health is at risk due to the amount of sugary drinks that you are consuming?To what extent is your **future** health at risk? | Not at all at riskSomewhat at riskModerately at riskVery much at risk |
| Nutrition knowledgeWhich of the following statements best describes your knowledge of nutrition, or knowing what to eat and drink for good health. Would you say…? | I don’t know anything about nutritionI know a little bit about nutritionI know a lot about nutrition |
| Takeaway food consumptionIn the past 7 days, how many times did you eat TAKE-AWAY or FAST FOODS, such as fish and chips, hamburgers, fried chicken, pizza, sausage rolls or meat pies? | Not at allAbout 1-2 timesAbout 3-4 timesAbout 5-6 timesAbout once a day2 or more times a day |
| Drinks available in the homeHow often are the following usually available to drink in your home…?Soft drinks (like Coke or lemonade)Fruit juiceTo what extent are sugary drinks usually available for you to drink at the homes of friends and family | AlwaysAlmost alwaysSometimesSeldomNever |
| Social normsHow many of your closest family and friends drink sugary drinks at least once a week?To what extent do you agree or disagree with the following statements?Most people my age drink sugary drinksMost of my closest family and friends think I should drink sugary drinks when they are provided | NoneSomeAbout halfMostAll of themStrongly agreeAgreeNeither agree or disagreeDisagreeStrongly disagree |
| Socio-demographic disadvantageWhat is your postcode? | Postcodes were matched to the Australian Bureau of Statistics “Index of Relative Socio-Economic Disadvantage” (1), which is a relative ranking of areas across Australia on a range of economic and social conditions that are known predictors of socio-economic disadvantage. Each area is allocated a score where a low score indicates relatively greater disadvantage and a high score indicates a relative lack of disadvantage. Scores are available in deciles, which were split for analysis into 3 groups: most disadvantaged (deciles 1 to 3), mid-level disadvantaged (deciles 4 to 7) and least disadvantaged (deciles 8 to 10). |

1. AustralianBureauofStatistics. *Census of Population and Housing*: *Socio-Economic Indexes for Areas (SEIFA)*, *Australia*; Cat. No. 2033.0.55.001;ABS:Canberra,Australia, 2011.