Questionnaire applied in Norwegian, Translated to English. A list of variables is presented at the bottom of the document.

### Questionnaire on sun behaviour

This survey was developed into an electronic questionnaire by the market research company Norstat. The respondents received questions about participation by mail, and could click on the attached link to proceed to the questionnaire. The survey was set up in a well-organized web design where all questions had to be answered before one could move on to the next.

#### Information to the respondents on the first page of the questionnaire:

This study focuses on intentional tanning, which means when you seek out the sun with the intention to sunbathe and to achieve a tan. For example, in sunbeds, on the beach and going on vacation to sunny areas.

# Background

1.	Gender
	☐ Female
	□ Male
2.	Birth year (Example 1980)
3.	In which county do you live in? (drop-down menu with choices)
4	. What is your highest terminated education?
	☐ No education or less than 9 years primary school
	☐ Primary education
	☐ High school
	☐ College degree or Vocational college?
	☐ Higher education (up to 2 years)
	☐ Higher education (4 years + Masters degree or equivalent)
	☐ Higher education (6 years + PhD or equivalent)
	□ Other

5.	W	hat is your current work situation? (check several if applicable)
		Student
		At home
		Jobseeker / laid off
		Vocational rehabilitation/disabled
		Retired
		Employed in the public sector
		Employed in a private business
		Self-employed
		Family member without fixed salary within a family business (example: farm)
		Other
6.		hat was your annual income (before tax) over the past year? cluding. child support, unemployment insurance, cash support, etc.)
		Under 200.000 NOK
		200 000 – 299 999 NOK
		300 000 – 399 999 NOK
		400 000 – 499 999 NOK
		500 000 – 749 999 NOK
		750 000 – 999 999 NOK
		1 000 000 NOK and above
7.	Wl	nat was your natural hair colour when you were 18 years old?
		Black
		Dark brown
		Light brown
		Blond
		Red
8.		ok at your right arm, from the shoulder and down to the wrist, approximately w many moles do you have that is 2 mm in diameter or more?
		None
		1-5
		6-10
		11-15

		16-20
		21-25
		More than 25
9.		eve you or any of your biological family ever been diagnosed with skin cancer/
		No, none in my family
		Yes, a family member
		Yes, several family members
		I do not know / uncertain
10.		as anyone in your circle of acquaintances been diagnosed with melanoma? cample: friends, co-workers)
		No, none in my circle of acquaintances
		Yes, one
		Yes, several
		I do not know / uncertain
11.		you sunbathe in the beginning of the summer without using sun protection, how es your skin react?
		Brown/tanned without first getting red
		Red
		Red with a burning sensation
		Red with sunburn and blistering
12.	Но	ow is your skin after repeated sunbathing over a long time?
		I get a deep tan
		I get a tan
		I get slightly tanned
		I never get a tan

### Sun behaviour

13. Do you seek the vacation?	e sun to sun	bathe/get a tar	n when you are	home in Norw	ay and/or on							
□ No, I do not	seek the sur	1										
☐ Yes, I seek th	he sun											
NOTE! Respondents question: 14, 15, 26,		*	seek sun" on qu	nestion 13 will r	not receive							
14. If you answered yes, how much do you protect yourself from the sun in the following ways when you sunbathe?												
	Never (0% of the time)	Seldom (10-20% of the time)	Sometimes (30-50% of the time)	Often (60-70% of the time)	Always (90-100% of the time)							
Sunscreen												
Clothing (covering parts of your body)												
Take breaks in the shadow or indoors												
15. Recall a week the you sunbathe for (We want to know the whole week)	or 30 minut	es or more?		•								
□ None												
<ul><li>□ 1 day</li><li>□ 2 days</li></ul>												
☐ 3 days												
□ 4 days												
□ 5 days												
□ 6 days												
☐ 7 days, every	yday											

	<b>How many</b> (with "sum Italy, Thail	ny holida	ıy" we m											
	□ None													
	□ Less th	an a wee	k											
	□ 1 week													
	□ 2 weeks													
	□ 3 weeks													
	☐ 4 week	s or mor	e											
17.	17. How many times did you use a sunbed during the past 12 months?													
	☐ I have i	never us	ed a sunb	ed										
	□ None (	but I hav	e previou	usly used	l a sunbe	ed)								
	□ About	nui	nber of t	imes										
Pe	rceived	risk a	nd con	seque	nces o	f sunb	athing	5						
	Perceived risk and consequences of sunbathing  Below are some statements about the risks and consequences of sunbathing. Please mark to which degree you disagree or agree with the following statements.													
	How likely next vacat	•	think it	is that y	ou will	be sunbu	ırned ne	ext sumn	ner and	or on your/				
Ver unli	y kely									Very likely				
0	1	2	3	4	5	6	7	8	9	10				
	How likely lifetime?	do you	think it	is that y	ou want	to deve	lop mela	noma d	uring y	our				
Ver unli	y kely									Very likely				
0	1	2	3	4	5	6	7	8	9	10				

				ur age, v et melan						nelanoma ?		
Far be the av				A	Average			Far above the average				
0	1	2	3	4	5	6	7	8	9	10		
Below	are som	ne statem	ents. Ple	ase mark	to whic	h degree	you disa	igree or a	igree wit	h the them:		
21. I k	believe g	etting a	sunburi	n is serio	us							
Strong	gly disag	ree			N	eutral			Strongly	agree		
0	1	2	3	4	5	6	7	8	9	10		
22. De	evelopin	g melan	oma wo	uld have	serious	consequ	ences fo	r me				
Strong	gly disag	ree			N	eutral	Strongly agree					
0	1	2	3	4	5	6	7	8	9	10		
23. It	is impoi	rtant for	me to p	revent g	etting m	elanom	a					
Strong	gly disag	ree			N	eutral			Strongly	agree		
0	1	2	3	4	5	6	7	8	9	10		
24. De	evelopin	g melan	oma in t	he futur	e worrie	es me						
Strong	gly disag	ree			N	eutral			Strongly agree			
0	1	2	3	4	5	6	7	8	9	10		

25. I	think it is	s easy to the	reat me	lanoma				
Stron	gly disagr	ree			Neutra	1	Str	ongly agree
0	1	2	3	4	5 6		8	9 10
Rea	sons fo	r using	sun p	orotectio	on			
		e statemer agree wit		fferent type	es of sun p	rotection. Pl	lease mark t	o which degree
26. W	hen I am	going to	sunbat	he, using s	sun screen	is		
				Strongly disagree	_	ee Neutra	l Agree	Strongly agree
Unc	omfortabl	e						
Inco	nvenient							
Too	expensive	e						
Too	time cons	suming						
	out on sunsething I li	screen is n ke to do	ot					
Som	ething I o	ften forge	t					
	_	at prevents g the tan I						
27. W	hen I am	going to	sunbat	he, using o	clothes to	protect me	from the su	ın is
				Strongly disagree	Disagree	e Neutral	Agree	Strongly agree
Unc	omfortabl	e						
Inco	nvenient							

Embarrassing					
Something I do not like					
Something that prevents me from achieving the tan I want					
28. When I am going to sunbat	he, taking l	oreaks in tl	ne shadows	or indoors i	S
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Inconvenient					
Something that prevents me from achieving the tan I want					
<b>29.</b> Below are some statements or agree with the following s	tatements: Strongly				e Strongly
By using sunscreen with a sun protection factor (SPF) of 15 or	disagree				agree
more, one can avoid being sunburned By staying in the shade, the chance of getting a sunburn is reduced					
By avoiding the sun between 12-15 pm, one can avoid being sunburned					
By using sunscreen with SPF 15 or more while in the sun, the chances of getting melanoma is reduced					
By staying in the shade, the chance of getting melanoma is reduced					

By using clothes when in the sun, the chance of getting melanoma is reduced					
Opinions about sunbathin	g				
For those who answered "No, I do no	ot seek the	sun" on que	estion 13:		
Please mark to which degree do you	disagree or	r agree on th	ne following	g statements	3:
30. I avoid sunbathing because					
	Strongly disagree		e Neutra	l Agree	Strongly agree
I'm afraid of getting skin cancer/ melanoma					
I do not want to get wrinkles or pigment changes/spots on my skin					
I don't have time or don't want to spend time sunbathing					
It's boring, uncomfortable, too hot/sweaty					
None of my friends/family sunbathe	e 🗆				
I do not want to get a tan					
I do not want to get sunburned					
For those who answered "Yes, I seek	the sun" o	n question I	13:		
Below are some reasons why people you disagree or agree on the following			Please mar	k to which o	legree do
31. I sunbathe because					
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I find it comfortable					

			ed skin				] [		
I look	k better w	hen I am	tanned				] [		
	social to s ds / famil	unbathe v y	with			Е	] [		
-	riends sur ed skin	nbathe and	d have a				] [		
I wan	nt supply	of vitamii	n D				] [		
	d a tan fo ity or hob	r my job, by	sport				] [		
32 Iti	is worth	gatting el	lightly ei	ınhurn	ed to get :	a tan			
	gly disagr	0 0	ngntiy st	invui ii	Neu			Strongly	v aoree
	_		2	4			7 0		
0 □	1	2 □	3 □	<b>4</b> □	5 □		7 8 	9 □	10 □
							g/sun expos	sure. Pleas	se mark to
which	degree y		or disagre	se	the follow Strongly	sunbathing ring statem Disagree	ents:		se mark to Strongly
which	degree y	ou agree o	or disagre	se	the follow	ving statem	ents:		
which  33. I li	degree y	ou agree o	or disagre	se	the follow Strongly	ving statem	ents:		Strongly
which  33. I li  I'm an  I do r	imit my s  fraid of g	ou agree o	or disagrent or di	se	the follow Strongly disagree	ving statem  Disagree	ents:  Neutral	Agree	Strongly agree
I'm and I do not pigment I don	degree your imit my so fraid of go not want the tentations	ou agree of sunbathing skirted get write in the skirted or don	or disagre  ng becau  n cancer  nkles or  in	se	the follow Strongly disagree	ving statem  Disagree	ents:  Neutral	Agree	Strongly agree
I'm and I do not pigm.  I don spend	degree ye imit my s fraid of g not want tentations I't have tird time sur	ou agree of sunbathing skirted get write in the skirted or don	or disagreen or cancer or cancer or in	se	Strongly disagree	Disagree	ents:  Neutral	Agree	Strongly agree
I'm and I don't spend	fraid of g not want thentations It have tired time sure oring, und ty	ou agree of sunbathing skir the skir me or don abathing	ng becau n cancer nkles or in 't want to	se	the follow Strongly disagree	Disagree	e Neutral	Agree	Strongly agree

## Perceived control and influence over own life

34. Overall, in the fu		much c	ontrol	do you	feel ye	ou have	e, abo	out who	ether y	ou ge	et ski	n cance	r
No control											Full	control	
0 1	2	2	3	4	5	6		7	8		9	10	
	[												
35. I am ab	le to d	etect w	arning	signs (	of mela	noma :	at an	early	stage				
Not capable of detecting warning sign		Not sure										Absolute st	ely ure
0	1	2	3		4	5	6	,	7	8	9	9 10	
				l				I			I		
36. I feel comelanor		nt abou	ıt what	to lool	k for w	hen ch	eckin	ng my s	skin fo	r war	ning	; signs of	f
Do not know what t look for	to	Not sure										Absolute st	ely ure
0		1	2	3	4	5	5	6	7		8	9	10
						[							
37. I feel I k	know v	vhat to	do to a	woid g	etting	sunbur	ned v	when I	sunba	the			
Do not know what to do to avoid a sunb	0	Not sure										Absolute st	ely ure
0		1	2	3	4	5	5	6	7		8	9	10
38. I am cer accomp				ect my	self ag	ainst th	ie sui	ı, even	thoug	gh tho	se		
Not sure												Absolute st	ely ure
1	2	2	1		5	6	7		Q	0	10	ı	

Please mark to which degree you disagree or agree with the following statements:

	aim to pa practica		-	ainst the	sun to a	ivoid sui	nburn, a	lso wher	it may	be
Strong	gly disag	ree							Stro	ongly agree
0	1	2	3	4	5	6	7	8	9	10
	eel that vn life	I have t	he freed	om to m	ake my	own cho	ices and	have in	fluence o	over my
Strong	gly disag	ree							Stro	ongly agree
0	1	2	3	4	5	6	7	8	9	10
41. I l	nave a p	ositive a	ttitude t	owards	myself					
Strong	gly disag	ree							Stro	ongly agree
0	1	2	3	4	5	6	7	8	9	10
42. I ı	ısually t	rust the	decision	ıs I mak	e					
Strong	gly disag	ree							Stro	ongly agree
0	1	2	3	4	5	6	7	8	9	10
43. I o	often fee	l powerl	ess							
Strong	gly disag	ree							Stro	ongly agree

### 44. I am a person who takes responsibility/action of a problem when it occurs

Strongly disagree									Stro	ongly agree
0	1	2	3	4	5	6	7	8	9	10

#### Thank you very much for your participation!

If you want to learn about sun protection and melanoma, you can visit the Norwegian Cancer Society's and Helsenorge's websites.

The Norwegian Cancer Society:

https://kreftforeningen.no/forebygging/sol-solarium-og-kreft

Helsenorge:

https://helsenorge.no/sykdom/kreft/hudkreft

https://helsenorge.no/sykdom/hud-og-har/soling-solkrem-og-uv-straler

List of variables used in "Beliefs, attitudes and perceptions to sun-tanning behaviour in the Norwegian population. A cross-sectional study using the Health Belief Model"

Outcome variable					
Sun-tanning behaviour  Predictor variables	<ul> <li>Question</li> <li>14 (3 items, all of them with reversed direction, i.e., "Always" assigned to "low score" and "Never" assigned to "high score")</li> <li>15</li> <li>16</li> <li>17</li> <li>32</li> </ul>				
Susceptibility	Question - 18 - 19 - 20				
Severity	Question - 21 - 22 - 23 - 24 - 25 (with reversed direction from "Strongly agree" assigned to "low score" and "Strongly disagree" assigned to "high score")				
Benefits (of using sun protection)	Question - 29 (6 items)				
Barriers (of using sun protection)	Question - 26 (7 items) - 27 (5 items) - 28 (2 items)				
Self-efficacy	Question - 34 - 35 - 36 - 37 - 38 - 39				

Empowerment	Question - 40 - 41 - 42 - 43 (with reversed direction from "Strongly agree" assigned to "low score" and "Strongly disagree" assigned to "high score") - 44
Benefits of tanning	Question - 31 (7 items)