

Project HEAL

HEAL

Health through Early Awareness and Learning

First Name: _____

Last Name: _____

In this survey we are going to ask you some questions about cancer and testing for it. You may or may not have any knowledge about these things, and this is ok. Even if you have not heard of cancer or ways of testing for it, this is important for us to know. You can mark a 'not sure' response to any question if you just don't know the answer.

This survey is the last survey for Project HEAL. We will share our findings back to you so that you know what happened with the project.

We thank you for your patience with this important part of the project.

Please read each question carefully.

Feel free to ask the members of the HEAL staff to assist you if you need any help or have any questions.

Let's begin!

Thank you for taking part in the HEAL project. Your answers on this survey will help to see if the project is making a difference in your community. Please give your honest and best answers.

For each question, please **place an x in the box** that most closely reflects your attitude or feeling. **Other** questions will ask you to **write in** your answer. There are no right or wrong answers - we are interested in your honest opinions.

Have you shared the knowledge from Project HEAL workshops with any of the below? (Mark all that apply)

- Family members
- Friends
- Co-workers
- Congregation members
- None
- Other: _____

The next few questions are about the HEAL Newsletters:

Did you receive newsletters from Project HEAL:

- Yes
- No
- Not sure

If no or not sure please skip the next question.

How many newsletters do you remember getting?

- 1
- 2
- 3
- 4 or more
- Don't remember

The next few questions are about the HEAL text messages:

Did you receive text messages on your phone from the Project HEAL:

- Yes
- No
- Not sure
- I do not or cannot receive text messages on my phone

If no, not sure, or do not/cannot receive please skip to page 5.

About how often do you remember getting text messages?

- Less than once per month
- Once per month
- Twice per month
- More than twice per month
- Don't remember

How much do you agree or disagree with the following statements? (please check ONE)	Strongly Disagree	Disagree	Agree	Strongly Agree	Did not get
I enjoyed getting text messages about the program.					
The HEAL text messages kept me engaged in the program.					
The HEAL text messages kept me informed about the program					

About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- _____ Within the past year (anytime less than 12 months ago)
- _____ Within the past 2 years (1 year but less than 2 years ago)
- _____ Within the past 5 years (2 years but less than 5 years ago)
- _____ 5 or more years ago
- _____ Don't know /Not sure
- _____ Never

These next few questions are about colorectal cancer:

Do you agree or disagree with the following statements?	Disagree	Agree	Not Sure
Colorectal cancer is cancer of the colon or rectum.			
Colorectal cancer affects only older White men.			
Risk of colorectal cancer becomes greater as a person gets older.			
Both men and women are at risk for colorectal cancer.			
Colorectal cancer begins as a growth in the colon or rectum.			
Bleeding is a symptom to report to your doctor.			
Colorectal cancer screening is not necessary if there are no symptoms.			
Finding colorectal cancer early will save your life.			
The treatment for colorectal cancer may not be as bad if the cancer is found early.			

We would like to ask you about a test called Fecal Occult Blood test or FOBT:

This test is done to check for colon cancer. It is done at home, using a set of 3 cards, to check if your stools have blood. To do this test, you need to take some of the stool and smear it on the card. Then, you return the card to the doctor's office to be tested.



Have you ever heard of this test?

___ Yes ___ No ___ Don't know/Not sure

If yes, please go to the next page (page 7) of the survey.

If no or don't know/not sure, please skip to page 8 of the survey.

[If you have never heard of a Fecal Occult Blood test (stool test), please SKIP to page 8 of the survey.]

Have you ever used a home kit to do this test? _____ Yes _____ No _____ Don't know/Not Sure

How long has it been since you did your last blood stool test using a home kit?

- _____ In the past year (12 months ago or less)
- _____ Between 1 and 2 years ago (more than 12 months but less than 24 months ago)
- _____ More than 2 years ago (More than 24 months ago)
- _____ Never
- _____ Don't know /Not sure

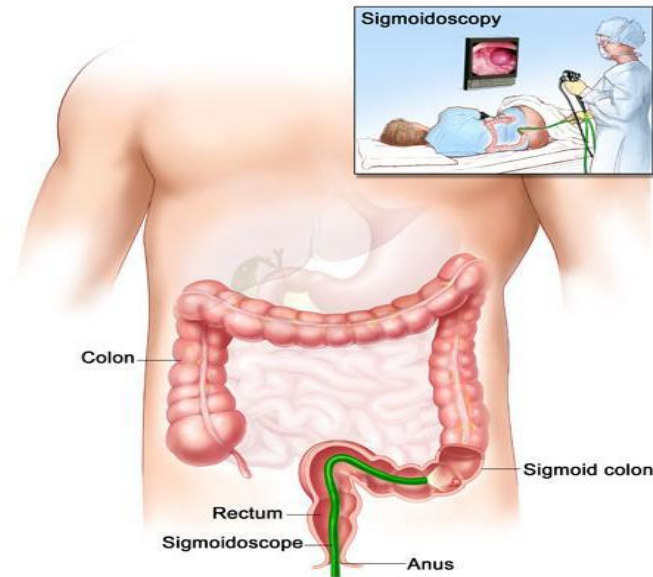
Has a health care provider recommended that you do a stool blood test this year, to check your bowel for cancer?

- _____ Yes _____ No _____ Don't know/Don't remember

We would like to ask you about a test called Sigmoidoscopy:

Sigmoidoscopy is an exam in which a tube is inserted in the rectum to examine the bowel for signs of cancer or other health problems. During the sigmoidoscopy, **you are awake**.

Sigmoidoscopy



Have you ever heard of a flexible sigmoidoscopy? ___ Yes ___ No ___ Don't know/Not sure

If yes, please go to the next page (page 9) of the survey.

If no or don't know/not sure, please skip to page 10 of the survey.

[If you have never heard of a Sigmoidoscopy, please SKIP to page 10 of the survey.]

Have you ever had a flexible sigmoidoscopy? _____ Yes _____ No _____ Don't know/Not sure

If yes, how long has it been since you had your last sigmoidoscopy?

- _____ Within the past year (12 months ago or less)
- _____ Between 1 and 2 years ago (more than 12 months but less than 24 months ago)
- _____ Between 2 and 3 years ago (more than 24 months but less than 36 months ago)
- _____ Between 3 and 5 years ago (more than 36 months but less than 60 months ago)
- _____ Between 5 and 10 years ago
- _____ More than 10 years ago
- _____ Never
- _____ Don't know/Not sure

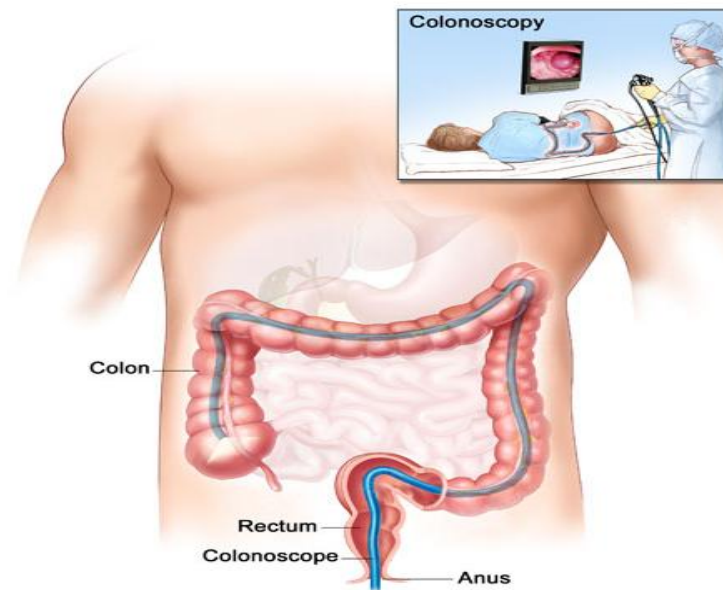
Has a health care provider recommended that you have a sigmoidoscopy this year to check your bowel for cancer?

_____ Yes _____ No _____ Don't know/don't remember

We would like to ask you about a test called Colonoscopy:

A colonoscopy is an exam in which a tube is inserted in the rectum to examine the bowel for signs of cancer or other health problems. During the colonoscopy you are given medicine **to put you to sleep.**

Colonoscopy



Have you ever heard of a colonoscopy? ___ Yes ___ No ___ Don't know/Not sure

If yes, please go to the next page (page 11) of the survey.

If no or don't know/not sure, please skip to page 13 of the survey.

[If you have never heard of a Colonoscopy, please SKIP to page 13 of the survey.]

Have you ever had a colonoscopy? Yes No Don't know/Not sure

If yes, how long has it been since you had your last colonoscopy?

- Within the past year (12 months ago or less)
- Between 1 and 2 years ago (more than 12 months but less than 24 months ago)
- Between 2 and 3 years ago (more than 24 months but less than 36 months ago)
- Between 3 and 5 years ago (more than 36 months but less than 60 months ago)
- Between 5 and 10 years ago
- More than 10 years ago
- Never
- Don't know/Not sure

Has a health care provider recommended that you have a colonoscopy this year to check your bowel for cancer?

Yes No Don't know/Don't remember

Do you agree with the following statements?	Disagree	Agree	Not Sure
A colonoscopy will help find colorectal cancer early.			
A colonoscopy will decrease your chances of dying from colorectal cancer.			
A colonoscopy will help you not worry as much about colorectal cancer.			
I am afraid to have a colonoscopy because I might find out something is wrong.			
A colonoscopy is embarrassing.			
I do not have time to do a colonoscopy.			
The cost would keep me from having a colonoscopy.			
I feel anxious about having a colonoscopy because I don't really understand what will be done.			
Having a colonoscopy is painful.			

Do you agree with the following statements?	Disagree	Agree	Not Sure
Having to follow a special diet and take a laxative or enema would keep me from having a colonoscopy.			
I am afraid to have a colonoscopy because of the possibility there may be bleeding or tearing of the colon.			
Having a colonoscopy might mean that a person is gay or bisexual.			
I would have trouble having a colonoscopy because I do not have health insurance.			

These next few questions are about breast cancer:

A mammogram is an x-ray picture of the breast. When you get a mammogram, your breast is placed between two plastic plates and pressed while the x-ray picture is taken.

When did you have your last mammogram?

- Within the past 12 months
- More than 12 months ago
- I've never had a mammogram

*Different women have different ideas about getting a mammogram.
Tell us what you think.*

	Yes	No	Not Sure
Are you too busy to get a mammogram?	___	___	___
Would having a mammogram be too painful for you?	___	___	___
Do you have a way to get to the mammogram place?	___	___	___
Can having a mammogram actually cause breast cancer?	___	___	___
Would having a mammogram be too embarrassing for you?	___	___	___
Is the mammogram place open when you have time to go?	___	___	___
Would the cost of a mammogram be a problem for you now?	___	___	___
Would having a mammogram make you worry about having breast cancer?	___	___	___

Tell us what you think a mammogram can do.

	Yes	No	Not Sure
Do mammograms find all breast cancers?	___	___	___
Do you need a mammogram if your breasts feel fine?	___	___	___
Can having a mammogram help set your mind at ease?	___	___	___
Can a mammogram reduce your risk of dying from breast cancer?	___	___	___
Can a mammogram find a breast lump before it's big enough to feel?	___	___	___

Tell us what you think about breast cancer.

	Yes	No	Not Sure
Do most breast lumps turn out to be cancer?	___	___	___
Can bumping or bruising the breasts lead to breast cancer?	___	___	___
Can touching, rubbing, or squeezing the breasts lead to breast cancer?	___	___	___
Are older women more likely to get breast cancer than younger women?	___	___	___
Are Black women more likely to die from breast cancer than White women?	___	___	___
If a breast lump isn't bothering you, is it best just to leave it alone?	___	___	___

Tell us what you think about breast cancer treatment.

	Yes	No	Not Sure
Can breast cancer be treated without removing the breast?	___	___	___
Is the treatment for breast cancer worse than the cancer itself?	___	___	___
Does breast cancer that is found early have a good chance of being cured?	___	___	___

Would you say your chances of getting breast cancer in the next 10 years are:

- ___ Higher than other Black women your age
- ___ About the same as other Black women your age
- ___ Lower than other Black women your age

Do you have any **other comments** about Project HEAL that you have not already mentioned?

We want to thank you very much for your participation!