Reference number: $\qquad$
Mobile number: $\qquad$

## Hong Kong firefighters' consumption of fruits and vegetables research questionnaire

| Part I: Personal information |  |
| :--- | :--- |
| 1. | Age: |
| 2. | Gender: |
| 3. | Education level: |
|  |  |
| 4. |  |
|  |  |
| Part II: |  |
| 5. |  |

$\square$ Single
DivorcedMarried Community college
Secondary educationMaster's degree or above
4. Marital status:Separated
$\square$ Widower $\square$ Live together

Part II: Working characteristics
5. Years of experiences: $\square$ years $\qquad$ months
6. What is your current major duty? (You can choose one only)
$\square$ Front-line work (such as fire-fighting, emergency work, rescue work etc.)Civilian work (such as management of complaint cases etc.)Public relationship work (such as education, promotion etc.)Management work (such as coordination etc.)Others : $\qquad$
7. What is your current position?FiremanPrincipal firemanSenior firemanStation officerProbationary station officerOthers
8. What was/were your previous duty(ies) and working experience(s)? How long did you perform on that duty(ies)? (You can choose more than one)
$\square$ Front-line work (such as fire-fighting, emergency work, rescue work etc.) year(s) __ month (s)
$\square$ Civilian work (such as management of complaint cases etc.) year(s) $\qquad$ month (s)Public relationship work (such as education, promotion etc.) year(s) $\qquad$ month (s)Management work (such as coordination etc.)
$\qquad$ ye $\qquad$ month (s)Others: $\qquad$
9. Do you need to work 24-hours shift?
$\square$ Yes (Please go to question 10)No (Please go to question 11)
10. Your "24-hour shift" work pattern of $\qquad$ -hour work alternating with $\qquad$ -hour off work
11. On average, how many hours do you work within a week?
$\qquad$ hours
12. What is the percentage of being call out during your duty in the past 6 months?
$\square \leq 20 \%$
$\square 21 \%-40 \%$
$\square 41 \%-60 \%$
$\square 61 \%-80 \%$$81 \%-100 \%$
$\square$ Not suitable

Part III : Eating habits
(*Last 30 days)
13. On average, how many days do you eat fruits within a week?No (Please go to question 16)1 day2 days3 days4 days5 days6 days7 days
14. Where do you usually have fruits?
$\square$ At homeDuring dutyNo difference, at home and during duty
15. On the day(s) that you have eaten fruit, how many fruit do you eat? (A fruit equals to a medium-sized apple or orange, a banana, two small fruit such as kiwi fruits or plums, or half bowl of small fruit like grapes or strawberries)
$\square$ Less than 11-2More than 2
16. On average, how many days do you eat vegetables within a week?
$\square$ No (Please go to question 19)1 day $\square 2$ days $\square 3$ days4 days5 days6 days7 days
17. Where do you usually have vegetables?
$\square$ At homeDuring dutyNo difference, at home and during duty
18. On the day(s) that you have eaten vegetables, how many bowls of vegetables do you eat?
(*One bowl refers to the size of a rice bowl.)
$\square$ Less than 1
$\square 1-2$
More than 2
19. On average, how many days do you have breakfast (take away included) within a week?NoneLess than 1
1$2-4$
$\square$ More than 5
20. On average, how many days do you have lunch (take away included) within a week?
$\square$ NoneLess than 1$2-4$More than 5
21. On average, how many days do you have dinner (take away included) within a week?NoneLess than 1
1$2-4$
$\square$ More than 5
22. On average, how many days do you have night snack (take away included) within a week?
$\square$ NoneLess than 1$2-4$
$\square$ More than 5
23. How about the speed of having meal when you are on duty in the fire station when compared at home?
$\square$ SlowerA little bit fastA little bit slow
$\square$ No difference
$\square$ Faster

Part IV : Health promotion programme on healthy eating
24. Can health promotion programme on healthy eating help you to change or understand your eating attitude and habits?
$\square$ Absolutely cannotCannot
$\square$ CanAbsolutely can
25. Can pamphlet on healthy eating alone facilitate you to change or understand your eating attitude and habits?
$\square$ Absolutely cannotCannotCanAbsolutely can
26. Can health promotion information on healthy eating deliver through mobile apps facilitate you to change or understand your eating attitude and habits?
$\square$ Absolutely cannotCannotCan
$\square$ Absolutely can

| Part V: | Stage of Change |
| :--- | :--- |
| 27. | How many servings of fruits/vegetables the respondent usually consumed each |
|  | day? |
|  | $\square<2$ servings for fruit and $<3$ servings for vegetables (Please go to question 28) |
| $\square \geq 2$ servings for fruit or $\geq 3$ servings for vegetables (Please go to question 29) |  |

28. Intention to eat $\geq 2$ servings a day of fruit or $\geq 3$ or more servings a day of vegetables.
$\square$ Precontemplation (No, and I do NOT intend to in the next 6 months.)
$\square$ Contemplation (No, but I intend to in the next 6 months.)
$\square$ Preparation (No, but I intend to in the next 30 days.)
$\square$ Action (Yes, I have been for LESS than 6 months.)
$\square$ Maintenance (Yes, I have been for MORE than 6 months.)
Please go to question 31
29. Had been consuming $\geq 2$ servings for fruit or $\geq 3$ servings for vegetables for more than 6 months?
$\square$ Yes
30. Intention to eat more?
$\square$ Precontemplation (No, and I do NOT intend to in the next 6 months.)
$\square$ Contemplation (No, but I intend to in the next 6 months.)
$\square$ Preparation (No. but I intend to in the next 30 days.)
$\square$ Action (Yes, I have been for LESS than 6 months.)
$\square$ Maintenance (Yes, I have been for MORE than 6 months.)

Part VI: Decisional balance and self-efficacy
Below several pros and cons of eating (fruits/vegetables) are listed below.
How important are each of these pros and cons in your decision to eat two servings of fruit each day/ three servings of vegetables each day once or twice a week?

Pros and Cons
31. Pros of fruit
31.1 Fruit is good for your body
31.2 Other people eat fruit
31.3 Fruit can substitute for unhealthy food products
31.4 Eating fruits can help one maintain weight
31.5 Fruit can help prevent diseases
31.6 Eating fruits makes one feel better
31.7 Fruits make a diet more varied
31.8 Eating fruits can help one lose weight
32. Pros of vegetable
$32.1 \quad$ Vegetables are good for your body
32.2 Other people eat vegetables
32.3 Vegetables can substitute for unhealthy food products
32.4 Eating vegetables can help one maintain weight
32.5 Vegetables can help prevent diseases
32.6 Eating vegetables makes one feel better
32.7 Vegetables make a diet more varied
32.8 Eating vegetables can help one lose weight

| Pros and | Cons | Not at all important | Not important | Neutral | Important | Very |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 33. | Cons of fruit |  |  |  |  |  |
| 33.1 | Eating fruits is unhandy | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.2 | It is hard to find tasty fruits | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.3 | It is difficult to store fruits | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.4 | Eating fruits is tasteless | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.5 | Eating fruits is expensive | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.6 | Fruit spoils quickly | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.7 | Recommendations for fruit are unclear | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.8 | It takes time to buy fruits | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33.9 | Chemicals on fruit worry me | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34. | Cons of vegetable |  |  |  |  |  |
| 34.1 | Eating vegetables is unhandy | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.2 | It is hard to find tasty vegetables | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.3 | It is difficult to store vegetables | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.4 | Eating vegetables is tasteless | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.5 | Eating vegetables is expensive | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.6 | Vegetables spoil quickly | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.7 | Recommendations for vegetables are unclear | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.8 | It takes time to prepare vegetables | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.9 | It is difficult to prepare vegetables | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34.10 | Chemicals on vegetables worry me | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

35. Do you think it is easy or difficult to eat two servings of fruit each day/ three servings of vegetables each day once or twice a week?

| Self-efficacy |  | Very difficult | Difficult | Neutral | Easy | Very easy |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35.1 | Self-efficacy for fruit |  |  |  |  |  |
| 35.1.1 | In the weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.1.2 | During working days | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.1.3 | In winter | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.1.4 | When you don't have much time | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.1.5 | When you experience (emotional) distress | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.1.6 | When having a touch of flu or a cold | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2 | Self-efficacy for veget |  |  |  |  |  |
| 35.2.1 | In the weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2.2 | During working days | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2.3 | In winter | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2.4 | When you don't have much time | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2.5 | When you experience (emotional) distress | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35.2.6 | When having a touch of flu or a cold | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

