**Health Behaviors Survey**

Used in:

Daugherty, J.R. & Brase, G.L. (2010). Taking Time to be Healthy: Predicting Health Behaviors with Delay Discounting and Time Perspective. *Personality and Individual Differences, 48*, 202–207. doi: 10.1016/j.paid.2009.10.007

Scoring Directions:

A “health concerns” score can be obtained by summing ratings of items 14-18. Our research looked at the other items individually.

**Instructions**

We are interested in whether you perform certain behaviors and some basic details about these behaviors. In some instances, we are interested in knowing your opinion. Please answer the following questions carefully, honestly, and to best of your ability. There are no correct or incorrect answers. Please select the answer that best represents your behavior or opinion.

1. How often do you use tobacco products (cigarettes, cigars, chewing tobacco, etc.)?
   1. Never
   2. Once a week or less
   3. About 2-3 times a week
   4. About once a day
   5. About 2-3 times a day
   6. 4 times a day or more
2. How often do you drink alcohol (beer, wine, or liquor)?
   1. Never
   2. Once a week or less
   3. About 2-3 times a week
   4. About once a day
   5. About 2-3 times a day
   6. 4 times a day or more
3. How often do you use drugs other than alcohol and tobacco?
   1. Never
   2. Once a week or less
   3. About 2-3 times a week
   4. About once a day
   5. About 2-3 times a day
   6. 4 times a day or more
4. How often do you exercise for health reasons?
   1. Never
   2. Occasionally
   3. Once a week or less
   4. About 2-3 times a week
   5. About 4-6 times a week
   6. Every day
5. How often during an average week do you eat breakfast?
   1. Never
   2. About once a week
   3. About 2-3 times a week
   4. About 4-5 times a week
   5. About 6-7 times a week
6. On a typical weeknight, how many hours of sleep do you get?
   1. Less than 4 hours
   2. Between 4-6 hours
   3. Between 6-8 hours
   4. Between 8-10 hours
   5. More than 10 hours
7. When occupying a moving vehicle, how often do you wear a safety belt?
   1. Never
   2. Occasionally, but less than 25% of the time
   3. Between 25-50% of the time
   4. Between 50-75% of the time
   5. Between 75-99% of the time
   6. Every time, with no exceptions
8. When you ride a motorcycle, moped, or bicycle (or if you were to do so), how often do you wear a helmet?
   1. Never
   2. Occasionally, but less than 25% of the time
   3. Between 25-50% of the time
   4. Between 50-75% of the time
   5. Between 75-99% of the time
   6. Every time, with no exceptions
9. How often to you recycle (any type of material)?
   1. Never
   2. Occasionally, but less than 25% of the time
   3. Between 25-50% of the time
   4. Between 50-75% of the time
   5. Between 75-99% of the time
   6. Every time, with no exceptions
10. How many visits have you had in the last year to a doctor or dentist for regular checkups?
    1. 0
    2. 1
    3. 2
    4. 3
    5. 4
    6. 5 or more
11. If outside for an extended period of time, how often do you apply sunscreen?
    1. Never
    2. Occasionally, but less than 25% of the time
    3. Between 25-50% of the time
    4. Between 50-75% of the time
    5. Between 75-99% of the time
    6. Every time, with no exceptions
12. Which is the closest description of your political attitudes?
    1. Very conservative
    2. Moderately conservative
    3. Slightly conservative
    4. Center
    5. Slightly progressive
    6. Moderately progressive
    7. Very progressive
13. My opinion of very long-term government projects (such as space exploration, research on alternative fuels, or dealing with projected social security shortages in the future) is:
    1. They are a waste of resources
    2. They are less important than most other issues
    3. They are about the same importance as any other issue
    4. They are more important than most other issues
    5. No other issues are more important than these types of issues
14. How concerned you are about having high cholesterol
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
15. How concerned you are about developing heart disease/having a heart attack
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
16. How concerned you are about developing diabetes
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
17. How concerned you are about developing cancer
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
18. How concerned you are about contracting HIV/AIDS
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
19. How concerned you are about the impacts of air/soil/water pollution
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
20. How concerned you are about the impacts of global climate change
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
21. How concerned you are about the risk of being in a tornado
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
22. How concerned you are about the reliance of society on non-renewable fossil fuels (oil/gas)
    1. Not concerned at all
    2. Slightly concerned
    3. Moderately concerned
    4. Very concerned
    5. Extremely concerned
23. Estimate, to the best of your ability, the age you are likely to live to \_\_\_\_\_
24. Estimate, to the best of your ability, the age you are likely to have your first child \_\_\_\_\_ (if you never plan on having children, please enter "99" or if you have already had a child please indicate how old you were when the child was born)
25. Estimate, to the best of your ability, the age you are likely to get married \_\_\_\_\_ (if you are not planning on getting married, please indicate "99" or if you are already married, please indicate the age at which you first became married)
26. Estimate, to the best of your ability, the age you are likely to graduate from college \_\_\_\_\_
27. After graduating from this school, which choice below best represents your immediate plans?
    1. Start a job/career immediately
    2. Start an internship in my chosen career area
    3. Go to graduate school
    4. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_