

Questionnaire

SECTION A: Socio-Demographic Data

Please fill in the following information:

1. Age (in years)
2. Gender
 - ☐ Male
 - ☐ Female
 - ☐ Prefer not to say
3. Ethnicity
 - ☐ Sinhalese
 - ☐ Tamil
 - ☐ Muslim
 - ☐ Burgher
 - ☐ Other
4. Academic year
 - ☐ First year
 - ☐ Second year
 - ☐ Third year
5. Faculty
 - ☐ Faculty of Agriculture.
 - ☐ Faculty of Arts.
 - ☐ Faculty of Dental Sciences.
 - ☐ Faculty of Engineering.
 - ☐ Faculty of Medicine.
 - ☐ Faculty of Science
 - ☐ Faculty of Veterinary Medicine and Animal Science.
 - ☐ Faculty of Allied Health Sciences.
 - ☐ Faculty of Management

6. Place of residence
 - Home
 - Hostel
 - Private lodging (boarding)
7. Gross Monthly Family Income
 - <25 000
 - 25 000- 50 000
 - 50 000- 75 000
 - 75 000- 100 000
 - >100 000
8. The area your house is located belongs to
 - Municipal council
 - Pradeshiya sabha (Non-Urban)

SECTION B: Practice

1. How many times do you usually consume soft drinks?
 - Daily
 - Once in 2 days
 - Once in 3 days
 - Once a week
 - Less than once a week
 - Never
1. What type of soft drinks do you consume most frequently? (Mark all that apply)
 - carbonated drinks- ex: Coca-Cola, Pepsi, Sprite, Fanta, EGB,
 - sugar-sweetened fruit drinks such as squashes and cordials-ex: Smack, Kist
 - sports drinks: ex: Red Bull, Monster
 - Sparkling Water
2. Amount of Soft drinks consume per day? (A small bottle contains 250 ml)
 - less than 1 bottle

- ☐ 1 bottle
 - ☐ 2 bottles
 - ☐ 3 bottles
 - ☐ More than 3 bottles
3. When do you usually consume soft drinks?
- ☐ with food
 - ☐ during/after sports or certain physical activities,
 - ☐ when studying
 - ☐ when travelling
 - ☐ parties/hangouts
 - ☐ other
4. Why do you consume soft drinks?
- ☐ to relieve thirst
 - ☐ It gives me an energy boost
 - ☐ I enjoy the taste
 - ☐ Because, it is the trend
 - ☐ It helps the digestion of food
 - ☐ Other.....
5. Where do you buy soft drinks mostly from?
- ☐ the faculty canteen
 - ☐ hostel canteen
 - ☐ other shops around the university premises
 - ☐ Shops near home/ boarding place
 - ☐ other
6. What influence your choice of soft drink? (Mark all that apply)
- ☐ Media advertisement
 - ☐ Easy availability in market
 - ☐ Colour
 - ☐ Taste
 - ☐ Friends
 - ☐ Other

7. Do you use a straw while drinking?
- ☐ I always use a straw
 - ☐ I use a straw sometimes
 - ☐ No. I never use a straw
8. Do you feel any discomfort just after soft drink consumption?
- ☐ Yes If Yes, state the discomfort you feel
 - ☐ No

SECTION C: Knowledge and Awareness

1. What are the possible health issues related to soft drink consumption? (Select all that apply)
- ☐ Weight gain
 - ☐ Diabetes
 - ☐ Tooth decay
 - ☐ Heart disease
 - ☐ Tooth erosion
 - ☐ Gastric irritation
 - ☐ Other (please specify)
2. Are you aware of the calorie intake of soft drinks?
- ☐ Yes
 - ☐ No
3. Are you aware of the “Traffic Light System” in relation to soft drinks?
- ☐ Yes
 - ☐ No
4. If yes, according to the “Traffic Light System” of soft drinks, green indicates,
- ☐ high sugar level
 - ☐ medium sugar level
 - ☐ low sugar level
5. Are you aware of the availability of sugar-free soft drinks?
- ☐ Yes
 - ☐ No

SECTION D: Attitude

1. Which factors influence you to consumption of soft drinks?
 - ☐ Friends
 - ☐ TV commercials
 - ☐ Online ads
 - ☐ Social media
 - ☐ Print ads (magazines/newspapers)
 - ☐ In-store promotions
 - ☐ Other (please specify)

2. Have you ever tried to reduce your soft drink consumption for health reasons?
 - ☐ Yes
 - ☐ No

3. If you were asked to quit soft drink consumption for health reasons, would you stop drinking soft drinks?
 - ☐ Yes
 - ☐ No