

Impact of COVID-19 on health-related behaviours, well-being and weight management

Author names and affiliations;

Amanda Avery^{1,2} - **corresponding author**

amanda.avery@nottingham.ac.uk

Josef Toon²

josef.toon@slimmingworld.co.uk

Jennifer Kent²

Jennifer.kent@slimmingworld.co.uk

Laura Holloway²

laura.holloway@slimmingworld.co.uk

Jacquie Lavin²

Jacquie.lavin@slimmingworld.co.uk

Sarah-Elizabeth Bennett²

sarah.bennett@slimmingworld.co.uk

^aSlimming World, Alfreton, Derbyshire, England, DE55 4SW

¹The University of Nottingham, School of Biosciences, Sutton Bonington campus, Loughborough LE12 5RD

²Slimming World, Alfreton, Derbyshire, England, DE55 4SW

Lifestyle survey - 1a: member baseline – Copy

Start of Block: Participant Information

Q1.1 An investigation into health, wellbeing, physical activity, diet and lifestyle behaviours. Information for participants Please read this information and make sure you're happy with everything before agreeing to take part **What is the purpose of this study** The aim of this online survey is to collect information on health, well-being and lifestyle behaviours of Slimming World members and how they change over time. We'd also like to investigate how dietary, lifestyle and physical activity behaviours may differ between Slimming World members who are actively managing their weight and non-Slimming World members who aren't actively managing their weight. **Who is being asked to take part?** We're inviting all new Slimming World members who have joined within the past two weeks to take part in this initial survey. **What does the study involve?** The online survey will take around 20 minutes to complete. It will ask you a bit about yourself, including questions about your health, well-being, physical activity and diet. We'll be inviting you to take part in four surveys (this one, plus three more) over the course of a year. For each of the four surveys that you complete, we'll enter you into a prize draw for the chance of winning some high street shopping vouchers! We'd also love to be able to contact you about your diet and lifestyle after the four surveys have been completed for long-term follow-up research **Do I have to take part?** Your participation is entirely voluntary, and you do not have to take part if you do not wish **Are there any benefits or risks to taking part in the research?**

By participating in this study, you'll be helping Slimming World to further develop their programme and support members in the long-term. There are no risks associated with taking part. **Are there any costs or incentives to taking part in the research?**

There are no costs to taking part in the survey. For each survey there will be an opportunity to opt-in to a prize draw for the chance to win a high street shopping voucher. The prize draws are as follows. Completion of the first survey: a chance to win one of five £50 shopping vouchers

Subsequent completion of the second survey: a chance to win either one £250, one £100 or one of three £50 vouchers Subsequent completion of the third survey a chance to win either one £250, one £100 or one of three £50 vouchers Subsequent completion of the fourth survey a chance to win either one £250, one £100 or one of three £50 vouchers

To be entered into the prize draw you'll need your Slimming World membership number (if you're a group member) and email address.

What happens to the collected information?

All data will be stored on a password protected file within a secure network. The data will be anonymised and contact details such as email addresses will be stored separately and securely and not used within reporting. **What will happen to the results of this study?**

The results of the study will be reported as a Slimming World research project in order to help

the company develop its service to members. The results may also be submitted for publication in a scientific journal or may be presented at a scientific conference, however no identifiable data will be used within the reporting. You can contact the Nutrition, Research and Health team to request a summary of the results when the study is finished (contact details below). **Privacy information for research participants**

For information about the University's obligations with respect to your data and who you can get in touch with, please visit: <https://www.nottingham.ac.uk/utilities/privacy.aspx> For information about Slimming World's obligations with respect to your data and who you can get in touch with, please visit: <https://www.slimmingworld.co.uk/privacy-policy> **Why we collect your personal data**

We collect personal data under the terms of the University's Royal Charter in our capacity as a teaching and research body to advance education and learning. Any personal data collected will only be used for research purposes and will remain completely confidential. We ask you your date of birth and email address to enable us to match your survey responses to your Slimming World member records and contact you for prize draws and future research. All data will be anonymised prior to publication of results. **Legal basis for processing your personal data under GDPR**

The legal basis for processing your personal data on this occasion is Article 6(1a) consent of the data subject. In addition to the legal basis for processing your personal data, the University must meet a further basis when processing any special category data, including: personal data revealing racial or ethnic origin, political opinions, religious or philosophical beliefs, or trade union membership, and the processing of genetic data, biometric data for the purpose of uniquely identifying a natural person, data concerning health or data concerning a natural person's sex life or sexual orientation. The basis for processing your sensitive personal data on this occasion is Article 9(2a) the data subject has given explicit consent to the processing. **How long we keep your data**

The University of Nottingham and Slimming World may store your data for up to 25 years and for a period of no less than 7 years after the research project finishes. The researchers who gathered or processed the data may also store the data indefinitely and reuse it in future research that has ethical approval. Any identifiable data will be removed before it is made available to other researchers. **Complaints procedure**

If you have any concerns about the research, please contact the supervisors of the project whose contact details are available below. If this does not resolve the matter to your satisfaction, please do contact the University of Nottingham's Research Ethics Officer, Dr Kate Millar (tel. 0115 951 6303, email: kate.millar@nottingham.ac.uk) **Withdrawal from study**

You can withdraw from the study at any point without needing to provide any reason if you wish to do so. There will be no negative consequences as a result of this. Any information you provided will also be deleted upon withdrawal. **Who has reviewed the study?**

The School of Biosciences Research Ethics Committee.

Thank you for your considerations in participating in this research.

Who can I contact if I have any questions? Slimming World Nutrition, Research and Health Team

Email: nutrition.research@slimmingworld.co.uk Dr Amanda Avery, Contact No.: +44 115 951 6238,

Email:

amanda.avery@nottingham.ac.uk

If you're happy to continue, please click the arrow to continue to the consent form.

End of Block: Participant Information

Start of Block: Consent Form

Q2.1 Participant Consent Form I confirm that: · I have read the Participant Information Sheet and the nature and purpose of the research project has been explained to me. · I have had the opportunity to ask questions. · I understand the purpose of the research project and my involvement in it. · I understand that my participation is voluntary and I may withdraw from the research project at any stage, without having to give any reason and withdrawing will not penalise or disadvantage me in any way. · I understand that while information gained during the study may be published, any information I provide is confidential, and that no information that could lead to the identification of any individual will be disclosed in any reports on the project, or to any other party. No identifiable personal data will be published. · I understand that data will be securely stored. · I understand that the information provided can be used in other research projects which have ethics approval, but that my name and contact information will be removed before it is made available to other researchers. · I understand that I may contact the researcher if I require further information about the research, and that I may contact the Research Ethics Officer of the School of Biosciences, University of Nottingham, if I wish to make a complaint relating to my involvement in the research. · I understand that I may be contacted by email after the four surveys have been completed for long-term follow up research but understand that it is my choice if I wish to take part · I agree to take part in the above research project.

Q2.2 By ticking yes, I agree to all of the above terms and conditions and agree to participate in this research project.

☐ Yes (17)

☐ No (18)

End of Block: Consent Form

Start of Block: Contact information

Q3.1

Please tell us your email address - please enter the one you registered with.

This is so we can contact you about the prize draw and the next survey in 3 month's time.

Please be assured we won't use your email for any other purposes.

Q3.2 Please tell us if you are an Online or Group Slimming World member.

☐ Online member (1)

☐ Group member (2)

Display This Question:

If Q3.2 = 2

Q3.3

Please tell us your membership (card) number.

You can find this on the front of your membership card.

End of Block: Contact information

Start of Block: Demographics

Q4.1

What is your gender?

- ☐ Female (120)
 - ☐ Male (121)
 - ☐ Transgender Female (122)
 - ☐ Transgender Male (123)
 - ☐ Non-binary (124)
 - ☐ Other (125) _____
 - ☐ Prefer not to answer (126)
-

Q4.2 Please enter your month and year of birth.

- ☐ Month (e.g. May) (1) _____
- ☐ Year (e.g. 1970) (2) _____

End of Block: Demographics

Start of Block: Census

Q5.1 What country do you live in?

- ☐ England (1)
- ☐ Wales (2)
- ☐ Scotland (3)
- ☐ Northern Ireland (4)
- ☐ Republic of Ireland (5)
- ☐ Other, please specify (6) _____

Display This Question:

If Q5.1 != 5

Q5.2 Please tell us your postcode.

Display This Question:

If Q5.1 = 1

Q5.3 How would you describe your ethnic origin?

☐ English/Welsh/Scottish/Northern Irish/British (1)

☐ Irish (2)

☐ Gypsy or Irish Traveller (3)

☐ Any other White background, please describe (4)

☐ White and Black Caribbean (5)

☐ White and Black African (6)

☐ White and Asian (7)

☐ Any other Mixed/Multiple background, please specify (8)

☐ Indian (9)

☐ Pakistani (10)

☐ Bangladeshi (11)

☐ Chinese (12)

☐ Any other Asian background, please describe (13)

☐ Caribbean (14)

☐ African (15)

☐ Any other Black background, please describe (16)

☐ Arab (17)

☐ Any other ethnic group, please describe (18)

Display This Question:

If $Q5.1 = 2$

Q5.4 How would you describe your ethnic origin?

☐ Welsh/English/Scottish/Northern Irish/British (1)

☐ Irish (2)

☐ Gypsy or Irish Traveller (3)

☐ Any other White background, please describe (4)

☐ White and black Caribbean (5)

☐ White and Black African (6)

☐ White and Asian (7)

☐ Any other Mixed/Multiple background, please specify (8)

☐ Indian (9)

☐ Pakistani (10)

☐ Bangladeshi (11)

☐ Chinese (12)

☐ Any other Asian background, please describe (13)

☐ Caribbean (14)

☐ African (15)

☐ Any other Black background, please describe (16)

☐ Arab (17)

☐ Any other ethnic group, please describe (18)

Display This Question:

If $Q5.1 = 3$

Q5.5 How would you describe your ethnic origin?

- ☐ Scottish (1)
- ☐ Other British (2)
- ☐ Irish (3)
- ☐ Gypsy/Traveller (4)
- ☐ Polish (5)
- ☐ Any other White ethnic groups, please describe (6)

- ☐ Any Mixed or Multiple ethnic groups, please describe (7)

- ☐ Pakistani, Pakistani Scottish or Pakistani British (8)
- ☐ Indian, Indian Scottish or Indian British (9)
- ☐ Bangladeshi, Bangladeshi Scottish or Bangladeshi British (10)
- ☐ Chinese, Chinese Scottish or Chinese British (11)
- ☐ Any other Asian, please describe (12)

- ☐ African, African Scottish or African British (13)
- ☐ Any other African, please describe (14)

- ☐ Caribbean, Caribbean Scottish or Caribbean British (15)
- ☐ Black, Black Scottish or Black British (16)
- ☐ Any other Caribbean or Black, please describe (17)

- ☐ Arab, Arab Scottish or Arab British (18)

☐ Any other ethnic group, please describe (19)

Display This Question:

If Q5.1 = 4

Q5.6 How would you describe your ethnic origin?

- ☐ White (1)
 - ☐ Irish traveller (2)
 - ☐ White and Black Caribbean (3)
 - ☐ White and Black African (4)
 - ☐ White and Asian (5)
 - ☐ Any other Mixed/Multiple ethnic background, please describe (6)
-

- ☐ Indian (7)
 - ☐ Pakistani (8)
 - ☐ Bangladeshi (9)
 - ☐ Chinese (10)
 - ☐ Any other Asian background, please describe (11)
-

- ☐ African (12)
- ☐ Caribbean (13)
- ☐ Any other Black/African/Caribbean background, please describe (14)
- ☐ Arab (15)
- ☐ Any other ethnic group, please describe (16)

Display This Question:

If Q5.1 = 5

Q5.7 How would you describe your ethnic origin?

- ☐ Irish (1)
 - ☐ Irish Traveller (2)
 - ☐ Any other white background (3)
 - ☐ African (4)
 - ☐ Any other Black background (5)
 - ☐ Chinese (7)
 - ☐ Any other Asian background (8)
 - ☐ Other, please write in description (6)
-

Display This Question:

If Q5.1 != 5

Q5.8 Which of the following does your annual total household income (before tax and deductions but including all benefits and credits) fall in to?

- ☐ Under £10,000 (1)
- ☐ £10,000-£14,999 (2)
- ☐ £15,000-£19,999 (3)
- ☐ £20,000-£24,999 (4)
- ☐ £25,000-£29,999 (5)
- ☐ £30,000-£39,000 (6)
- ☐ £40,000-£49,999 (7)
- ☐ Over £50,000 (8)
- ☐ Prefer not to say (9)

Display This Question:

If Q5.1 = 5

Q5.9 Which of the following does your annual total household income (before tax and deductions but including all benefits and credits) fall in to?

- ☐ Under €10,000 (1)
- ☐ €10,000-€14,999 (2)
- ☐ €15,000-€19,999 (3)
- ☐ €20,000-€24,999 (4)
- ☐ €25,000-€29,999 (5)
- ☐ €30,000-€39,000 (6)
- ☐ €40,000-€49,999 (7)
- ☐ Over €50,000 (8)
- ☐ Prefer not to say (9)

End of Block: Census

Start of Block: Health 1

Q6.1

Please tell us your height.

You can enter your height as centimetres or feet and inches by selecting your preferred measure below.

I would like to enter my height in...

- ☐ Centimetres (1)
 - ☐ Feet and Inches (2)
-

Display This Question:

If Q6.1 = 1



Q6.2 What is your height?

Please enter as centimetres (e.g. 1.7 metres = 170 centimetres)

Display This Question:

If Q6.1 = 2



Q6.3 What is your height?

Please enter feet below

Display This Question:

If Q6.1 = 2



Q6.4 Please enter inches below

Page Break

Q6.5

Please tell us your current weight?

Your weight can be entered as either stones and pounds or kilograms. Please select your preferred way of entering your weight.

I would like to enter my weight in...

☐ Stones and pounds (1)

☐ Kilograms (2)

Display This Question:

If Q6.5 = 1



Q6.6

What is your current weight?Please enter stones below

Display This Question:

If Q6.5 = 1



Q6.7 Please enter pounds below

Display This Question:

If Q6.5 = 2



Q6.8

What is your current weight?Please enter kilograms below

Page Break

Q6.9 Are you currently pregnant?

- ☐ Yes (1)
- ☐ No (2)
-

Q6.10 Are you currently breastfeeding?

- ☐ Yes (1)
- ☐ No (2)
-

Q6.11 Which of the following options best describes your usual eating habits?

- ☐ Vegan (do not eat dairy products, eggs, or any other animal product) (1)
- ☐ Vegetarian (do not eat any meat, poultry, game, fish or shellfish) (2)
- ☐ Pescatarian (eat fish but do not eat meat or poultry) (3)
- ☐ Meat eater (eat meat and/or poultry) (4)
- ☐ Flexitarian (follow a diet of vegetarian-only days, and then mixed diet the rest of the time) (5)
- ☐ Other (6)
- ☐ Don't know (7)

End of Block: Health 1

Start of Block: Health 2

Q7.1 These next few questions ask for your views about your health. This information will help keep track of how you feel, and how well you are able to do your usual activities. Answer each question by choosing just one answer. If you are unsure how to answer a question, please give the best answer you can.

Q7.2 In general would you say your health is...

- ☐ Excellent (1)
 - ☐ Very good (2)
 - ☐ Good (3)
 - ☐ Fair (4)
 - ☐ Poor (5)
-

Q7.3 Compared to one year ago, how would you rate your health in general now?

- ☐ Much better now than one year ago (1)
- ☐ Somewhat better now than one year ago (2)
- ☐ About the same (3)
- ☐ Somewhat worse now than one year ago (4)
- ☐ Much worse now than one year ago (5)

End of Block: Health 2

Start of Block: Health Conditions

Q8.1 Please tell us whether you have any of the following conditions or health problems?

- ☐ Anxiety (68)
 - ☐ Breathlessness (69)
 - ☐ Cardiovascular disease (70)
 - ☐ Chronic back pain (71)
 - ☐ Depression (72)
 - ☐ Dyslipidaemia (raised lipids in blood) (73)
 - ☐ Joint pain (74)
 - ☐ Osteoarthritis (75)
 - ☐ Polycystic ovary syndrome (PCOS) (76)
 - ☐ Poor mobility (77)
 - ☐ Raised blood pressure (78)
 - ☐ Raised cholesterol (79)
 - ☐ Sleep apnoea (80)
 - ☐ Type 1 diabetes (81)
 - ☐ Pre-diabetes (84)
 - ☐ Type 2 diabetes (82)
 - ☐ Other, please specify (83)
-

☐

None (85)

Q8.2 Please tell us whether you're taking any of the following prescribed medication(s). Please tick all that apply.

☐

Diabetes medication (1)

☐

Cholesterol medication (2)

☐

Blood pressure medication (3)

☐

Weight loss medication (4)

☐

Depression medication (5)

☐

Anxiety medication (6)

☐

Polycystic ovary syndrome (PCOS) medication (7)

☐

Mobility medication (8)

☐

Fertility medication (9)

☐

None (10)

End of Block: Health Conditions

Start of Block: Mood

Q9.1 This next question is about how you have been feeling during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

Q9.2 How much of the time during the past 4 weeks...

	All of the time (1)	Most of the time (2)	A good bit of the time (3)	Some of the time (4)	A little of the time (5)	None of the time (6)
Have you felt calm and peaceful? (1)	☐	☐	☐	☐	☐	☐
Did you have a lot of energy? (2)	☐	☐	☐	☐	☐	☐
Have you felt downhearted and low? (3)	☐	☐	☐	☐	☐	☐
Have you been a happy person? (4)	☐	☐	☐	☐	☐	☐
Have you felt in a sociable mood? (5)	☐	☐	☐	☐	☐	☐
Have you felt stressed? (6)	☐	☐	☐	☐	☐	☐
Have you felt anxious? (7)	☐	☐	☐	☐	☐	☐

End of Block: Mood

Start of Block: Smoking

Q10.1 Have you ever smoked regularly (not including electronic cigarettes)?

☐ Yes (1)

☐ No (2)

Display This Question:

If Q10.1 = 1

Q10.2 And do you smoke at all nowadays (not including electronic cigarettes)?

☐ Yes (1)

☐ No (2)

End of Block: Smoking

Start of Block: Diet 1



Q11.1 How many portions of fruit did you eat yesterday?

Please include all fruit, including fresh, frozen, dried or tinned fruit, stewed fruit or fruit juices and smoothies.

Please note, fruit juice and smoothies only count as one portion no matter how much you drink.

Q11.2 How many portions of vegetables did you eat yesterday?

Please include fresh, frozen, raw or tinned vegetables, but do not include any potatoes you ate.

Please note, beans and pulses only count as one portion no matter how much of them you eat.

Q11.3 In a typical week, how often do you do the following?

	More than once a day (1)	Daily (2)	4-6 times a week (3)	1-3 times a week (4)	Never/occasionally (5)
Drink sugary drinks (not low calorie or diet) (1)	☐	☐	☐	☐	☐
Eat wholegrains such as wholegrain or wholemeal versions of pasta, cereals and bread? (2)	☐	☐	☐	☐	☐

End of Block: Diet 1

Start of Block: Diet 1.5



Q12.1 Before you joined Slimming World, how many portions of fruit would you typically have eaten in a day?

Please include all fruit, including fresh, frozen, dried or tinned fruit, stewed fruit or fruit juices and smoothies.

Please note, fruit juice and smoothies only count as one portion no matter how much you drink.

Q12.2 Before you joined Slimming World, how many portions of vegetables would you typically have eaten in a day?

Please include fresh, frozen, raw or tinned vegetables, but do not include any potatoes you ate.

Please note, beans and pulses only count as one portion no matter how much of them you eat.

Q12.3 Before you joined Slimming World, in a typical week, how often did you do the following?

	More than once a day (1)	Daily (2)	4-6 times a week (3)	1-3 times a week (4)	Never/occasionally (5)
Drink sugary drinks (not low calorie or diet) (1)	☐	☐	☐	☐	☐
Eat wholegrains such as wholegrain or wholemeal versions of pasta, cereals and bread? (2)	☐	☐	☐	☐	☐

End of Block: Diet 1.5

Start of Block: Diet 2



Q14.1 Before you joined Slimming World, in a typical month, how often did you do the following?

	Once a day or more (1)	More than once a week, but less than daily (2)	About once a week (3)	More than once a month, but less than once a week (4)	Once a month or less (5)
Eat takeaways or fast food (1)	☐	☐	☐	☐	☐
Cook a meal from scratch (2)	☐	☐	☐	☐	☐
Eat out (e.g. in restaurants, pubs) (3)	☐	☐	☐	☐	☐
Eat in front of the television (4)	☐	☐	☐	☐	☐
Eat sitting at a table (5)	☐	☐	☐	☐	☐
Eat fatty foods (e.g. burgers, sausages, pizza, pies, crisps and chips) (6)	☐	☐	☐	☐	☐
Eat sugary foods (e.g. sweets, cakes, pastries and chocolate) (7)	☐	☐	☐	☐	☐

End of Block: Diet 2

Start of Block: Diet 2.5

Q15.1 Since joining Slimming World, how often do you do the following?

	Once a day or more (1)	More than once a week, but less than daily (2)	About once a week (3)	More than once a month, but less than once a week (4)	Once a month or less (5)
Eat takeaways or fast food (1)	☐	☐	☐	☐	☐
Cook a meal from scratch (2)	☐	☐	☐	☐	☐
Eat out (e.g. in restaurants, pubs) (3)	☐	☐	☐	☐	☐
Eat in front of the television (4)	☐	☐	☐	☐	☐
Eat sitting at a table (5)	☐	☐	☐	☐	☐
Eat fatty foods (e.g. burgers, sausages, pizza, pies, crisps and chips that are NOT made using Slimming World recipes) (6)	☐	☐	☐	☐	☐
Eat sugary foods (e.g. sweets, cakes, pastries and chocolate) (7)	☐	☐	☐	☐	☐

End of Block: Diet 2.5

Start of Block: Diet 3



Q16.1 How much do you agree or disagree with the following statements about cooking and eating out?

	Strongly agree (1)	Agree a little (2)	Neither agree or disagree (3)	Disagree a little (4)	Strongly disagree (5)
I struggle to find time to cook (1)	☐	☐	☐	☐	☐
I enjoy cooking from scratch (2)	☐	☐	☐	☐	☐
Cooking from scratch is expensive (3)	☐	☐	☐	☐	☐
Eating out is difficult when trying to manage my weight (4)	☐	☐	☐	☐	☐
I avoid eating out when I am trying to manage my weight (5)	☐	☐	☐	☐	☐

End of Block: Diet 3

Start of Block: Activities 1

Q17.1 Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months? Please include problems related to ageing.

- ☐ Yes, limited a lot (1)
- ☐ Yes, limited a little (2)
- ☐ No (3)

Q17.2 In the past 7 days, have you done any of these activities?

These could be done with aids that help you in carrying out these activities such as a walking stick, wheelchair, walker, swimming aids, hand bike or something similar.

- ☐ A continuous walk lasting at least 10 minutes (175)
- ☐ A cycle ride (176)
- ☐ A sport, swimming or fitness activity such as fitness classes or dance (177)
- ☐ A strength exercise or activity, such as Yoga, Pilates, resistance bands, weights, squats, sit ups etc (178)
- ☐ ☒ None of these (179)

End of Block: Activities 1

Start of Block: Activities: Walking

Display This Question:

If Q17.2 = 175

Q18.1 In the past 7 days, on how many days did you do a walk lasting at least ten minutes?

This could be using aids that help you move like a walking stick, wheelchair or walker

☐ Days (1) _____

Display This Question:

If Q17.2 = 175

Q18.2 On average how much time did you spend walking on each day that you did the activity?

☐ Minutes per day (e.g. 1.5 hours = 90 minutes) (1)

Display This Question:

If Q17.2 = 175

Q18.3 Was the effort you put into walking usually enough to raise your breathing rate?

☐ Yes (1)

☐ No (2)

End of Block: Activities: Walking

Start of Block: Activities: Cycling

Display This Question:

If Q17.2 = 176

Q19.1 In the past 7 days, on how many days did you do a cycle ride?

This could be using a hand bike or something similar

☐ Days (1) _____

Display This Question:

If Q17.2 = 176

Q19.2 On average how much time did you spend cycling on each day that you did the activity?

☐ Minutes per day (e.g. 1.5 hours = 90 minutes) (1)

Display This Question:

If Q17.2 = 176

Q19.3 Was the effort you put into cycling usually enough to raise your breathing rate?

☐ Yes (1)

☐ No (2)

End of Block: Activities: Cycling

Start of Block: Activities: Sport/Swimming/Fitness

Display This Question:

If Q17.2 = 177

Q20.1 In the past 7 days, on how many days did you do a sport, swimming or fitness activity (such as fitness classes or dance)?

This could be done using aids that help you move such as a wheelchair, swimming aids or something similar

☐ Days (1) _____

Display This Question:

If Q17.2 = 177

Q20.2 On average how much time did you spend doing sport, swimming or fitness activities (such as fitness classes or dance) on each day that you did the activity?

☐ Minutes per day (e.g. 1.5 hours = 90 minutes) (1)

Display This Question:

If Q17.2 = 177

Q20.3 Was the effort you put into doing the sport, swimming or fitness activities (such as fitness classes or dance) usually enough to raise your breathing rate?

☐ Yes (1)

☐ No (2)

End of Block: Activities: Sport/Swimming/Fitness

Start of Block: Activities: Strength

Display This Question:

If Q17.2 = 178

Q21.1 In the past 7 days, on how many days did you do strength activities for at least ten minutes?

This could be using aids that help you move like a wheelchair or something similar

☐ Days (1) _____

Display This Question:

If Q17.2 = 178

Q21.2

On average how much time did you spend doing strength activities on each day that you did the activity?

☐ Minutes per day (e.g. 1.5 hours = 90 minutes) (1)

Display This Question:

If Q17.2 = 178

Q21.3 Was the effort you put into doing the sport, swimming or fitness activities (such as fitness classes or dance) usually enough to raise your breathing rate?

☐ Yes (1)

☐ No (2)

End of Block: Activities: Strength

Start of Block: Activities: Housework

Q22.1 In the past 7 days, have you done any housework, gardening or other non-exercise physical activity lasting more than 10 minutes?

☐ Yes (1)

☐ No (2)

Display This Question:

If Q22.1 = 1

Q22.2 In the past 7 days, on how many days did you do housework, gardening or other non-exercise physical activity?

☐ Days (1) _____

Display This Question:

If Q22.1 = 1

Q22.3 On average how much time did you spend doing housework, gardening or other non-exercise physical activity on each day that you did the activity?

☐ Minutes per day (e.g. 1.5 hours = 90 minutes) (1)

Display This Question:

If Q22.1 = 1

Q22.4 Was the effort you put into housework, gardening or other non-exercise physical activity usually enough to raise your breathing rate?

☐ Yes (1)

☐ No (2)

End of Block: Activities: Housework

Start of Block: Activities: Sedentary

Q23.1 The next question is about the time you spent sitting during the last 7 days. Please include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk or in a car/public transport, visiting friends, reading, or sitting or lying down to watch television.

Q23.2 During the past 7 days, on average, how much time did you spend sitting on a **weekday**?

Please round up to nearest 15 minutes, so 15 minutes would be 0.25 hours, 30 minutes 0.50 hours and 45 minutes 0.75 hours. For example 6 hours and 30 minutes of sitting time would be 6.5 hours.

☐ Hours per day (2) _____

Q23.3 On how many **weekdays** do you usually sit for this long?

☐ 1 day (1)

☐ 2 days (2)

☐ 3 days (3)

☐ 4 days (4)

☐ 5 days (5)

Q23.4 During the past 7 days, on average, how much time did you spend sitting on a **weekend day**?

Please round up to nearest 15 minutes, so 15 minutes would be 0.25 hours, 30 minutes 0.50 hours and 45 minutes 0.75 hours. For example 6 hours and 30 minutes of sitting time would be 6.5 hours.

☐ Hours per day (1) _____

Q23.5 On how many **weekend days** do you usually sit for this long?

☐ 1 day (1)

☐ 2 days (2)

End of Block: Activities: Sedentary

Start of Block: Thoughts On Physical Activity

Q24.1 How much do you agree or disagree with the following statements about doing physical activity and exercise?

	Strongly agree (1)	Agree a little (2)	Neither agree nor disagree (3)	Disagree a little (4)	Strongly disagree (5)
I don't know how to exercise (1)	☐	☐	☐	☐	☐
I'm worried I'll get sweaty (2)	☐	☐	☐	☐	☐
I'm worried I'll hurt or injure myself (3)	☐	☐	☐	☐	☐
Exercising makes me feel confident (4)	☐	☐	☐	☐	☐
Exercising makes me feel happy (5)	☐	☐	☐	☐	☐
I feel better about my body when I exercise (6)	☐	☐	☐	☐	☐
I feel healthier when I exercise (7)	☐	☐	☐	☐	☐
I find exercise boring (8)	☐	☐	☐	☐	☐
I feel physical pain when I exercise (9)	☐	☐	☐	☐	☐
I'm too busy to exercise (10)	☐	☐	☐	☐	☐
I'm worried what people will think if they see me exercising (11)	☐	☐	☐	☐	☐

I'm worried
about trying
something
new (12)

☐☐☐☐☐

I'm not sure
how it will
benefit me
(13)

☐☐☐☐☐

End of Block: Thoughts On Physical Activity

Start of Block: Alcohol 1



Q25.1 How many alcoholic drinks do you generally consume each week?

Please enter the number of each drink consumed on each day of the week in the corresponding boxes.

Please read each option carefully, some drinks are listed multiple times but with different measurements so that you don't have to calculate it yourself. Simply enter the number of drinks in whichever options apply to you. If you don't generally drink any alcohol, please leave this section blank.

	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)	Saturday (6)	Sunday (7)
Beer, lager or cider (pints or large/500ml bottles per week) (1)							
Beer, lager or cider (half pints or standard/330ml bottles per week) (2)							
Beer, lager or cider (standard 440ml cans per week) (3)							
Wine (small/125ml glasses per week) (8)							

Wine (medium/175ml glasses per week) (4)							
Wine (large/250ml glasses per week) (9)							
Spirits/liqueurs based on 30% ABV or more (singles/25ml per week) (5)							
Lower alcohol spirits/liqueurs based on less than 30% ABV e.g Baileys, Tia Maria (singles/25ml per week) (6)							
Alcopops (standard 275ml bottles per week) (7)							

End of Block: Alcohol 1

Start of Block: Alcohol 1.5

Q26.1 Would you say the number of alcoholic drinks you consume has changed since joining Slimming World? Where you can, please re-enter quantities of alcoholic drinks you consumed, based on a typical week, before you joined Slimming World.

Please enter the number of each drink consumed on each day of the week in the corresponding boxes.

Please read each option carefully, some drinks are listed multiple times but with different measurements so that you don't have to calculate it yourself. Simply enter the number of drinks in whichever options apply to you. If you didn't generally drink any alcohol, please leave this section blank.

	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)	Saturday (6)	Sunday (7)
Beer, lager or cider (pints or large/500ml bottles per week) (1)							
Beer, lager or cider (half pints or standard/330ml bottles per week) (2)							
Beer, lager or cider (standard 440ml cans per week) (3)							
Wine (small/125ml glasses per week) (8)							

Wine (medium/175ml glasses per week) (4)							
Wine (large/250ml glasses per week) (9)							
Spirits/liqueurs based on 30% ABV or more (singles/25ml per week) (5)							
Lower alcohol spirits/liqueurs based on less than 30% ABV e.g Baileys, Tia Maria (singles/25ml per week) (6)							
Alcopops (standard 275ml bottles per week) (7)							

End of Block: Alcohol 1.5

Start of Block: Alcohol 2

Q27.1 How often do you purposefully swap an alcoholic drink for a non-alcoholic or lower alcoholic alternative? (e.g. swapping to a non-alcoholic beer or soft drink, or swapping a wine for a wine spritzer, lager to lager shandy etc).

- ☐ Never (1)
- ☐ Very occasionally (2)
- ☐ Some of the time (3)
- ☐ Most of the time (4)
- ☐ Always (5)
- ☐ Not applicable (6)

End of Block: Alcohol 2

Start of Block: Alcohol 3

Q28.1 How much do you agree or disagree with each of the following statements?

	Strongly agree (1)	Agree a little (2)	Neither agree nor disagree (3)	Disagree a little (4)	Strongly disagree (5)	Not applicable (6)
I avoid going out for social drinks when I am trying to manage my weight (1)	☐	☐	☐	☐	☐	☐
I find it easier to not drink alcohol at all when I am trying to manage my weight (2)	☐	☐	☐	☐	☐	☐
When I drink alcohol I find it more difficult to manage my eating habits (4)	☐	☐	☐	☐	☐	☐
I used to find it difficult to manage drinking alcohol socially but since joining Slimming World I feel more in control (5)	☐	☐	☐	☐	☐	☐
I generally manage alcohol	☐	☐	☐	☐	☐	☐

within my
daily Syns
allowance
(6)

End of Block: Alcohol 3

Start of Block: Alcohol 4

Q29.1 Below are a selection of foods and alcoholic drinks. Please put these in order depending on how many calories you think each option contains, with the lowest calorie option at the top (number 1) and the highest calorie option at the bottom (number 7).

- _____ 2 pints of cider (1)
- _____ 2 finger KitKat (2)
- _____ McDonald's cheeseburger (3)
- _____ 1 large glass of red wine (4)
- _____ 1 packet of crisps (5)
- _____ Double shot of vodka with diet mixer (6)
- _____ Standard size Mars bar (7)

End of Block: Alcohol 4

Start of Block: Wider Determinants 1

Q30.1 Is there anyone who lives at home with you? (tick all that apply)

- ☐ ☒ No, just myself (1)
- ☐ A partner (2)
- ☐ A child/children under the age of 2 years (3)
- ☐ A child/children aged 2-15 years (4)
- ☐ A young person(s) aged 16-21 years (5)
- ☐ Parent(s) (8)
- ☐ Other family member(s), please say who (e.g. any children over 21, grandparent, nephew/niece etc) (6) _____
- ☐ Other non-family member(s), please say who (e.g. friend, housemate) (7) _____

Display This Question:

If Q30.1 != 1

Q30.2 Who in your household has the **most** influence over what food is bought and eaten?

- ☐ Me (1)
- ☐ My partner (2)
- ☐ Parent(s) (5)
- ☐ Other family member(s), please say who (3) _____
- ☐ Other non-family member(s), please say who (4) _____

Display This Question:

If Q30.1 != 1

Q30.3 Do members of your household usually eat the same meals as you when you're in the house together? (tick all that apply)

- ☐ ☒ No, we usually eat different meals (1)
- ☐ My partner does (2)
- ☐ My child/children do (3)
- ☐ A parent(s) does (6)
- ☐ Other family member(s) do, please say who (4)
-
- ☐ Other non-family member(s) do, please say who (5)
-

End of Block: Wider Determinants 1

Start of Block: Wider Determinants 2

Display This Question:

If Q30.1 != 1

Q31.1

Is anybody else living in your house currently a Slimming World member?

☐

My partner (1)

☐

A child/children aged 11-15 years (2)

☐

A young person(s) aged 16-21 years (3)

☐

Parent(s) (7)

☐

Other family member(s), please say who (e.g. any children over 21, grandparent, nephew/niece etc) (4) _____

☐

Other non-family member(s), please say who (e.g. friend, housemate) (5)

☐

☒ No (6)

End of Block: Wider Determinants 2

Start of Block: Wider Determinants 3

Q32.1 Have you influenced anyone else to join Slimming World?

- ☐ My partner (1)
- ☐ My child/children (2)
- ☐ Friend(s) (4)
- ☐ Parent(s) (7)
- ☐ Work colleagues (5)
- ☐ Other family member(s), please say who (e.g. any children over 21, grandparent, nephew/niece etc) (3) _____
- ☐ Other non-family member(s), please say who (e.g. friend, housemate) (6) _____
- ☐ ☒ No (8)

End of Block: Wider Determinants 3

Start of Block: Debrief

Display This Question:

If Q3.2 = 2

Q33.1 You have reached the end of the survey. Thank you for the taking the time to answer these questions, we really appreciate it and would like to remind you that all of the answers you have provided will be anonymised and remain strictly confidential.

As part of our research we would like to contact you to take part in follow-up surveys as you progress on your Slimming World journey and we'll do this through the membership number and email address you provided at the start of the survey.

Could you please verify your details below are correct

Email address: **#{Q3.1/ChoiceTextEntryValue}**

Membership number: **#{Q2/ChoiceTextEntryValue}**

If the details are correct please select 'Yes'. If the details are not correct, please select 'No' and enter the correct details in the box that will appear below.

- ☐ Yes, my details are correct (4)
- ☐ No, my details are incorrect (5)

Display This Question:

If Q33.1 = 5

Q33.2 Thank you for telling us your details are not correct, please enter your email address and membership number below

- ☐ Email address (1) _____
- ☐ Membership number (2) _____

Display This Question:

If Q3.2 = 1

Q33.3 You have reached the end of the survey. Thank you for the taking the time to answer these questions, we really appreciate it and would like to remind you that all of the answers you have provided will be anonymised and remain strictly confidential.

As part of our research we would like to contact you to take part in follow-up surveys as you progress on your Slimming World journey and we'll do this through the email address you provided at the start of the survey.

Could you please verify your details below are correct

Email address: [\\${Q3.1/ChoiceTextEntryValue}](#)

If the details are correct please select 'Yes'. If the details are not correct, please select 'No' and enter the correct details in the box that will appear below.

- ☐ Yes, my details are correct (4)
- ☐ No, my details are incorrect (5)
-

Display This Question:

If Q33.3 = 5

Q33.4 Thank you for telling us your details are not correct, please enter your email address below

Email address (1) _____

Q33.5

As a thank you for taking part in our research, we are offering all members the opportunity to take part in a prize draw for each survey. This first prize draw will enter you into the chance to win one of five £50 shopping vouchers.

Please indicate below if you would like to be entered into the prize draw

☐ Yes, I would like to enter the prize draw (1)

☐ No, I do not want to take part in the prize draw (2)

End of Block: Debrief
