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FACULTY OF ALLIED HEALTH SCIENCES
DEPARTMENT OF PARAMEDICAL SCIENCES
DOCTOR OF PHILOSOPHY IN PUBLIC HEALTH

**Questionnaire on Cancer Awareness, Risk Perception, Stigma and Health Behaviors
among Tertiary Students in Punjab**

Dear Participant,

You are invited to take part in a research study aimed at exploring cancer awareness, risk perception, stigma and health behaviours among tertiary students in Punjab, India. This study is conducted with the aim of understanding the current awareness levels, risk perceptions, stigma and health behaviours regarding cancer among young adults in the region.

Cancer is a significant public health concern globally, and its incidence is on the rise, including in developing countries like India. The burden of Cancer in Punjab is very high and exceeds the national average of 80 per 100,000 people. Understanding the awareness levels and risk perceptions of cancer among tertiary students is crucial, as this population represents the future of our society and can play a vital role in cancer prevention and early detection efforts.

Your participation in this study will contribute to filling the existing gap in research regarding cancer awareness, risk perception, stigma and health behaviours among tertiary students in Punjab. By sharing your perspectives and experiences, you will help researchers and policymakers develop targeted interventions and educational initiatives to improve cancer prevention and control efforts in the state.

Participation in this study is entirely voluntary, and all responses will be kept confidential. Your identity will remain anonymous, and your responses will be used for research purposes only. There are no right or wrong answers, and we encourage you to respond honestly and to the best of your knowledge. There is no need to use internet to search for answers. Just answer them to the best of your knowledge.

Thank you for considering participation in this important research study. Your input is invaluable in advancing our understanding of cancer awareness and prevention strategies among tertiary students in Punjab.

If you agree to participate, please proceed to the questionnaire. Thank you for your time and contribution to this research endeavour.

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Research Scholar

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Questionnaire Number.....

Section A: Demographic (Personal) Information

1. District.....
2. Age: (Tick where appropriate)
 - 17-24
 - 25-29
 - 30-35
3. Gender:
 - Male
 - Female
4. Marital Status
 - Married
 - Single
 - Divorced
 - Separated
5. Educational Level:
 - Undergraduate
 - Postgraduate
 - Other (please specify): _____
6. Stream of Study.....
7. Religion.....
8. Education Background of Parents
 - Till 5th Standard
 - 10th Standard
 - 12th Standard
 - Higher
 - None
 - I prefer not to say
9. Financial Status
 - Low SES (\leq ₹8,609)
 - Lower Middle (₹8,638–₹21,566)
 - Middle Higher (₹21,594–₹57,556)
 - Higher (\geq ₹57,584)
10. Have you, your family member, relatives or close friends ever had cancer?
 - Yes
 - No
 - I don't know
 - I prefer not to say

Section B: Cancer Awareness

11. Cancer Risk Factors

These are some of the things that can increase a person's chance of developing cancer. How much do you agree that each of these can increase a person's chance of developing cancer? Please indicate whether you agree or disagree with the following statements:

Factor	Strongly disagree	Disagree	Not Sure	Agree	Strongly Agree
Smoking any cigarettes at all					
Exposure to another person's cigarette smoke					
Drinking more than 1 unit of alcohol a day (unit of alcohol is one small measure of spirits, half a pint of lager (3-4% strength) or half a small glass (175ml) of wine (12% strength))					
Eating less than 5 portions of fruit and vegetables a day (a portion is equivalent to an apple, orange, banana or similar sized fruit, 2 plums or nectarines or similar sized fruit, a handful of grapes or berries, one tablespoon of raisins, two serving spoons of cooked vegetables, beans or pulses, or a dessert bowl of salad)					
Eating red or processed meat once a day or more (processed meat includes bacon, ham, salami, corned beef, sausages)					
Being Overweight or Obese (BMI over 25)					
Persistent Exposure to Ultraviolet rays from the sun					
Environmental and occupational exposures such as asbestos and benzene					
Infection with Human Papillomavirus and other viruses, infectious bacteria, viruses and bacteria					
Having a close relative with cancer					

Doing less than 30 minutes of moderate physical activity 5 times a week					
Being over 70 years old					

12. Cancer Warning Signs

The following may or may not be warning signs of cancer. Indicate your opinion.

Symptom	Yes	No	Don't Know
Do you think an unexplained lump or swelling can be a sign of cancer?			
Do you think persistent unexplained pain could be a sign of cancer?			
Do you think unexplained bleeding could be a sign of cancer?			
Do you think a persistent cough or hoarseness could be a sign of cancer?			
Do you think a persistent change in bowel or bladder habits could be a sign of cancer?			
Do you think persistent difficulty swallowing could be a sign of cancer?			
Do you think a change in the appearance of a mole could be a sign of a cancer?			
Do you think a sore that does not heal could be a sign of cancer?			
Do you think persistent pain or discomfort especially if it worsens over time could be a sign of cancer?			
Do you think persistent difficulty in breathing or shortness of breath could be a sign of cancer?			
Do you think unexplained weight loss could be a sign of cancer?			

13. Obstacles to seeing a doctor

If you had a symptom that you thought might be a sign of cancer that you think might be serious, could you say if any of these might put off going to see the doctor?

	Yes Often	Yes Sometimes	No	Don't Know
I would be too embarrassed				
I would be too scared				
I would be worried about wasting the doctor's time				
It will be difficult to talk to the doctor				
It will be difficult to make appointment with the doctor				
I would be too busy to make time to go to the doctor				
I have too many other things to worry about				
I would be worried about what the doctor might find				
I wouldn't be confident talking about my symptom with the doctor				
I would not have the financial resources to pay for the services of the doctor				

14. (A) What is the most common cancer in women in India?.....

(B) What is the most common cancer in men in India?.....

15. 3

A. Yes

B. No

C. I don't know

(ii) As far as you are aware, are there any Cancer Screening Programs for men in the district?

A. Yes

B. No

C. I don't know

Section C: Cancer Risk Perception and Susceptibility

On a scale of 1-7, where 1 is unlikely and 7 is likely (for D1 and D2), where 1 is much lower and 7 much higher (for D3), where 1 is very low and 7 is very high (for D4), where 1 is strongly disagree and 7 is strongly agree for (D5, D6, E3, E4, E5 and E6), where 1 not at all and 7 is Extremely (for A1,A2,A3,A4,A5,A6, E1,E2) respond to the following as they pertain to cancer risk and health behaviour.

ID	Question Text	1	2	3	4	5	6	7
D1	How likely do you think is it that you will get cancer at some point in the next 10 years?							
D2	On a scale from 0 to 100%, how would you rate the probability that you will develop cancer in the next 10 years?							
D3	How do you think your chance of developing cancer in the next 10 years compared to the average person of your sex and age?							
D4	The way I look after my health means that my odds of getting cancer in the future are:							
D5	When I think carefully about my lifestyle, it does seem possible that I could get cancer							
D6	If I look at myself as if I was a doctor, I realize that my behaviour puts me at risk of getting cancer.							
A1	How worried are you about developing cancer in the future?							
A2	How fearful are you about developing cancer in the future?							
A3	How nervous are you about developing cancer in the future?							
A4	When you think of cancer for a moment, to what extent do you feel fearful?							
A5	When you think about cancer for a moment, to what extent do you feel worried?							
A6	When you think about cancer for a moment, to what extent do you feel anxious?							
E1	How concerned are you about developing cancer in your lifetime?							
E2	How easy is it for you to imagine yourself developing cancer in the future?							
E3	I feel very vulnerable to diseases							
E4	I am confident that I will not get cancer							
E5	I would be lying if I said, "There is no chance of me getting cancer"							
E6	My first reaction when I hear of someone getting cancer is "that is could be me someday"							

Abbreviations: D= Deliberate, A= Affective and E=Experiential

Section D: Stigma and Attitude towards Cancer

17. Attitudes towards Cancer

The following statements are about your attitudes towards cancer. Please try to indicate how much you agree or disagree with each of the statements.

Question Item	Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly	Not Sure
Once you've had cancer you can never be 'normal' again							
Getting cancer means having to mentally prepare oneself for death							
A person with cancer is to blame for their condition							
Having cancer usually ruins a person's career							
A person with cancer is accountable for their condition							
Cancer usually ruins close personal relationships							
Cancer devastates the lives of those it touches							
A person with cancer is responsible for their condition							
If a person has cancer, it's probably their fault							

18. Feeling and Acting around someone with cancer

The next set of statements is about how you think you may feel and act around someone with cancer. Please indicate your response to each of the statements on the scale ranging from definitely not to yes definitely

Question Item	Definitely Not	Possibly Probably	Possibly Not	Yes Possibly	Yes Probably	Yes Definitely	Not sure
I would feel at ease around someone with cancer							
I would feel comfortable with someone with cancer							
I would try to avoid someone with cancer							

I would feel angered by someone with cancer							
I would find it difficult being around someone with cancer							
I would find it hard to talk to someone with cancer							
I would feel irritated by someone with cancer							
I would feel embarrassed discussing cancer with someone who had it							
If a colleague had cancer, I would try to avoid them							
The needs of people with cancer should be given top priority							
More government funding should be spent on the care and treatment of those with cancer							
We have a responsibility to provide the best possible care for people with Cancer							
Banks should be allowed to refuse mortgage applications for cancer related Reasons							
It is acceptable for insurance companies to reconsider a policy if someone has cancer							

Section E: Health Behaviours Related to Cancer Prevention and Screening

This section contains statements about your present way of life or personal habits in relation to your health. Please respond to each item as accurately as possible and try not to skip any item. Indicate the frequency with which you engage in each behavior by a tick.

s/n	Question Item	Never	Sometimes	Often	Routinely
1	I discuss my problems and concerns with people close to me.				
2	Choose a diet low in fat, saturated fat, and cholesterol				
3	Report any unusual signs or symptoms to a physician or other health professional				
4	Follow a planned exercise program.				
5	Get enough sleep.				
6	Feel I am growing and changing in positive ways				
7	Limit use of sugars and food containing sugar (sweets)				
8	Read or watch TV programs about improving health.				
9	Belief that my life has a purpose				

10	Maintain meaningful and fulfilling relationships with others				
11	Question health professionals in order to understand their instructions				
12	Take part in light to moderate physical activity (such as sustained walking 30-40 minutes 5 or more times a week).				
13	Accept those things in my life which I cannot change.				
14	Look forward to the future				
15	Spend time with close friends.				
16	Eat 2-4 servings of fruit and vegetables each day				
17	Get a second opinion when I question my health care provider's advice				
18	Take part in leisure-time (recreational) physical activities (such as swimming, dancing, bicycling)				
19	Feel content and at peace with myself.				
20	Find it easy to show concern, love and warmth to others.				
21	Discuss my health concerns with health professionals.				
22	Use specific methods to control my stress				
23	Work toward long-term goals in my life				
24	Inspect my body at least monthly for physical changes/danger signs				
25	Balance time between work and play				
26	Eat only 2-3 servings from the meat, poultry, fish, dried beans, eggs, and nuts group each day				
27	Ask for information from health professionals about how to take good care of myself.				
28	Practice relaxation or mediation for 15-20 minutes daily				
29	I am aware of what is important to me in life.				
30	Get support from a network of caring people.				
31	Read labels to identify nutrients, fats, sodium content in packaged food				
32	Attend educational programs on personal health care.				
33	Feel connected with some force greater than myself.				
34	Settle conflicts with others through discussion and compromise				

35	Seek guidance or counseling when necessary.				
36	Expose myself to new experiences and challenges.				
37	I avail myself for health screening programs to know my health status and take the required health action				
38	I avoid drugs or substances that could be harmful to my health				
39	I drink more than 1 unit of alcohol a day				
40	I smoke tobacco and related substances				
41	I am frequently exposed to second hand smoking				
42	I am mindful of my weight and try to maintain a healthy weight				
43	I protect myself from sunburns most of the times				
44	I take enough water to stay hydrated throughout the day				