

Electronic Supplementar Material 1: Bratislava Health Practices Questionnaire (BHPQ): instruction, list of items and scoring

Part 1: Bratislava Health Practices Questionnaire - English Translation

Below are several questions in regard to your normal behaviour. Please mark YOUR CURRENT CONDITION in the reply. WE ARE ASKING ABOUT YOUR REAL CONDITION – not what condition you consider as appropriate or what condition you wish to be in.

1. On average, how often do you eat FRESH (RAW) FRUIT OR VEGETABLES? Fruit or vegetable juices don't count. We are asking about the overall daily amount of 150 g (ca. one apple):

/ Once a week or less

/ 2-3 times a week

/ 4-6 times a week

/ Overall approximately one such serving a day

/ Several such servings a day

2. On average, how many times a week do you drink SWEET DRINKS (coke, sodas, very sweet coffee or tea) or undiluted fruit juices? We are asking about the overall daily amount of 500 ml (ca. two glasses):

/ Once a week or less

/ 2-3 times a week

/ 4-6 times a week

/ Overall approximately one such serving a day

/ Several such servings a day

3. During a normal week, how often do you participate in INTENSIVE PHYSICAL ACTIVITY? We are asking about AT LEAST CA. 15 MINUTES of activity that SIGNIFICANTLY increases your breathing and pulse (jogging, soccer, intensive workout, mountain biking, ...):

/ Less than once a week

/ Once a week

/ Twice a week

/ 3-4 times a week

/ 5-7 times a week

4. During a normal week, how often do you participate in LESS INTENSIVE PHYSICAL ACTIVITY? We are asking about AT LEAST CA. 30 MINUTES of activity that SLIGHTLY increases your breathing and pulse (brisk walking, dance, volleyball, gardening, ...):

/ Less than once a week

/ Once a week

/ Twice a week

/ 3-4 times a week

/ 5-7 times a week

5.-7. On average, how many hours a day do you dedicate to the following activities ON WORKING DAYS?

5. Watching TV or movies

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

6. Making phone calls, chatting, texting, etc.

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

7. Using a computer or smartphone for other leisure activities (following social networks or watching short YouTube videos, browsing web pages, computer/video games, etc.):

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

8.-10. On average, how many hours a day do you dedicate to the following activities ON WEEKEND?

8. Watching TV or movies

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

9. Making phone calls, chatting, texting, etc.

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

10. Using a computer or smartphone for other leisure activities (following social networks or short YouTube videos, browsing web pages, computer games, etc.):

/ Less than 30 minutes a day

/ 30 – 59 minutes

/ Between 1 and 2 hours

/ 2-3 hours

/ 4 hours or more

11. During a regular 7-day week, how often do you sleep AT LEAST 7 HOURS a night or day?

0x / 1x / 2x / 3x / 4x / 5x / 6x / 7x

12. When travelling by car, do you use safety belts?

/ Never

/ Seldom

/ Sometimes yes, sometimes no

/ Yes, usually

/ Yes, always

13. When the doctor orders you to refrain from drinking alcohol while using prescription drugs, do you drink any alcohol?

/ No alcohol during that time

/ No, only exceptionally and just a small amount

/ Sometimes yes, sometimes no

/ Usually I drink

/ Yes, I drink, I never heed this restriction

14. How often do you smoke cigarettes or other tobacco products?

/ I don't smoke

/ Few times a year

/ Few times a month

/ Few times a week

/ Daily

15. In the LAST 12 MONTHS, how many times did you drink at least 4 (for a woman) or 5 (for a man) ALCOHOLIC DRINKS IN A ROW, i.e. in the course of several hours? Note: 1 drink = 0.5 litre glass of beer, or 0.2 litre glass of wine, or ca. 0.05 litre glass of hard liquor:

/ Never

/ Once

/ 2-3 times

/ 4-10 times

/ More than 10 times

16. In the last 12 months, how many times did you smoke marihuana or hashish?

/ Never

/ Once

/ 2-3 times

/ 4-10 times

/ More than 10 times

17. Since becoming a legal adult, on what occasion do you see a DENTIST?

/ Never

/ Only when a toothache lasts for a long time and other means are ineffective, going to the dentist is a last resort. Otherwise, I don't go.

/ Only when I have a toothache. Otherwise, I don't go.

/ I try to go for regular check-ups at least once a year, but I have missed an appointment in some years.

/ At least once a year – even when I don't have any dental problems, I go for regular check-ups.

18. When you receive a prescription, do you follow the doctor's instructions and take the medicine till the end, even when you are already feeling well?

/ Never

/ Seldom

/ Sometimes yes, sometimes no

/ Yes, usually

/ Yes, always

Part 2: Bratislava Health Practices Questionnaire - Scoring

The overall BHPQ score is calculated as the sum score of the scores for the twelve behaviours (score range: 12-60 points) according to the table below:

Behaviour	Item(s) nr.	Scoring
Lack of fruits and vegetables consumption	1	/Once a week or less: 5 pts. /2-3x a week: 4 pts. /4-6x a week: 3 pts. /Overall approximately one such serving a day: 2 pts. /Several such servings a day: 1 pt.
Soft drinks consumption	2	/Once a week or less: 1 pt. /2-3x a week: 2 pts. /4-6x a week: 3 pts. /Overall approximately one such serving a day: 4pts. /Several such servings a day: 5pts.
Lack of physical activity	3, 4	A composite score from two items (intensive and moderate physical activity), both treated as of equal value:

/At least 4x a week altogether: 1 pt.

(i.e., 5-7 a week & any response; or 3-4 & 3-4; or 3-4 & 2; or 3-4 & 1, in any order)

/At least 3x a week, but less than 5x: 2 pts.

(i.e., 3-4 & >1; or 2 & 2; or 2 & 1, in any order)

/At least 2x/week, but less than 4x: 3 pts.

(i.e., 2 & >1; or 1 & 1, in any order)

/At least once a week, but less than 2x: 4 pts.

(i.e., 1 & >1, in any order)

/Both kinds of physical activity reported as “less than once a week”: 5 pts.

Screen time, not work-related (sedentary behaviour)	5 to 10	A composite score from six items pertaining to three categories of activities (watching TV; computer and phone use for communication; computer and smartphone use for other leisure activities):
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1. Recode each response into the approximate number of hours per day in the context of all five options: 0 for “Less than 30 minutes a day”; 0.75 for “30 – 59 minutes”; 1.5 for “Between 1 and 2 hours”; 2.75 for “2-3 hours” (given that the upper limit could be rounded up to 3.5 hours); and 4.5 for “4 hours or more”.

2. Based on (1.), calculate the overall number of hours per day: multiply the values of items 5, 6 and 7 by $5/7$ (weekdays); multiply the values of items 8, 9 and 10 by $2/7$. Subsequently, calculate the sum scores of these 6 multiplied values.

3. Allocate the points for the sum scores from (2.) accordingly:

/0-1.5 hours: 1 pt.

/1.51-3 hours: 2 pt.

/3.01-6 hours: 3 pts.

/6.01-10.5 hours: 4 pts.

/> 10.5 hours: 5 pts.

Lack of sleep	11	/0-2x a week: 5 pts.
		/3-4x a week: 4 pts.
		/5x a week: 3 pts.
		/6x a week: 2 pts.
		/7x a week: 1 pt.

No use of safety belts	12	/ Never: 5 pts.
		/ Seldom: 4 pts.
		/ Sometimes yes, sometimes no: 3 pts.
		/ Yes, usually: 2 pts.
		/ Yes, always: 1 pt.

Alcohol use when on medication	13	<i>/ No alcohol during that time: 1 pt.</i> <i>/ No, only exceptionally and just a small amount: 2 pts.</i> <i>/ Sometimes yes, sometimes no: 3 pts.</i> <i>/ Usually I drink: 4 pts.</i> <i>/ Yes, I drink, I never heed this restriction: 5 pts.</i>
Tobacco smoking	14	<i>/ I don't smoke: 1 pt.</i> <i>/ Few times a year: 2 pts.</i> <i>/ Few times a month: 3 pts.</i> <i>/ Few times a week 4 pts.</i> <i>/ Daily: 5 pts.</i>
Binge drinking	15	<i>/ Never: 1 pt.</i> <i>/ Once: 2 pts.</i> <i>/ 2-3 times: 3 pts.</i> <i>/ 4-10 times: 4 pts.</i> <i>/ More than 10 times: 5 pts.</i>
Cannabis use	16	<i>/ Never: 1 pt.</i> <i>/ Once: 2 pts.</i> <i>/ 2-3 times: 3 pts.</i> <i>/ 4-10 times: 4 pts.</i> <i>/ More than 10 times: 5 pts.</i>

Lack of preventive dental check-ups	17	/ Never: 5 pts. / Only when a toothache lasts for a long time and other means are ineffective, going to the dentist is a last resort. Otherwise, I don't go: 4 pts. / Only when I have a toothache. Otherwise, I don't go: 3 pts. / I try to go for regular check-ups at least once a year, but I have missed an appointment in some years: 2 pts. / At least once a year – even when I have no dental problems, I go for regular check-ups: 1 pt.
Premature discontinuation of medication	18	/ Never: 1 pt. / Seldom: 2 pts. / Sometimes yes, sometimes no: 3 pts. / Yes, usually: 4 pts. / Yes, always: 5 pts.
