

Acknowledgments must be given to University of Ulster, School of Biomedical Sciences if this form is used or modified

## PERSONAL EVALUATION OF FOOD RECORD KEEPING

1. The following statements refer to the food record keeping process. For each statement please tick the one box which best describes you:

**Keeping the food diary was inconvenient**

not at all  slightly  moderately  very much

**Keeping the food diary was embarrassing**

not at all  slightly  moderately  very much

**Keeping the food diary was unsociable**

not at all  slightly  moderately  very much

**Keeping the food diary was difficult**

not at all  slightly  moderately  very much

**Keeping the food diary was time-consuming**

not at all  slightly  moderately  very much

**Keeping the food diary was interesting**

not at all  slightly  moderately  very much

**Keeping the food diary was enjoyable**

not at all  slightly  moderately  very much

**Keeping the food diary was boring**

not at all  slightly  moderately  very much

2. Please tick either YES or NO to each statement.

- Participating in this survey was too time-consuming      yes       no
- This recording period was a good opportunity to go on a diet      yes       no
- The body measurements were embarrassing      yes       no

3. People vary the amount of food that they eat from day to day and from time to time.

Thinking about the days during which you kept the food diary, was the **QUANTITY** that you ate:

- less than usual
- about the same as usual
- more than usual

4. During the food diary period, there were foods that I ate but didn't write down:

- every day            most days            1-2 days            never

What foods were these?

5. Why didn't you write them down? (please tick all boxes that apply)

- forgot
- didn't have the diary at the time
- couldn't be bothered
- thought that they were 'bad'/unhealthy foods
- didn't seem important
- too much hassle
- I kept on eating just to avoid filling in the leftovers column
- I felt conscious/embarrassed/guilty about the amount or type of food I ate

6. During the period of the survey did you change the **TYPES** of food that you normally eat?

every day       most days       1-2 days       never

What foods did you change?

Why did you make these changes?

7. For each statement, please tick the one box which best describes you.

**I thought twice about eating something because I knew that I'd have to write it down**

every day       most days       1-2 days       never

**I snacked less during the day during the recording period**

every day       most days       1-2 days       never

**I snacked less at night-time during the recording period**

every day       most days       1-2 days       never

**I chose different foods in order to make record keeping easier**

every day       most days       1-2 days       never

**I simplified what I ate to avoid writing down recipes**

every day       most days       1-2 days       never

**I avoided eating 'bad foods' when keeping the diet diary**

every day       most days       1-2 days       never

**I tried to eat 'good foods' when keeping the diet diary**

every day       most days       1-2 days       never