

Concurrent and convergent validity of the SLIQ

Figure: 2 Scoring Template for the SLIQ

Scoring the Simple Lifestyle Indicator Questionnaire

Diet:

1. <u>Lettuce or green leafy salad, with or without other vegetables</u>					
<input type="checkbox"/> less than 1/week 0	<input type="checkbox"/> 1/week 1	<input type="checkbox"/> 2-3x/week 2	<input type="checkbox"/> 4-6x/week 3	<input type="checkbox"/> once/day 4	<input type="checkbox"/> 2+/day 5
2. <u>Fruit: include fresh, canned or frozen, but do not include juices</u>					
<input type="checkbox"/> less than 1/week 0	<input type="checkbox"/> 1/week 1	<input type="checkbox"/> 2-3x/week 2	<input type="checkbox"/> 4-6x/week 3	<input type="checkbox"/> once/day 4	<input type="checkbox"/> 2+/day 5
3. <u>High fiber cereals or whole grain breads: this includes cereal such as Raisin bran, Fruit and Fiber, cooked oatmeal and breads which are whole wheat, rye or pumpernickel</u>					
<input type="checkbox"/> less than 1/week 0	<input type="checkbox"/> 1/week 1	<input type="checkbox"/> 2-3x/week 2	<input type="checkbox"/> 4-6x/week 3	<input type="checkbox"/> once/day 4	<input type="checkbox"/> 2+/day 5
DietRawScore = <u> </u> Q1+Q2+Q3			DietCategoryScore = <u> </u> 0 If DietScore 0-5 1 If DietScore 6-10 2 If DietScore 11-15		

Exercise:

1. <u>Light exercise</u> , such as:	ActivityRawScore = <u> </u> Q1+Q2+Q3 ActivityCategoryScore = <u> </u> 0 If Light Exercise Only 1 If Any Moderate Activity 2 If Any Vigorous Activity
<ul style="list-style-type: none"> light gardening and light housework (dusting, sweeping, vacuuming) leisurely walking (walking your dog) bowling, fishing, carpentry, playing a musical instrument volunteer work 	
<input type="checkbox"/> 0/week <input type="checkbox"/> 1-3x/week <input type="checkbox"/> 4-7x/week <input type="checkbox"/> 8 and more/week 0 2 3 4	
2. <u>Moderate exercise</u> , for example:	
<ul style="list-style-type: none"> brisk walk bicycling, skating, swimming, curling gardening (raking, weeding, spading) dancing, Tai Chi or moderate exercise classes 	
<input type="checkbox"/> 0/week <input type="checkbox"/> 1-3x/week <input type="checkbox"/> 4-7x/week <input type="checkbox"/> 8 and more/week 0 4 6 8	
3. <u>Vigorous exercise</u> , for example:	
<ul style="list-style-type: none"> running, bicycling, x-country skiing, lap swimming, aerobics heavy yard work weight training soccer, basketball or other league sports 	
<input type="checkbox"/> 0/week <input type="checkbox"/> 1-3x/week <input type="checkbox"/> 4-7x/week <input type="checkbox"/> 8 and more/week 0 6 9 12	

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Figure 2 continued: Scoring Template for the SLIQ

Alcohol: (per week)

- ✓ Wine: _____ drinks (3-5 oz.)
- ✓ Beer: _____ drinks (10-12 oz or 1 bottle)
- ✓ Spirits: _____ drinks (1-1 ½ oz.)

AlcoholRawScore _____

Wine + Beer + Spirits

AlcoholCategoryScore _____

0 If Alcohol Score 14 or more

1 If Alcohol Score 8-13

2 If Alcohol Score 0-7

Smoking:

Are you a smoker?

☐ Yes ☐ No

0

If no, did you ever smoke?

☐ Yes ☐ No

1

2

SmokingRawScore _____

(0,1, or 2)

SmokingCategory Score _____

(Same as Smoking Score)

Life Stress:

6 5 4 3 2 1

Not at all stressful

Very stressful

StressRawScore = _____
As indicated on Line

StressCategoryScore _____

0 If Life Stress 1 or 2

1 If Life Stress 3 or 4

2 If Life Stress 5 or 6

SLIQScore = DietCategory + ActivityCategory + AlcoholCategory + SmokingCategory + StressCategory