

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:

<p>1. <u>Light exercise</u>, such as:</p> <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 <p style="text-align: center;"><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</p>	<p>ActivityRawScore = <u> </u> Q1+Q2+Q3</p>
<p>2. <u>Moderate exercise</u>, for example:</p> <ul style="list-style-type: none"> • brisk walk • bicycling, skating, swimming, curling • gardening (raking, weeding, spading) • dancing, Tai Chi or moderate exercise classes <p style="text-align: center;"><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</p>	<p>ActivityCategoryScore = <u> </u> 0 If Light Exercise Only 1 If Any Moderate Activity 2 If Any Vigorous Activity</p>
<p>3. <u>Vigorous exercise</u>, for example:</p> <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 <p style="text-align: center;"><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</p>	

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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