

Sunscreen use among Saudi university students in Riyadh, Saudi Arabia

Instructions: Please put a tick in the box next to the option of your choice or write in the space provided. Please note that in **some questions you can choose more than one option**, otherwise choose only one option.

Date: _____

Serial Number: _____

1. General information

1.1 Age: _____ years

1.2 Gender: Male Female

1.3 College: COSHP COM COD COP CPHHI CAMS CON

1.4 College year:

First Second Third Fourth Fifth Sixth

1.5 Marital status: Single Married

1.6 Family monthly income in Saudi Riyals:

<2000 2000 – 5000 5001 - 10,000 10,001 - 20,000 >20,000

2. General questions about sunscreen use

2.1 How often do you use sunscreen?

Never Rarely Sometimes Often Always

2.2 If you do not use sunscreen, what is the reason(s) for not using it?

(You can choose more than one option)

- It is not effective
- It is expensive
- It is time consuming
- It is inconvenient
- I have sunscreen allergy
- I have not heard about it
- Other: _____

If you do NOT use sunscreen, please skip to section 5 on page 5

2.3 What is your reason(s) for using sunscreen?

(You can choose more than one option)

- To prevent skin cancer
- To prevent sunburns
- To keep my skin color light
- To prevent development of dark skin spots
- To prevent skin wrinkling
- Doctor recommendation
- Family or friend recommendation
- Social media influence
- Read about it in the internet
- Other: _____

2.4 When do you apply sunscreen during the day?

- Only with outdoor activity
- Only around noon time
- With outdoor activity and around noon time
- Whenever I am exposed to the sun

2.5 In which weather conditions do you use sunscreen?

- Sunny days only
- Both sunny and cloudy days

2.6 In which season(s) do you use sunscreen?

(You can choose more than one option)

- Summer
- Autumn
- Spring
- Winter

2.7 Where do you use sunscreen?

- Only in Saudi Arabia
- Only abroad
- In Saudi Arabia and abroad

2.8 When you apply sunscreen, do you tend to intentionally get exposed to the sun for a longer time than when you do not apply it?

- Yes
- No

3. Questions about sunscreen application

3.1 Which parts of your body do you usually cover by sunscreen?

- Face only
- Face and hands
- All exposed skin areas

3.2 How much sunscreen do you approximately apply on your face?

- Less than quarter teaspoon



- Quarter to half teaspoon



- More than half teaspoon



3.3 When do you usually apply sunscreen before going out?

- Less than 10 minutes before going out
- 10-20 minutes before going out
- More than 20 minutes before going out

3.4 When do you reapply sunscreen?

(You can choose more than one option)

- Every 2-3 hours
- After I sweat excessively
- After I swim
- After I take a shower
- I do not reapply it

3.5 If you want to wear makeup, when do you apply sunscreen?

- I do not wear makeup
- I do not apply sunscreen when I wear makeup
- Before wearing makeup
- After wearing makeup

4. Questions related to the type of sunscreen used and overall consumption

4.1 What is the sun protection factor (SPF) of the sunscreen you use?

- Less than 10 10-30 31 - 50 More than 50 I do not know

4.2 Do you use a sunscreen that protects against both ultraviolet A (UVA) and ultraviolet B (UVB) sun rays (broad spectrum sunscreen)?

- Yes No I do not know

4.3 Do you use a water resistant sunscreen?

- Yes No I do not know

4.4 What sunscreen preparation do you prefer to use?

- Cream Lotion Spray Stick

4.5 How many tubes (or bottles) of sunscreen do you use per month?

- One Two Three Four Five More than five

4.6 How much do you spend on sunscreens monthly in Saudi Riyals?

- Less than 100
 100 – 300
 301 – 500
 501 – 1000
 More than 1000

4.7 Do you think that the commercially available sunscreens are affordable (i.e. good price that is not expensive)?

- Yes No I do not know

5. Questions about sun exposure and skin cancer

5.1 What is your skin type?

(Based on skin response after exposure to the sun for half an hour)

- Type 1 (Always burns, never tans, very fair skin)
- Type 2 (Usually burns, then tans)
- Type 3 (May burn, tans well)
- Type 4 (Rarely burns, tans well)
- Type 5 (Very rarely burns, tans well, dark brown skin)
- Type 6 (Very rarely burns, tans well, very dark brown skin)

5.2 How many hours do you approximately get exposed to the sun every day?

- Less than 1 hour
- 1-3 hours
- More than 3 hours

5.3 What is the reason(s) for sun exposure?

(You can choose more than one option)

- Transportation from home to university
- Leisure/recreational
- Outdoor work or activity
- To get enough vitamin D
- Sunbathing
- Other: _____

5.4 In which time period do you usually get exposed to the sun?

- 10 am to 3 pm
- Before 10 am or after 3 pm
- All day

5.5 Do you use tanning beds?

- Yes
- No

5.6 How often do you get suntan or sunbathe?

- Never
- Rarely
- Sometimes
- Often
- Always

5.7 How many sunburns have you had in the past?

- None
- One
- Two
- Three
- More than three

5.8 Have you had skin cancer in the past?

- Yes
- No

5.9 Did any family member have skin cancer in the past?

- Yes
- No

5.10 What sun protection method(s) do you use other than sunscreen?

(You can choose more than one option)

- None
- Protective head cover (such as hijab and shomagh)
- Protective face cover (such as niqab and burqa)
- Protective body clothing (such as long sleeves and pants)
- Wearing sunglasses
- Stay in shade
- Using umbrella
- Avoiding going out during times with high sun intensity
- Other: _____

5.11 How often do you use sun protection methods other than sunscreen?

- Never
- Rarely
- Sometimes
- Often
- Always

Thank you for your cooperation