

Your Name

Date

 /  / 

Month

Day

## Sun Habit Survey: Adult

### Marking Instructions

Please use black or blue ink.

Correct ●

Incorrect ✓ ✗ ● ○

The following questions ask about your views and habits about being out in the sun. The information you provide will help us understand what people are doing to prevent sun damage and skin cancer. All information will be kept private and confidential. Thank you for your help.

**Let's start with what you know about sun safety. For each of the following statements below, please fill in a true or false circle.**

**True      False**

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1. To work best, sunscreen needs a half hour to be absorbed by the skin.  | <input type="radio"/> | <input type="radio"/> |
| 2. You don't need to worry about skin cancer if you only go out for short periods of time (10 to 20 minutes).           | <input type="radio"/> | <input type="radio"/> |
| 3. A sun protection factor (SPF) rating of 15 or greater means you can stay outside for 3 hours without getting a burn. | <input type="radio"/> | <input type="radio"/> |
| 4. People with light hair and light skin have the greatest risk of getting skin cancer.                                 | <input type="radio"/> | <input type="radio"/> |
| 5. Sunburn is painful, but not really harmful in the long run.  | <input type="radio"/> | <input type="radio"/> |
| 6. People who only go out in the sun for two weeks a year are not likely to get skin cancer.                            | <input type="radio"/> | <input type="radio"/> |
| 7. Being in water provides natural sun protection.  | <input type="radio"/> | <input type="radio"/> |
| 8. Sun exposure during childhood can increase a person's chance of getting skin cancer later in life.                   | <input type="radio"/> | <input type="radio"/> |

**We are interested in your views about sun exposure and sun safety. For each statement below, please fill in the one circle that best describes your view.**

**How much do you agree with the following?**

**Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree**

- |   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 9. People are more attractive if they have a tan.           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. It's too much bother to put on a hat when I go outside. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. I find it difficult to protect myself from the sun.     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**It helps to...**

**Not at all      A little      Somewhat      A great deal**

- |  |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 12. Use sunscreen  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. Wear a shirt with sleeves  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. Wear a hat   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. Wear sunglasses  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. Have a good base suntan  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. Stay in the shade or under an umbrella   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. Limit the number of hours outdoors when the sun's rays are strongest, at mid-day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**How much do you agree with the following statements?**

**Strongly Disagree      Disagree      Neutral      Agree      Strongly Agree**

- |  |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 19. Most people like me use sunscreen as protection from the sun when they are outdoors. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. Most people like me wear hats as protection from the sun when they are outdoors.     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. Most people like me cover up to protect themselves from the sun.                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

# Sun Protection Habits

22. On average, how many hours were you in the sun between 10 a.m. and 4 p.m. last summer?

a. Hours per day in the sun from 10 a.m. to 4 p.m. on WEEKDAYS

- 1 or less     2     3     4     5     6

b. Hours per day in the sun from 10 a.m. to 4 p.m. on WEEKENDS

- 1 or less     2     3     4     5     6

*When you are outdoors in the sun, how often do you do each of the following?*

Rarely or never	Sometimes	Usually	Always
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23. Wear a shirt with sleeves

- 

24. Wear sunglasses

- 

25. Stay in the shade or under an umbrella

- 

26. Wear sunscreen

- 

27. Wear a hat

- 

28. Have you ever been told by your doctor that you have skin cancer?

No

Yes    If YES, what type?

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29. What is your natural hair color?

- Red     Blonde     Light brown     Dark brown     Black

30. What is the color of your eyes?

- Green     Blue     Light brown     Dark brown     Black

31. As a child, did you have more than one severe sunburn? (i.e. painful and/or blistering)

- Yes     No

32. What is the color of your untanned skin?

- Very fair     Fair     Olive     Dark     Very dark     Black

33. After being in direct sunlight for more than 30 minutes, do you get:

- A severe burn with blistering  
 A severe burn without blistering  
 A mild burn but then tan or darken  
 Tanned easily  
 Tanned slowly

34. How many times last summer did you get a sunburn?

- None     1     2     3     4     5 or more

## Background Information

35. Your sex:

- Male       Female

36. Date of birth:

		/			/		
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Month      Day      Year

37. Racial/Ethnic background: (Fill in the one best choice)

- Caucasian/White       Asian American  
 Black       Other

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38. How much schooling do you have?

- Have not completed high school  
 Completed high school  
 Completed some college  
 Graduated from a 4-year college  
 Completed graduate school

Other

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39. Are you:

- Married       Divorced/widowed/separated       Never been married       Part of an unmarried couple

40. Do you have any children?

- No  
 Yes      If YES, how many children do you have? 

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41. Do you have any other comments?

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**Thank you for your assistance!**