

Incorporating a brief intervention for personalised cancer risk assessment to promote behaviour change into primary care: a multi-methods pilot study - data dictionary for quantitative data from questionnaires.

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
Demographics							
Group	group	N/A	Study group	Cancer risk = participants receiving the intervention Health check = participants receiving standard NHS Health Check Chronic disease = participants receiving standard chronic disease review			
Age	age	How old are you?		30-74	✓		✓
Sex	sex final_sex	Are you... <ul style="list-style-type: none"> • Female • Male • 		female male	✓		✓
Ethnicity	bl_ethnicity bl_ethnicity_q	What is your ethnic group? Choose one option that best describes your ethnic group or background.		1 = White 2 = Mixed/ Multiple ethnic group 3 = Asian/ Asian British 4 = Black/ African/ Caribbean 5 = Other	✓		
	bl_ethnicity_text			Free text other			
FH cancer	bl_fh_cancer bl_fh_cancer_q	Have your parents or any brothers or sisters ever had cancer?		2=No 1=Yes 3=Don't know, prefer not to say	✓		

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/categories)	BL	Imm f/u	3m
FH cardiovascular disease	bl_fh_cvd bl_fh_cvd_q	Have your parents or any brothers or sisters ever had cardiovascular disease?		2=No 1=Yes 3=Don't know, prefer not to say	✓		
Education	bl_education bl_education_q	Please enter your highest education level		1 = No formal education 2 = Primary education 3 = Secondary education 4 = University education	✓		
Deprivation	bl_postcode	Postcode	IMD	Continuous	✓		
Lifestyle							
BMI	bmi final_bmi		Calculated BMI	15-50	✓		✓
Smoking status	smokercategory final_smokercategory smoker_cat final_smoker_cat	Do you currently smoke? • Yes • No, but I used to • No, and I never have	Self-report smoking status	0 = Non smoker 1 = Ex-smoker 2 = Current smoker	✓		✓
Alcohol	alcohol final_alcohol	How many units of alcohol do you drink in a typical week?	Self-report alcohol intake	Free text	✓		✓
Physical activity	physical final_physical	How many hours of physical activity such as brisk walking, cycling, keep fit, aerobics, swimming or jogging, do you do in a typical week?	Self-report physical activity	Free text	✓		✓
Fruit	fruit final_fruit	How many portions of fruit do you eat on a typical day?	Self-report fruit intake	Free text	✓		✓
Veg	veg final_veg	How many portions of vegetables do you eat in a typical day?	Self-report veg intake	Free text	✓		✓
Red meat	redmeat final_redmeat	How many portions of red meat do you eat in a typical week?	Self-report red meat intake	Free text	✓		✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
Processed meat	procmeat final_procmeat	How many portions of processed meat do you eat in a typical week?	Self-report processed meat intake	Free text	✓		✓
Risk estimates							
RRI	rri final_rri	NA	Modelled risk relative to ideal person of same age and sex	0-infinity	✓		✓
RR	rr final_rr	NA	Modelled risk relative to average person of same age and sex	0-infinity	✓		✓
AR	ar final_ar	NA	Modelled absolute risk	0-100%	✓		✓
Secondary Outcomes							
Tripartite risk for cancer	bl_risk_perc_1 immed_fu_risk_perc_1 final_fu_risk_perc_1	How likely do you think is it that you will get one of these five cancers at some point in the next 10 years?	Deliberative (1, 1b, 4 & 7-9) Affective (10-15) Experiential (16-21)	1=Likely 2 3 4 5 6 7=Unlikely	✓	✓	✓
	bl_risk_perc_1b immed_fu_risk_perc_1b final_fu_risk_perc_1b	On a scale from 0 to 100%, how would you rate the probability that you will develop one of these five cancers in the next 10 years?		Free text	✓	✓	✓
	bl_risk_perc_2 immed_fu_risk_perc_2 final_fu_risk_perc_2 bl_risk_perc_2_q immed_fu_risk_perc_2_q final_fu_risk_perc_2_q	How certain are you about your answer to the above question?		1=Not at all certain 2 3 4 5 6 7=Extremely certain	✓	✓	✓
	bl_risk_perc_3 immed_fu_risk_perc_3	How confident are you that the estimate you have given is accurate, that is, that it		1=Not at all confident 2	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	final_fu_risk_perc_3 bl_risk_perc_3_q immed_fu_risk_perc_3_q final_fu_risk_perc_3_q	reflects your actual risk?		3 4 5 6 7=Extremely confident			
	bl_risk_perc_4 immed_fu_risk_perc_4 final_fu_risk_perc_4	How do you think your chance of developing one of these five cancers in the next 10 years compares to the average person of your sex and age?		1=Much lower 2 3 4 5 6 7=Much higher	✓	✓	✓
	bl_risk_perc_5 immed_fu_risk_perc_5 final_fu_risk_perc_5 bl_risk_perc_5_q immed_fu_risk_perc_5_q final_fu_risk_perc_5_q	Again, how certain are you about your answer to the above question?		1=Not at all certain 2 3 4 5 6 7=Extremely certain	✓	✓	✓
	bl_risk_perc_6 immed_fu_risk_perc_6 final_fu_risk_perc_6 bl_risk_perc_6_q immed_fu_risk_perc_6_q final_fu_risk_perc_6_q	How confident are you that the estimate you have given is accurate, that is, that it reflects your actual risk?		1=Not at all confident 2 3 4 5 6 7=Extremely confident	✓	✓	✓
	bl_risk_perc_7 immed_fu_risk_perc_7 final_fu_risk_perc_7	The way I look after my health means that my odds of getting one of these five cancers in the future are:		1=Very low 2 3 4 5 6 7=Very high	✓	✓	✓
	bl_risk_perc_8	When I think carefully about my lifestyle,		1=Strongly agree	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_risk_perc_8 final_fu_risk_perc_8 bl_risk_perc_8_q immed_fu_risk_perc_8_q final_fu_risk_perc_8_q	it does seem possible that I could get one of these five cancers.		2 3 4 5 6 7=Strongly disagree			
	bl_risk_perc_9 immed_fu_risk_perc_9 final_fu_risk_perc_9 bl_risk_perc_9_q immed_fu_risk_perc_9_q final_fu_risk_perc_9_q	If I look at myself as if I was a doctor, I realise that my behaviour puts me at risk of getting one of these five cancers.		1=Strongly agree 2 3 4 5 6 7=Strongly disagree	✓	✓	✓
	bl_risk_perc_10 immed_fu_risk_perc_10 final_fu_risk_perc_10 bl_risk_perc_10_q immed_fu_risk_perc_10_q final_fu_risk_perc_10_q	How worried are you about developing cancer in the future?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_11 immed_fu_risk_perc_11 final_fu_risk_perc_11 bl_risk_perc_11_q immed_fu_risk_perc_11_q final_fu_risk_perc_11_q	How fearful are you about developing cancer in the future?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_12 immed_fu_risk_perc_12 final_fu_risk_perc_12 bl_risk_perc_12_q immed_fu_risk_perc_12_q final_fu_risk_perc_12_q	How nervous are you about developing cancer in your lifetime?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	bl_risk_perc_13 immed_fu_risk_perc_13 final_fu_risk_perc_13 bl_risk_perc_13_q immed_fu_risk_perc_13_q final_fu_risk_perc_13_q	When you think about cancer for a moment, to what extent do you feel fearful?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_14 immed_fu_risk_perc_14 final_fu_risk_perc_14 bl_risk_perc_14_q immed_fu_risk_perc_14_q final_fu_risk_perc_14_q	When you think about cancer for a moment, to what extent do you feel worried?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_15 immed_fu_risk_perc_15 final_fu_risk_perc_15 bl_risk_perc_15_q immed_fu_risk_perc_15_q final_fu_risk_perc_15_q	When you think about cancer for a moment, to what extent do you feel anxious?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_16 immed_fu_risk_perc_16 final_fu_risk_perc_16 bl_risk_perc_16_q immed_fu_risk_perc_16_q final_fu_risk_perc_16_q	How concerned are you about developing cancer in your lifetime?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_17 immed_fu_risk_perc_17 final_fu_risk_perc_17 bl_risk_perc_17_q immed_fu_risk_perc_17_q final_fu_risk_perc_17_q	How easy is it for you to imagine yourself developing cancer in the future?		1=Not at all 2 3 4 5 6	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
				7=Extremely			
	bl_risk_perc_18 immed_fu_risk_perc_18 final_fu_risk_perc_18 bl_risk_perc_18_q immed_fu_risk_perc_18_q final_fu_risk_perc_18_q	I feel very vulnerable to disease.		1=Strongly agree 2 3 4 5 6 7=Strongly disagree	✓	✓	✓
	bl_risk_perc_19 immed_fu_risk_perc_19 final_fu_risk_perc_19 bl_risk_perc_19_q immed_fu_risk_perc_19_q final_fu_risk_perc_19_q	I am confident that I will not get cancer.		1=Strongly agree 2 3 4 5 6 7=Strongly disagree	✓	✓	✓
	bl_risk_perc_20 immed_fu_risk_perc_20 final_fu_risk_perc_20 bl_risk_perc_20_q immed_fu_risk_perc_20_q final_fu_risk_perc_20_q	I would be lying if I said "There is no chance of me getting cancer."		1=Strongly agree 2 3 4 5 6 7=Strongly disagree	✓	✓	✓
	bl_risk_perc_21 immed_fu_risk_perc_21 final_fu_risk_perc_21 bl_risk_perc_21_q immed_fu_risk_perc_21_q final_fu_risk_perc_21_q	My first reaction when I hear of someone getting cancer is "that is could be me someday".		1=Strongly agree 2 3 4 5 6 7=Strongly disagree	✓	✓	✓
Absolute risk accuracy	bl_acc_ab_percent immed_acc_ab_percent final_acc_ab_percent	NA	Accuracy of perceived absolute risk percentage estimate	1= Underestimate 2= Accurate 3= Overestimate	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/categories)	BL	Imm f/u	3m
			Perceived within +/-5% of AR				
Comparative risk accuracy	bl_acc_comp immed_fu_acc_comp final_fu_acc_comp	NA	Accuracy of perceived comparative risk percentage estimate Agreement of 7 point scale with RR	1= Underestimate 2= Accurate 3= Overestimate	✓	✓	✓
Absolute risk conviction	bl_risk_convic_ab immed_fu_risk_convic_ab final_fu_risk_convic_ab	NA	Conviction of perceived absolute risk Mean of two 1-7 scores of certainty and confidence questions (bl_risk_perc_2 & bl_risk_perc_3, and the same for immediate and 3m follow up)	1-7	✓	✓	✓
Comparative risk conviction	bl_risk_convic_comp immed_fu_risk_convic_comp final_fu_risk_convic_comp	NA	Conviction of perceived comparative risk Mean of two 1-7 scores of certainty and confidence questions (bl_risk_perc_5 & bl_risk_perc_6, and the same for immediate and 3m follow up)	1-7	✓	✓	✓
Cardiovascular risk perception	bl_cvd_risk_perc_1 immed_fu_cvd_risk_perc_1 final_fu_cvd_risk_perc_1	On a scale from 0 to 100%, how would you rate the probability that you will develop cardiovascular disease in the next 10 years?		Free text	✓	✓	✓
	bl_cvd_risk_perc_2 bl_cvd_risk_perc_2_q	How certain are you about your answer to the above question?		1=Not at all certain 2	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_cvd_risk_perc_2 immed_fu_cvd_risk_perc_2_q final_fu_cvd_risk_perc_2 final_fu_cvd_risk_perc_2_q			3 4 5 6 7=Extremely certain			
	bl_cvd_risk_perc_3 bl_cvd_risk_perc_3_q immed_fu_cvd_risk_perc_3 immed_fu_cvd_risk_perc_3_q final_fu_cvd_risk_perc_3 final_fu_cvd_risk_perc_3_q	How confident are you that the estimate you have given is accurate, that is, that it reflects your actual risk?		1=Not at all confident 2 3 4 5 6 7=Extremely confident	✓	✓	✓
Offer and take up of statins and blood pressure medication	immed_fu_discuss_statins immed_fu_discuss_statins_q	Did the healthcare professional discuss you starting taking statins (cholesterol lowering medication) at your consultation?		1=Yes 2=No 3=I don't know		✓	
	immed_fu_start_statin immed_fu_start_statin_q	Are you planning to start taking this medication?		1=Yes 2=No 3=Not sure 4=Not applicable		✓	
	immed_fu_statin_free	Please explain in a few words why you made that decision... (response to the previous question)		Free text		✓	
	immed_fu_discuss_bp immed_fu_discuss_bp_q	Did the healthcare professional discuss you starting taking blood pressure lowering medication at your consultation?		1=Yes 2=No 3=I don't know		✓	
	immed_fu_start_bp immed_fu_start_bp_q	Are you planning to start taking this medication?		1=Yes 2=No 3=Not sure 4=Not applicable		✓	
	immed_fu_bp_free	Please explain in a few words why you made that decision... (response to		Free text		✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
		previous question)					
	final_fu_discuss_statin final_fu_discuss_statin_q	Have you had a discussion with a healthcare professional about starting statins (cholesterol lowering medication), either in your NHS Health Check or since then?		1=Yes 2=No			✓
	final_fu_start_statin final_fu_start_statin_q	Did you start taking them?		1=Yes 2=No 3=Not applicable			✓
	final_fu_statin_free	Please explain in a few words why you made that decision....		Free text			✓
	final_fu_continue_statin final_fu_continue_statin_q	Are you still taking them?		1=Yes 2=No 3=Not applicable			✓
	final_fu_stop_statin_free	If no, please explain briefly why you stopped taking them....		Free text			✓
	final_fu_discuss_bp final_fu_discuss_bp_q	Have you had a discussion with a healthcare professional about starting blood pressure medication, either in your NHS Health Check or since then?		1=Yes 2=No			✓
	final_fu_start_bp final_fu_start_bp_q	Did you start taking them?		1=Yes 2=No 3=Not applicable			✓
	final_fu_bp_free	Please explain in a few words why you made that decision....		Free text			✓
	final_fu_continue_bp final_fu_continue_bp_q	Are you still taking them?		1=Yes 2=No 3=Not applicable			✓
	final_fu_stop_bp_free	If no, please explain briefly why you stopped taking them....		Free text			✓
Awareness of cancer risk factors		Below are some of the things that can increase a person's chance of developing cancer. How much do you agree that each of these can increase a person's chance of		1=Strongly disagree 2=Disagree 3=Not sure 4=Agree	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
		developing cancer?		5=Strongly agree			
	final_fu_cam_1 immed_fu_cam_1 bl_cam_1 final_fu_cam_1_q immed_fu_cam_1_q bl_cam_1_q	Smoking any cigarettes at all			✓	✓	✓
	final_fu_cam_2 immed_fu_cam_2 bl_cam_2 final_fu_cam_2_q immed_fu_cam_2_q bl_cam_2_q	Exposure to another person's cigarette smoke			✓	✓	✓
	final_fu_cam_3 immed_fu_cam_3 bl_cam_3 final_fu_cam_3_q immed_fu_cam_3_q bl_cam_3_q	Drinking more than 1 unit of alcohol a day			✓	✓	✓
	final_fu_cam_4 immed_fu_cam_4 bl_cam_4 final_fu_cam_4_q immed_fu_cam_4_q bl_cam_4_q	Eating less than 5 portions of fruit and vegetables a day			✓	✓	✓
	final_fu_cam_5 immed_fu_cam_5 bl_cam_5 final_fu_cam_5_q immed_fu_cam_5_q bl_cam_5_q	Eating red or processed meat once a day or more			✓	✓	✓
	final_fu_cam_6 immed_fu_cam_6 bl_cam_6	Being overweight (BMI over 25)			✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	final_fu_cam_6_q immed_fu_cam_6_q bl_cam_6_q						
	final_fu_cam_7 immed_fu_cam_7 bl_cam_7 final_fu_cam_7_q immed_fu_cam_7_q bl_cam_7_q	Getting sunburnt more than once as a child			✓	✓	✓
	final_fu_cam_8 immed_fu_cam_8 bl_cam_8 final_fu_cam_8_q immed_fu_cam_8_q bl_cam_8_q	Being over 70 years old			✓	✓	✓
	final_fu_cam_9 immed_fu_cam_9 bl_cam_9 final_fu_cam_9_q immed_fu_cam_9_q bl_cam_9_q	Having a close relative with cancer			✓	✓	✓
	final_fu_cam_10 immed_fu_cam_10 bl_cam_10 final_fu_cam_10_q immed_fu_cam_10_q bl_cam_10_q	Infection with HPV (Human Papillomavirus)			✓	✓	✓
	final_fu_cam_11 immed_fu_cam_11 bl_cam_11 final_fu_cam_11_q immed_fu_cam_11_q bl_cam_11_q	Doing less than 30 mins of moderate physical activity 5 times a week			✓	✓	✓
	final_fu_cam_total		Sum of scores for each		✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_cam_total bl_cam_total		question (/55)				
Self-efficacy		6 questions (3 physical activity and 3 fruit and veg) 5 point scale		1=Strongly agree 2=Agree 3=Neither agree nor disagree 4=Disagree 5=Strongly disagree			
	immed_fu_se_1 immed_fu_se_1_q	I would like to be physically active but I don't know if I can.				✓	
	immed_fu_se_2 immed_fu_se_2_q	I feel confident in my ability to be active at a moderate intensity for at least 30 minutes per day on at least 5 days a week.				✓	
	immed_fu_se_3 immed_fu_se_3_q	I am confident that I could be physically active if I wanted to.				✓	
	immed_fu_se_4 immed_fu_se_4_q	I would like to eat more fruit and vegetables but I don't know if I can.				✓	
	immed_fu_se_5 immed_fu_se_5_q	I feel confident in my ability to consume 5 servings of fruit and vegetables each day.				✓	
	immed_fu_se_6 immed_fu_se_6_q	I am confident that I could eat more fruit and vegetables if I wanted to.				✓	
Response-efficacy		Please read each of the statements below and tick the most appropriate box to indicate how much you agree or disagree with each statement.	6 questions (3 physical activity and 3 healthy diet) 5 point scale	1=Strongly agree 2=Agree 3=Neither agree nor disagree 4=Disagree 5=Strongly disagree			
	immed_fu_re_1 immed_fu_re_1_q	If I were to be active at a moderate intensity for at least 30 minutes per day on at least 5 days a week, I would reduce my risk of developing cancer.				✓	
	immed_fu_re_2 immed_fu_re_2_q	Being physically active is effective in preventing cancer.				✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_re_3 immed_fu_re_3_q	If I am physically active, I am less likely to develop cancer.				✓	
	immed_fu_re_4 immed_fu_re_4_q	If I were to consume 5 servings of fruit and vegetables each day, I would reduce my risk of developing cancer.				✓	
	immed_fu_re_5 immed_fu_re_5_q	Eating a healthy diet is effective in preventing cancer.				✓	
	immed_fu_re_6 immed_fu_re_6_q	If I eat a healthy diet, I am less likely to develop cancer.				✓	
Maladaptive coping		For each of the following statements, select the option that best applies to you:		1=Strongly agree 2=Agree 3=Neither agree nor disagree 4=Disagree 5=Strongly disagree			
	bl_mal_beh_1 immed_fu_mal_beh_1 final_fu_mal_beh_1 bl_mal_beh_1_q immed_fu_mal_beh_1_q final_fu_mal_beh_1_q	I try not to think about the possibility of developing cancer. <i>[Avoidance]</i>			✓	✓	✓
	bl_mal_beh_2 immed_fu_mal_beh_2 final_fu_mal_beh_2 bl_mal_beh_2_q immed_fu_mal_beh_2_q final_fu_mal_beh_2_q	If you are destined to develop cancer you will, there is really very little you can do about it. <i>[Fatalism]</i>			✓	✓	✓
	bl_mal_beh_3 immed_fu_mal_beh_3 final_fu_mal_beh_3 bl_mal_beh_3_q immed_fu_mal_beh_3_q final_fu_mal_beh_3_q	Given what I know about cancer, I sometimes feel it is almost useless to try to stay healthy. <i>[Hopelessness]</i>					
Intention to change behaviour		We are interested in your views about making changes to your lifestyle in the future. Please read each of the statements below and select the most appropriate box to indicate your view.		1 = Strongly agree 2 = Agree 3 = Slightly agree 4 = Neither agree nor disagree			

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_intention_1 immed_fu_intention_1_q	I am determined to do everything I can to avoid getting cancer in the future.	General intention for cancer	5 = Slightly disagree 6 = Disagree 7 = Strongly disagree		✓	
	immed_fu_intention_2 immed_fu_intention_2_q	I am committed to engaging in behaviours that protect me against getting cancer in the future.				✓	
	immed_fu_intention_3 immed_fu_intention_3_q	I fully intend to have a lifestyle that will prevent me from getting cancer in the future.				✓	
	immed_fu_intention_4 immed_fu_intention_4_q	I will try to do all I can to avoid getting cancer in the future.				✓	
	immed_fu_cvd_intention_1 immed_fu_cvd_intention_1_q	I am determined to do everything I can to avoid getting cardiovascular disease in the future.	General intention for cardiovascular disease	1 = Strongly agree 2 = Agree 3 = Slightly agree 4 = Neither agree nor disagree 5 = Slightly disagree 6 = Disagree 7 = Strongly disagree		✓	
	immed_fu_cvd_intention_2 immed_fu_cvd_intention_2_q	I am committed to engaging in behaviours that protect me against getting cardiovascular disease in the future.			✓		
	immed_fu_cvd_intention_3 immed_fu_cvd_intention_3_q	I fully intend to have a lifestyle that will prevent me from getting cardiovascular disease in the future.			✓		
	immed_fu_cvd_intention_4 immed_fu_cvd_intention_4_q	I will try to do all I can to avoid getting cardiovascular disease in the future.			✓		
	immed_fu_intention_5 immed_fu_intention_5_q	I intend to be more physically active in the next 3 months	PA	1 = Strongly agree 2 = Agree 3 = Neither agree nor disagree 4 = Disagree 5 = Strongly disagree 6 = Not applicable		✓	
	immed_fu_intention_6 immed_fu_intention_6_q	I intend to eat a more fruit and vegetables in the next 3 months	Fruit and veg		✓		
	immed_fu_intention_7 immed_fu_intention_7_q	I intend to drink less alcohol in the next 3 months	Alcohol		✓		
	immed_fu_intention_8 immed_fu_intention_8_q	I intend to eat less red meat in the next 3 months	Red meat		✓		
	immed_fu_intention_9 immed_fu_intention_9_q	I intend to eat less processed meat in the next 3 months	Processed meat		✓		

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_intention_10 immed_fu_intention_10_q	I intend to cut down or quit in the next 3 months smoking	Smoking			✓	
	immed_fu_intention_11 immed_fu_intention_11_q	I intend to try and lose weight in the next 3 months	Weight			✓	
Worry (Lerman cancer worry scale)		For each of the following statements, select the option that best applies to you:		1=Not at all 2=Rarely 3=Sometimes 4=Often 5=A lot			
	bl_cws_1 bl_cws_1_q final_fu_cws_1 final_fu_cws_1_q	During the past month, how often have you thought about your own chances of getting cancer?			✓		✓
	bl_cws_2 bl_cws_2_q final_fu_cws_2 final_fu_cws_2_q	During the past month, how often have thoughts about your chances of getting cancer affected your mood?			✓		✓
	bl_cws_3 bl_cws_3_q final_fu_cws_3 final_fu_cws_3_q	During the past month, how often have thoughts about your chances of getting cancer affected your ability to perform your daily activities?			✓		✓
	cancer_worry final_fu_cancer_worry	NA	Sum of 3 items	3-15	✓		✓
Anxiety (short-item SSAI)		A number of statements which people have used to describe themselves are given below. Please read each statement and then circle the most appropriate number to the right of the statement to indicate how you feel right now, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.	6 item anxiety scale (not cancer specific)	1=Not at all 2=Somewhat 3=Moderately 4=Very much			

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	bl_ssai_1 immed_fussai_1 final_fussai_1 bl_ssai_1_q immed_fussai_1_q final_fussai_1_q	I feel calm			✓	✓	✓
	bl_ssai_2 immed_fussai_2 final_fussai_2 bl_ssai_2_q immed_fussai_2_q final_fussai_2_q	I feel tense			✓	✓	✓
	bl_ssai_3 imed_fussai_3 final_fussai_3 bl_ssai_3_q imed_fussai_3_q final_fussai_3_q	I feel upset			✓	✓	✓
	bl_ssai_4 immed_fussai_4 final_fussai_4 bl_ssai_4_q immed_fussai_4_q final_fussai_4_q	I feel relaxed			✓	✓	✓
	bl_ssai_5 immed_fussai_5 final_fussai_5 bl_ssai_5_q immed_fussai_5_q final_fussai_5_q	I feel content			✓	✓	✓
	bl_ssai_6 immed_fussai_6 final_fussai_6 bl_ssai_6_q	I feel worried			✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fussai_6_q final_fussai_6_q						
	bl_ssai immed_fu_ssai final_fu_ssai	NA	Sum of 6 items (incorporating reverse scoring)	6-24	✓	✓	✓
Potential mediators and moderators							
Numeracy (As used by Schwartz et al, 1997)	bl_numeracy_1	Imagine we flip a fair coin 1000 times. What is your best guess at how many times the coin would come up heads in 1000 flips?	Free text answers to each question		✓		
	bl_numeracy_2	In the UK National Lottery®, the chance of winning a £10 prize is 1%. What is your best guess at how many people would win a £10 prize if 1000 people each bought a single ticket to UK NATIONAL LOTTERY®?			✓		
	bl_numeracy_3	In the EuroMillions® Lottery, the chance of winning a car is 1 in 1000. What percent of the EuroMillions® tickets win a car?			✓		
	num1score num2score num3score	NA	Binary variables for each question	1=Correct 0=Incorrect	✓		
	numscoretotal	NA	Sum num1score + num2score + num3score	0-3	✓		
	numscore_binary	NA	Binary numeracy variable	1=<2 (low numeracy) 2=>=2 (high numeracy)	✓		
Time orientation		For each of the following statements, select the option that best applies to you:	First 4 items future orientated and last 5 items present	1=Very unlike me 2 3			

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
			orientated.	4			
	bl_time_orientation_1	Thinking about the future is pleasant to me.		5=Very like me	✓		
	bl_time_orientation_2	When I want to achieve something I set goals and consider specific means of reaching those goals.			✓		
	bl_time_orientation_3	Meeting tomorrow's deadlines and doing other necessary work comes before tonight's play.			✓		
	bl_time_orientation_4	It seems to me that my future plans are pretty well laid out.			✓		
	bl_time_orientation_5	I think that it seems useless to plan too far ahead because things hardly ever come out the way you planned anyway.			✓		
	bl_time_orientation_6	If I don't get done on time, I don't worry about it.			✓		
	bl_time_orientation_7	I try to live one day at a time.			✓		
	bl_time_orientation_8	I feel that it's more important to enjoy what you are doing than to get the work done on time.			✓		
	bl_time_orientation_9	I don't do things that are good for me if they don't feel good now.			✓		
Self-rated general health	bl_gen_health bl_gen_health_q	How would you rate your general health?		1=Very good 2=Quite good 3=Neither good nor poor 4=Quite poor	✓		

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
				5=Poor			
Previous information on risk of developing cancer	bl_prior_cancer_risk bl_prior_cancer_risk_q	Have you ever received information on your risk of developing cancer?		Yes=1 No=2	✓		
	bl_prior_cancer_risk_free		Free text response to above question	Free text	✓		
Previous information on risk of developing cardiovascular disease	bl_prior_cvd_risk bl_prior_cvd_risk_q	Have you ever received information on your risk of developing cardiovascular disease?		Yes=1 No=2	✓		
	bl_prior_cvd_risk_free		Free text response to above question	Free text	✓		
Cognitive evaluation of provision of cancer risk scores							
Lifestyle information		Thinking about the risk information and lifestyle advice you received, select the option that best applies to you:					
	views_life_info_1	The lifestyle advice was understandable and helped me to decide about decreasing my risk of cancer.	Understandable	Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree		✓	
	views_life_info_2	The lifestyle advice was trustworthy and helped me to decide about decreasing my risk of cancer.	Trustworthy			✓	
	views_life_info_3	The lifestyle advice was useful and helped me to decide about decreasing my risk of cancer.	Useful			✓	
	views_life_info_4	The lifestyle advice was motivating and helped me to decide about decreasing my risk of cancer.	Motivating			✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	views_life_info_5	The lifestyle advice was important and helped me to decide about decreasing my risk of cancer.	Important			✓	
	views_life_info_6	The lifestyle advice was well presented and helped me to decide about decreasing my risk of cancer.	Well presented			✓	
Risk information	risk_info_1	The risk information was understandable and helped me to decide about decreasing my risk of cancer.	Understandable	Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree		✓	
	risk_info_2	The risk information was trustworthy and helped me to decide about decreasing my risk of cancer.	Trustworthy			✓	
	risk_info_3	The risk information was useful and helped me to decide about decreasing my risk of cancer.	Useful			✓	
	risk_info_4	The risk information was motivating and helped me to decide about decreasing my risk of cancer.	Motivating			✓	
	risk_info_5	The risk information was important and helped me to decide about decreasing my risk of cancer.	Important			✓	
	risk_info_6	The risk information was well presented and helped me decide about decreasing my risk of cancer.	Well presented			✓	