Appendix G: Adolescent Behaviours, Attitudes and Knowledge Questionnaire (ABAKQ)

Instructions:

Is this today’s date? ______/______/_____

What is the name of your school? ______________________

1. What year are you in? Year
   9
   10
   11
   12
   13

2. Which ethnic group do you most associate with?
   European Australian
   Indian
   Chinese
   Indigenous Australian
   Other

3. Were you born in Australia? Yes
   No

4. I am Male
   Female

5. What is your date of birth? Day
   Month
   Year

6. Do you live with your parents/step-parents during the school week? Yes with two parents
   Yes with one parent
   Don’t live with my parents

7. Do you live with other ADULT relatives during the school week? (e.g. grandparents, uncle, aunt, cousin)
   Yes
   No

12. How many people usually live at your home including yourself during the school week? 1-15 _____

13. On school days, where do you usually get your breakfast from? Home
    School canteen or tuck shop
    Shop (outside school)
    From friends
    I don’t eat breakfast

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Adolescent Behaviours Attitudes and Knowledge Questionnaire (ABAKQ) [2008]
14. In the last 5 school days, on how many days did you have something to eat for breakfast before school started?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

15. Where do you usually get your morning tea for recess from?

- Home
- School canteen or tuckshop
- Shop (outside school)
- From friends
- I don’t eat morning tea

16. In the last 5 school days, on how many days did you eat at morning recess/interval?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

17. Where do you usually get your lunch from?

- Home
- School canteen or tuckshop
- Shop (outside school)
- From friends
- I don’t eat lunch

18. In the last 5 school days, on how many days did you eat lunch at lunchtime?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

19. How many serves of fruit do you usually eat each day? (a serve = 1 apple, 1 banana, 1 mandarin or 1 cup of diced fruit)

- 1 serve or less
- 2 to 3 serves
- 4 serves or more

20. How many serves of vegetables do you usually eat each day? (1 serve = ½ cup cooked vegetables or 1 cup of raw vegetables/salad)

- 1 serve or less
- 2 to 3 serves
- 4 serves or more
21. In the last 5 school days (including time spent at home), on how many days did you have regular (non diet) soft drinks? (Soft drinks = drinks like Coke, Sprite, Fanta)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

22. On the last school day, how many glasses or cans of non-diet soft drinks did you have?

- 0-More than 2 litres

23. In the last 5 school days, on how many days did you have fruit drinks or cordial? (Such as Ribena and Cottees)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

24. On the last school day, how many glasses of fruit drinks or cordial did you have?

- 0-9 glasses _____

25. How often do you usually eat food from a takeaway? (e.g. McDonalds, KFC, Subway, fried chicken, fish and chips, hamburgers, Chinese takeaway)

- Once a month or less
- 2-3 times a month
- Once a week
- 2-3 times a week
- Most days

26. In the last 5 school days, on how many days did you buy snack food from a shop or takeaway after school?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

27. How often do you usually eat fruit after school?

- Everyday or almost everyday
- Most days
- Some days
- Hardly ever or never

28. How often do you usually eat bread, toast, buns or sandwiches after school?

- Everyday or almost everyday
- Most days
- Some days
- Hardly ever or never
29. How often do you usually eat biscuits, potato chips or snacks such as instant noodles after school?  
   Everyday or almost everyday  
   Most days  
   Some days  
   Hardly ever or never

30. How often do you usually eat pies, takeaways or fried foods such as French fries after school?  
   Everyday or almost everyday  
   Most days  
   Some days  
   Hardly ever or never

31. How often do you usually eat chocolates, lollies, sweets or ice cream after school?  
   Everyday or almost everyday  
   Most days  
   Some days  
   Hardly ever or never

32. In the last 5 school days, how many times did you walk or bike to or from school?  
   (walking from home to school and back on 1 day is 2 times: walking to school and taking the bus home is 1 time)  
   0-more than 10 times

33. How long does it take you to walk from home to your school?  
   Less than 15 minutes  
   15-30 minutes  
   More than 30 minutes

34. Over the last 5 school days, what did you do most of the time at morning recess/interval (apart from eating)?  
   Mostly just sat down  
   Mostly stood or walked around  
   Mostly played active games

35. In the last 5 school days, what did you do most of the time at lunchtime (apart from eating)?  
   Mostly just sat down  
   Mostly stood or walked around  
   Mostly played active games

36. In the last 5 school days, on how many days after school did you do sports, dance, cultural performances or play games in which you were active?  
   0 days  
   1 day  
   2 days  
   3 days  
   4 days  
   5 days
37. In the last 5 school days, how many days did you watch TV, videos or DVDs in your free time?  
   0 days  
   1 day  
   2 days  
   3 days  
   4 days  
   5 days  

38. On the last school day that you watched TV, videos or DVDs, how long did you watch for?  
   Less than 1 hour – More than 4 hours  

39. Last Saturday, how many hours did you spend watching TV, videos or DVDs?  
   0-more than 10 hours  

40. Last Sunday, how many hours did you spend watching TV, videos or DVDs?  
   0-more than 10 hours  

41. During the school week, do your parents (or caregivers) limit the amount of TV you are allowed to watch? (including videos and DVDs)  
   No limits, I can watch anything  
   Yes, but not very strict limits  
   Yes, strict limits  

42. In the last 5 school days, how many times did you watch TV while eating your evening meal?  
   0 days  
   1 day  
   2 days  
   3 days  
   4 days  
   5 days  

43. Do you have a TV in your home?  
   Yes  
   No  

44. Do you have a TV in your bedroom?  
   Yes  
   No  

45. In the last 5 school days, how many days did you play video games, electronic games or use the computer (not for homework)?  
   0 days  
   1 day  
   2 days  
   3 days  
   4 days  
   5 days
46. On the last school day that you spent time playing video games or using the computer (not for homework), how long did you play for?
   - Have not played for ages
   - Less than 1 hour
   - 1 hour
   - 2 hours
   - 3 hours
   - 4 hours
   - More than 4 hours

47. Last Saturday, how many hours did you spend playing video games or using the computer (not for homework)?
   - 0 – More than 5 hours

48. Last Sunday, how many hours did you spend playing video games or using the computer (not for homework)?
   - 0 – More than 5 hours

49. Do you have video games, electronic games or a computer in your home?
   - Yes
   - No

50. How would you describe your weight?
   - Very underweight
   - Slightly underweight
   - About the right weight
   - Slightly overweight
   - Very overweight

51. How happy or unhappy are you with your BODY WEIGHT?
   - Very happy
   - Happy
   - In between / OK
   - Unhappy
   - Very unhappy
   - Never thought about my body weight

52. How happy or unhappy are you with your BODY SHAPE?
   - Very happy
   - Happy
   - In between / OK
   - Unhappy
   - Very unhappy
   - Never thought about my shape

53. Which of these statements most closely applies to you?
   - I am…
   - Trying to lose weight
   - Trying to gain weight
   - Trying to stay at my current weight
   - Not doing anything about my weight
54. Which of the following statements most closely applies to you?
I am…

   Trying to gain muscle size
   Trying to stay at the same muscle size
   Not doing anything about my muscles

55. How much does your mother (or female caregiver) encourage you to eat healthy foods?
   A lot
   Some
   A little
   Not at all
   Don’t live with my mother

56. How much does your father (or male caregiver) encourage you to eat healthy foods?
   A lot
   Some
   A little
   Not at all
   Don’t live with my father

57. How often do you have food from a takeaway shop for dinner?
   More than once a week
   About once a week
   2-3 times a month
   Once a month or less

58. How often is fruit available at home for you to eat?
   Everyday or almost everyday
   Most days
   Some days
   Hardly ever or never

59. How often are potato chips or similar snacks available at home for you to eat?
   Everyday or almost everyday
   Most days
   Some days
   Hardly ever or never

60. How often are chocolates or sweets available at home for you to eat?
   Everyday or almost everyday
   Most days
   Some days
   Hardly ever or never

61. How often are non-diet soft drinks available at home for you to drink? (soft drinks = drinks like Coke, Sprite, Fanta)
   Everyday or almost everyday
   Most days
   Some days
   Hardly ever or never
62. In the last 5 school days, how much money did you spend in total on food or drinks for yourself at takeaway shops or milkbars (not at the school canteens)?
   0 – 20 Dollars

63. How much does your mother (or female caregiver) encourage you to be physically active or play sports?
   A lot
   Some
   A little
   Not at all
   Don’t live with my mother

64. How much does your father (or male caregiver) encourage you to be physically active or play sports?
   A lot
   Some
   A little
   Not at all
   Don’t live with my father

65. How much do your older brothers or male cousins encourage you to be physically active or play sports?
   A lot
   Some
   A little
   Not at all
   Don’t have older Brother/cousin

66. How much does your older sister or female cousins encourage you to be physically active or play sports?
   A lot
   Some
   A little
   Not at all
   Don’t have older sister/cousin

67. How much do your best friends encourage you to be physically active or play sports?
   A lot
   Some
   A little
   Not at all

68. In the last 5 school days, how many times did all or most of your family living in your house eat an evening meal together?
   0 days
   1 day
   2 days
   3 days
   4 days
   5 days
69. How much does your school encourage ALL students play organised sport?
- A lot
- Some
- A little
- Not at all

70. How much does your school encourage ALL students to be physically active at lunchtime?
- A lot
- Some
- A little
- Not at all

71. How do you rate the teachers at your school as role models for being physically active?
- Excellent
- Good
- OK
- Not very good
- Poor

72. How do you rate the teachers at your school as role models for healthy eating?
- Excellent
- Good
- OK
- Not very good
- Poor

73. How do you rate the food and drink choices available at your school canteen?
- Mostly healthy
- Half healthy/half unhealthy
- Mostly unhealthy

74. How much does your school encourage students to make healthy food choices?
- A lot
- Some
- A little
- Not at all

75. How safe do you feel being out alone in your neighbourhood at night?
- Very safe
- Safe
- Unsafe
- Very unsafe

76. How safe do your parents (or caregivers) think it is for you to be out alone in your neighbourhood at night?
- Very safe
- Safe
- Unsafe
- Very unsafe
- Don’t know
77. How much do dogs bother you when you are walking in your neighbourhood?
   A lot
   Somewhat
   A little
   Not at all

78. How much does traffic bother you when you are walking in your neighbourhood?
   A lot
   Somewhat
   A little
   Not at all

79. How much do other people bother you when you are walking in your neighbourhood?
   A lot
   Somewhat
   A little
   Not at all

How strongly do you agree or disagree with the following statements

80. Skipping breakfast or lunch is a good way to lose weight
   Strongly agree
   Agree
   Neither agree nor disagree
   Disagree
   Strongly disagree

81. Fruit drinks and cordials have less sugar than non-diet soft drinks like Coke and Sprite
   Strongly agree
   Agree
   Neither agree nor disagree
   Disagree
   Strongly disagree
82. Watching a lot of TV does not lead to weight gain
   Strongly agree
   Agree
   Neither agree nor disagree
   Disagree
   Strongly disagree

83. Eating a lot of fruit and vegetables is bad for your weight
   Strongly agree
   Agree
   Neither agree nor disagree
   Disagree
   Strongly disagree

This completes the questionnaire!!

Thank you for your participation!!…well done!