#10

DAUGHTER STUDY ID

DAUGHTER'S AGE

TODAY'S DATE

The LEGACY Girls Study

Baseline Daughter Questionnaire

For girls aged 10-11 years

Behavioral Questions

Self-administered

- A. Your thoughts and behaviors
- **B.** Your feelings
- C. Your health behaviors
- D. Your thoughts and opinions about breast cancer
- E. Your family
- F. People you know

This survey is going to cover several topics. The first set of questions may seem a little different than what you expected. They are questions often used in research to understand how people feel, act, and think. Then there are questions about your health behaviors—like your exercise. Then we ask about your opinions and experiences with breast cancer and your family relationships. You may skip any question you would rather not answer.

SECTION A. YOUR THOUGHTS & BEHAVIORS

Directions: This set of questions contains sentences that tell how some girls think or feel or act. Read each sentence carefully. For the first group of sentences, you will have two answer choices: **True** or **False**.

Select **True** if you agree with the sentence. Select **False** if you do not agree with the sentence.

Give the best answer for you for each sentence, even if it is hard to make up your mind. There are no right or wrong answers. Please do your best, tell the truth, and try to answer every sentence.

		TRUE	FALSE
A1.	Things go wrong for me even when I try hard.		
A2.	Nothing ever goes right for me.		
A3.	My parents are always telling me what to do.		
A4.	I worry about little things.		
A5.	Sometimes, when I am alone, I hear my name.		
A6.	I used to be happier.		
A7.	Nothing goes my way.		
A8.	I have too many problems.		
A9.	I never seem to get anything right.		
A10.	My friends have more fun than I do.		
A11.	I am not very good at anything.		
A12.	Nobody ever listens to me.		
A13.	My parents blame too many of their problems on me.		
A14.	Nothing is fun anymore.		
A15.	I can't seem to control what happens to me.		

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		TRUE	FALSE
A16.	I often worry about something bad happening to me.		
A17.	Sometimes I want to hurt myself.		
A18.	I don't seem to do anything right.		
A19.	Nothing about me is right.		
A20.	l just don't care anymore.		

For this group of sentences, you will have four answer choices: Never, Sometimes, Often, and Almost Always.

		Never	Some- times	Often	Almost
A21.	When I take tests, I can't think.				Always
A22.	People say bad things to me.				
A23.	I am bothered by thoughts about death.				
A24.	I see things that others cannot see.				
A25.	It is hard for me to keep my mind on schoolwork.				
A26.	My parents expect too much from me.				
A27.	I feel depressed.				
A28.	I am blamed for things I don't do.				
A29.	I am afraid I might do something bad.				
A30.	I feel like people are out to get me.				
A31.	No one understands me.				
A32.	I feel sad.				
A33.	I feel like my life is getting worse and worse.				
A34.	Someone else controls my thoughts.				
A35.	I am lonely.				
A36.	I am disappointed with my grades.				
A37.	I am left out of things.				
A38.	l get nervous.				
A39.	Even when I try hard, I fail.				
A40.	I am bothered by not getting enough sleep.				
A41.	I get blamed for things I can't help.				
A42.	I am afraid of a lot of things.				
A43.	I see weird things.				

		Never	Some- times	Often	Almost Always
A44.	I fail at things.				
A45.	Little things bother me.				
A46.	I hear things that others cannot hear.				
A47.	I feel out of place around people.				
A48.	I am bothered by teasing from others.				
A49.	I worry but I don't know why.				
A50.	I worry when I go to bed at night.				
A51.	People get mad at me even when I don't do anything wrong.				
A52.	I get so nervous I can't breathe.				
A53.	Even when alone, I feel like someone is watching me	. 🗆			
A54.	I want to do better, but I can't.				
A55.	I worry about what is going to happen.				
A56.	I hear voices in my head that no one else can hear.				
A57.	Other people find things wrong with me.				
A58.	People act as if they don't hear me.				
A59.	I get nervous when things do not go the right way for me.				

SECTION B. YOUR FEELINGS

The questions in this section ask you about your feelings and thoughts during the last <u>month</u>. For each question, please tell us how often you felt or thought a certain way.

		never	almost never	some- times	fairly often	very often
B1.	In the last month, how often have you felt that you were unable to control the important things in your life?					
B2.	In the last month, how often have you felt confident about your ability to handle your personal problems? We are not asking how often you have had personal (school, friends, family) problems, but how often when you had a problem you felt confident to handle it.					

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		never	almost never	some- times	fairly often	very often
B3.	In the last month, how often have you felt that things were going your way?					
B4.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

SECTION C. YOUR HEALTH BEHAVIORS

Now we are going to switch gears and ask you more specific questions about your health behaviors.

- C1. When you are out in the sun, how often do you wear sunscreen?
 - Never
 Rarely
 Sometimes
 Most of the time
 Always
- C2. Have you ever tried cigarette smoking; even 1 or 2 puffs?
 - Yes → Please go to C2a
 No → If no, skip to Question C3
 - C2a. How old were you when you smoked a whole cigarette for the first time?
 - a. _____ years old
 - b. _____ I have never smoked a whole cigarette -> If no cigarettes, go to Question C3
 - C2b. During the past 30 days, on how many days did you smoke cigarettes?

$\square \text{ none} \rightarrow If \text{ none, skip to Question C3}$
1-2
3-5
6-9
□ 10-19
20-29
🗌 every day

- C2c. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
 - none
 less than 1
 1
 2-5
 6-10
 11-20
 more than 20

C2d. Have you ever smoked, at least 1 cigarette per day for 30 days?



C3. Have you ever had a drink of alcohol other than a few sips? Alcohol includes beer, wine, wine coolers, and liquor, such as rum, gin, vodka or whiskey.

] Yes → Go to C3a.	
No → If no, skip to Question (24

C3a. During the past 30 days, how many days have you had at least one drink of an alcoholic beverage?

_____days per week or _____days in the past 30 days

C3b. How old were you when you had your first drink of alcohol, other than a few sips?

_____ years old

- C4. How would you describe your body weight? Would you say....
 - very underweight
 - slightly underweight
 - about the right weight
 - slightly overweight
 - very overweight
- C5. Which of the following are you trying to do now?
 - lose weight
 - gain weight
 - stay the same weight
 - not trying to do anything about my weight

C6. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all of the time you spent in any kind of activity that increases your heart rate and makes you breathe hard some of the time.)

____days

C7. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

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

C8. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

0 teams

🗌 1 team

2 teams

3 or more teams

C9. In an average week, on how many days do you engage in exercise that does not involve team sports (workout at gym, dance, yoga, pilates, etc)?

0 days
 1 day
 2 days
 3 days
 4 days
 5 or more days

SECTION D. YOUR THOUGHTS & OPINIONS ABOUT BREAST CANCER

D1. Some people have uncontrolled thoughts about certain things. These vary from person to person depending on their experiences. We are interested in knowing if you have thoughts and feelings about breast cancer and if so, how frequently you experienced these in **the last seven days.** If they did not occur during that time, mark "not at all."

		NOT AT ALL	RARELY	SOME- TIMES	OFTEN
		_			
D1a.	I thought about breast cancer when I didn't mean to.				
D1b.	I tried to remove breast cancer from my memory.				
D1c.	I had waves of strong feelings about breast cancer.				
D1d.	I stayed away from reminders of breast cancer.				
D1e.	I tried not to talk about breast cancer.				
D1f.	Pictures about breast cancer popped into my mind.				
D1g.	Other things kept making me think about breast cancer.				
D1h.	I tried not to think about breast cancer.				

A family history of breast cancer means having a relative with breast cancer. How much do you agree or disagree that...

		Disagree Strongly	Disagree	Neither Agree Nor Disagree	Agree	Agree Strongly	l don't know
D2.	If a woman has a family history of cancer on her father's side of the family, she has an increased chance of developing breast cancer.						
D3.	If a woman has a family history of cancer on her mother's side of the family, she has an increased chance of developing breast cancer.						
D4.	Even if a woman has a family history of cancer, she may not develop cancer.						

The next few questions ask what you think about the risk of getting breast cancer. It is OK to check "I don't know."

D5. Out of 100 women who get breast cancer, how many have inherited breast cancer?

____ out of 100

I don't know

D6. Now consider the likelihood for **any** woman to get breast cancer. How many women out of a group of 100 from the general population, do you think will get breast cancer at some point in their lives?

_____ out of 100

D7. Now, we would like you to consider women who have a family history of breast cancer. How many women out of a group of 100 women with **a family history of breast cancer** will get breast cancer at some point in their lives?

_____ out of 100

I don't know

D8. No two people have the same chance of getting cancer. Given that <u>you are a unique person</u>, what number on a scale of 0 to 100 do you think represents the chance that **you** will get breast cancer at some point in your adulthood? So 0 means *will never get breast cancer* and 100 means *definitely will get breast cancer*.

 \longrightarrow If 0, skip to question D9

☐ I don't know → *skip to question D9*

D8a. Given that <u>you are a unique person</u>, what number on a scale of 0 to 100 do you think represents the chance that **you** will get breast cancer in the next 10 years?

I don't know

- D9. Do you think your chances of getting breast cancer when you are an adult are the same or different than other girls your age when they become adults? Would you say.....
 - Much lower
 A little lower
 The same
 A little higher
 Much higher
 I don't know

Now we are interested in your thoughts and opinions about things that could prevent or delay breast cancer in women. Again, we are not looking for any particular answer, but are interested in what YOU believe. How much do you agree or disagree that...

		Disagree Strongly	Disagree	Neither Agree nor Disagree	Agree	Agree Strongly	l don't know
D10.	I believe that women can do things to prevent or delay getting breast cancer.						
D11.	I believe that women can do things to prevent or delay getting breast cancer even if they have a family history of breast cancer.						
D12.	I believe that I can do things to prevent or delay getting breast cancer.						
D13.	If a woman leads a healthy lifestyle, I believe she can prevent or delay getting breast cancer.						
D14.	Even if a woman has a family history of breast cancer, leading a healthy lifestyle will prevent or delay breast cancer.						
D15.	If I lead a healthy lifestyle, I believe I can prevent or delay getting breast cancer.						
		Disagree Strongly	Disagree	Neither Agree nor Disagree	Agree	Agree Strongly	l don't know
D16.	Exercise is effective in preventing or delaying breast cancer for women in general.						
D17.	Exercise is effective in preventing or delaying breast cancer for women with a family history of breast cancer.						
D18.	Exercise can help me prevent or delay breast cancer.						
D19.	A healthy diet can help women prevent or delay breast cancer.						
D20.	A healthy diet can help a woman prevent or delay breast cancer, even if she has a family history of breast cancer.						

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		Disagree Strongly	Disagree	Neither Agree nor Disagree	Agree	Agree Strongly	l don't know
D21.	A healthy diet can help me prevent or delay breast cancer.						
D22.	Screening for breast cancer, for example, mammograms (an X-ray of the breasts) and breast exams, can help women prevent or delay breast cancer.						
D23.	Screening for breast cancer can help a woman prevent or delay breast cancer, even if she has a family history of breast cancer.						
D24.	Screening for breast cancer when I am old enough can help me prevent or delay breast cancer.						

SECTION E: YOUR FAMILY

This section contains a number of statements about families. Read each statement carefully, and decide how well it describes your own family. You should answer according to how YOU see your family. Try not to spend too much time thinking about each statement, but respond as quickly and as honestly as you can. If you have trouble with a statement, answer with your first reaction.

		Strongly agree	Agree	Disagree	Strongly disagree
E1.	Planning family activities is difficult because we misunderstand each other.				
E2.	When someone is upset the others <i>know</i> why.				
E3.	In times of crisis we can turn to each other for support.				
E4.	We cannot talk to each other about the sadness we feel.				
E5.	You can't tell how a person is feeling from what they are saying.				
E6.	Individuals are accepted for what they are.				
E7.	People come right out and say things instead of hinting at them.				
E8.	We avoid discussing our fears and concerns.				

		Strongly agree	Agree	Disagree	Strongly disagree
E9.	It is difficult to talk to each other about tender feelings.				
E10.	We can express feelings to each other.				
E11.	We talk to people directly rather than through go-betweens.				
E12.	There are lots of bad feelings in the family.				
E13.	We often don't say what we mean.				
E14.	We feel accepted for what we are.				
E15.	Making decisions is a problem for our family.				
E16.	We are frank with each other.				
E17.	We are able to make decisions about how to solve problems.				
E18.	We don't get along well together.				
E19.	We don't talk to each other when we are angry.				
E20.	We confide in each other.				
E21.	When we don't like what someone has done, we tell them.				

SECTION F. PEOPLE YOU KNOW

F1. Has anyone in your family ever had cancer? Include grandparents, aunts and uncles.

 \Box Don't know \rightarrow Go to Question F2

 \Box Yes \rightarrow Please put a check in the box next to the relatives who have had cancer:

my sistermy brother

Your mother's side of the family:

my mother

my grandmother

my grandfather

 \Box my aunt \rightarrow how many aunts on your mother's side had cancer?_____

☐ my uncle →how many uncles on your mother's side had cancer?____

Please put a check in the box next to the relatives who have had cancer:

Your father's side of the family

- my father
- my grandmother
- my grandfather
- \Box my aunt \rightarrow how many aunts on your father's side had cancer?_____
- \Box my uncle \rightarrow how many uncles on your father's side had cancer?_____
- F2. Do you know anyone <u>outside of your family</u> who has had cancer? For example, a friend's parent, a teacher or a coach.
 - \Box No \rightarrow Go to "End of questions"
 - □ Don't know→Go to "End of questions"
 - \Box Yes \rightarrow Please put a check in the box next to the person or people who have had cancer:

Friend's mother
Friend's father
Teacher
Coach
Neighbor
Other (please tell us who)
Other (please tell us who)

End of Questions That is the end of this group of questions. Thank you!