

Cancer Prevention Literacy Questionnaire (CPL-Q) (version for Online Survey)

Single answer per row

1. Please, indicate your level of agreement or disagreement with the following statements:	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
a) It seems like everything causes cancer					
b) When I think about cancer, I automatically think about death					
c) There is not much that you can do to lower your chances of getting cancer					
d) There is so much information out there about the causes of cancer that it is hard to know what to do					

Single answer per row

2. How often do you worry about getting cancer?	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	All the time (5)

Single answer per row

3. How do you think your chance of getting cancer in the future compares to others of your gender and age?	Much lower (1)	Lower (2)	About the same (3)	Higher (4)	Much higher (5)

4. Which of the following, if any, increases a person's chance of getting cancer? Single answer per row <i>[Show in randomised order in each survey]</i>	Yes (1)	No (0)	Don't Know (99)
a) Smoking			
b) Using other forms of tobacco			
c) Exposure to other people's tobacco smoke			
d) Being overweight or obese			
e) Not being physically active			
f) Spending too much time sitting			
g) Not eating enough of whole grains (e.g., whole-grain bread, brown rice)			
h) Not eating many fruits and vegetables			
i) Not eating enough legumes (e.g., pulses, beans, lentils)			
j) Consuming drinks high in sugar			
k) Eating too much food high in calories, sugar, fat, and salt			
l) Eating processed meat (e.g., sausages, ham, bacon, salami, pate)			
m) Eating too much red meat			
n) Feeling stressed			
o) Eating too much ultra-processed foods (e.g., flavoured yoghurts, instant soups, pre-prepared ready-to-heat dishes, etc.)			
p) Consuming alcoholic drinks			
q) Not breastfeeding			

r) Too much sun exposure			
s) Using sunbeds			
t) Exposure to outdoor air pollution			
u) Exposure to smoke from burning coal or wood in one's home			
v) Exposure to harmful substances at work (e.g., asbestos, diesel exhaust, silica)			
w) Exposure to indoor radon gas			
x) Using mobile phones			
y) Infection with Hepatitis B Virus			
z) Infection with Hepatitis C Virus			
aa) Infection with Human Papillomavirus (HPV)			
bb) Infection with Human Immunodeficiency Virus (HIV)			
cc) Infection with <i>Helicobacter pylori</i> bacteria			
dd) Long-term use of Hormone Replacement Therapy			

5. What percentage of all cancer cases do you think could be prevented? Single answer

- a) Cancer cannot be prevented (0%)
- b) 10%
- c) 20%
- d) 30%
- e) 40%
- f) 50%
- g) 60%
- h) 70%
- i) 80%
- j) 90%

- k) All cancers can be prevented (100%)
l) Don't know

Single answer per row

6. To prevent cancer, I intend to make changes by: [Select 'Not applicable' only if you already practice one of the healthy behaviors listed below and don't need to change it (e.g. do not smoke or drink alcohol)].	No (0)	Not sure (1)	Yes (2)	Not applicable (999)
a) Quitting smoking or any other form of tobacco				
b) Taking action to avoid or manage overweight and obesity				
c) Being more physically active in everyday life				
d) Having a healthier diet				
e) Avoiding alcoholic drinks				
f) Avoiding too much sun exposure				

Single answer per row

7. If your children were offered to have the following vaccines to prevent cancer, would you agree to them getting vaccinated?	Definitely not (1)	Probably not (2)	Not sure (3)	Yes probably (4)	Yes definitely (5)
a) Hepatitis B virus vaccine					
b) HPV (Human Papillomavirus) vaccine					

8. Is there anything that you do regularly to consciously prevent cancer? [Select below all the items that apply to you] Multiple answer
a) Do not smoke, refrain from smoking or from using any other form of tobacco
b) Take action to avoid or manage overweight and obesity
c) Be physically active in everyday life
d) Have a healthy diet
e) Avoid alcoholic drinks
f) Avoid too much sun exposure
g) I do regularly at least one of the actions above but for reasons other than to prevent cancer (e.g., general health, feeling good)
h) There is nothing in particular I regularly do to prevent cancer [cannot be selected with items a to f and i]
i) Others (specify) _____ Open ended

9. In the last 12 months, I have started doing the following actions to prevent cancer: [Select below all the items that apply to you] Multiple answer
a) Refraining from smoking or from using any other form of tobacco
b) Taking action to avoid or manage overweight and obesity
c) Being physically active in everyday life
d) Having a healthy diet
e) Avoiding alcoholic drinks
f) Avoiding too much sun exposure
g) Taking at least one of the actions above but for reasons other than to prevent cancer (e.g., general health, feeling good)
h) I have not started doing anything to prevent cancer [cannot be selected with items a to f, and j]
i) I have been doing at least one of the actions above to prevent cancer for longer than 12 months

j) Others (specify)_____Open ended

Single answer

10. Are you familiar with the European Code Against Cancer?	Yes (1)	No
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