TODAY'S DATE	/_ MONTH	/_ DAY	YEAR
DAUGHTER'S AGE			
DAUGHTER STUDY ID			

The LEGACY Girls Study

Follow-up #2 (at 12 months)

Daughter Questionnaire

For girls age 12 and older

Feelings, Thoughts & Behaviors

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.

		IRUE	FAL5E
A1.	Nothing goes my way.		
A2.	My muscles get sore a lot.		
A3.	Things go wrong for me, even when I try hard.		
A4.	I used to be happier.		
A5.	I often have headaches.		
A6.	I can never seem to relax.		
A7.	What I want never seems to matter.		
A8.	I worry about little things.		
A9.	Nothing is fun anymore.		
A10.	I never seem to get anything right.		
A11.	My friends have more fun than I do.		
A12.	I cover up my work when the teacher walks by.		
A13.	Nobody ever listens to me.		
A14.	Often I feel sick in my stomach.		
A15.	My parents have too much control over my life.		

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			IRUE	FALSE		
A16.	I just don't care anymore.					
A17.	Sometimes my ears hurt for no reason.					
A18.	I worry a lot of the time.					
A19.	My parents are always telling me what to do.					
A20.	I often worry about something bad happening to	me.				
A21.	I don't seem to do anything right.					
A22.	Most things are harder for me than for others.					
A23.	Other children are happier than I am.					
A24.	I never quite reach my goal.					
A25.	Sometimes, when alone, I hear my name.					
A26.	Nothing ever goes right for me.					
A27.	I get sick more than others.					
A28.	My parents blame too many of their problems or	n me.				
A29.	Nothing about me is right.					
A30.	My stomach gets upset more than most people's	S.				
For th	is group of sentences, you will have four answer o	choices: Ne	ver, Some	etimes, Off	ten, and Almo	st
		Never	Some- times	Often	Almost Always	
A31.	I get so nervous I can't breathe.					
A32.	People say bad things to me.					
A33.	I get blamed for things I can't help.					
A34.	I worry when I go to bed at night.					
A35.	I feel like my life is getting worse and worse.					
A36.	Even when I try hard, I fail.					
A37.	People act as if they don't hear me.					
A38.	I am disappointed with my grades.					
A39.	I feel like people are out to get me.					
A40.	I feel depressed.					

		Never	Some- times	Often	Almost Always
A41.	No one understands me.				
A42.	I feel dizzy.				
A43.	Someone wants to hurt me.				
A44.	I feel guilty about things.				
A45.	I am lonely.				
A46.	I get nervous.				
A47.	My parents expect too much from me.				
A48.	I worry but I don't know why.				
A49.	I feel sad.				
A50.	When I take tests, I cannot think.				
A51.	I am left out of things.				
A52.	Even when alone, I feel like someone is watching me				
A53.	I want to do better, but I can't.				
A54.	I hear voices in my head that no one else can hear.				
A55.	I see weird things.				
A56.	I get nervous when things do not go the right				
	way for me.				
A57.	Other people find things wrong with me.				
A58.	Little things bother me.				
A59.	I am blamed for things I don't do.				
A60.	I worry about what is going to happen.				
A61.	I fail at things.				
A62.	I feel out of place around people.				
A63.	Someone else controls my thoughts.				
A64.	I quit easily.				
A65.	I do things over and over and can't stop.				
A66.	I hear things that others cannot hear.				
A67.	I feel that others do not like the way I do things.				

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	Neve	r Some		Almo Alwa					
A68. People get mad at me even when I don't do									
anything wrong.									
A69. I am afraid of a lot of things.									
A70. Other people are against me.									
SECTION B. YOUR FEELINGS									
The questions in this section ask you about your feelings and thoughts during the last month. 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.									
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 w	ear sunsc	reen?							
NeverRarelySometimesMost of the timeAlways									

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?
	 none → If 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? Yes No
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 C4

	C3a. During the past 30 days, how many days have you had at least one drink of an alcoholic beverage?
	days per week <i>or</i> 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 spor your school or community groups.)	ts teams di	d you play?	(Include any te	ams run by			
	☐0 teams ☐1 team ☐2 teams ☐3 or more teams							
C9.	In an average week, on how many days do yo sports (workout at gym, dance, yoga, pilates, e		n exercise th	at does not inv	olve team			
	☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 or more days							
	SECTION D. YOUR THOUGHTS & OPINIONS ABOUT BREAST CANCER							
d a	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.							

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.						
	next few questions ask what you think k "I don't know."	c about the	risk of gett	ing breast	cancer.	It is OK to	
D5.O	ut of 100 women who get breast cancer	, how many	have inherit	ed breast c	ancer?		
	out of 100						
	☐ I don't know						
	ow consider the likelihood for any woma 00 from the general population, do you tl						oup of
	out of 100	J					
	☐ I don't know						
W	ow, we would like you to consider wome omen out of a group of 100 women with ome point in their lives? out of 100						
	I don't know						
nı so	o two people have the same chance of gumber on a scale of 0 to 100 do you thin ome point in your adulthood? So 0 means of breast cancer.	k represents	s the chance	e that you w	ill get br	east cance	r at
	→ If 0, skip to question D9						
	☐ I don't know → skip to question D	9					
	Given that <u>you are a unique person,</u> who chance that you will get breast cancer in			0 to 100 do	you thin	k represen	ts the
	☐ I don't know						

breas	Much lower A little lower The same A little higher Much higher I don't know I don									
		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.									
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.									

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......

		Disagree Strongly	Disagree	Neither Agree nor Disagree	Agree	Agree Strongly	l don't know
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.						
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.						

	SECT	TON	E: `	YOUR	FAMI	LY
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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 know why.				
E3.	In times of crisis we can turn to each other for support.				

		Strongly agree	Agree	Disagree	Strongly disagree
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.				
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.				
		Strongly agree	Agree	Disagree	Strongly disagree
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.
 No→Go to Question F2 Don't know→Go to Question F2 Yes → Please put a check in the box next to the relatives who have had cancer:
☐ my sister ☐ my brother
Your mother's side of the family: my mother my grandmother my grandfather my grandfather my aunt →how many aunts on your mother's side had cancer? my uncle →how many uncles on your mother's side had cancer?
Your father's side of the family my father my grandmother my grandfather my aunt →how many aunts on your father's side had cancer? my uncle →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.
 No→Go to "End of questions" Don't know→Go to "End of questions" Yes → 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!