

Key

1. What is your gender?

Male=0

Female=1

2. What is your age?

Under 18=0

18-29=1

30-39=2

40-49=3

50 and above=4

3. In which region you are living now?

NA=0

SA=1

Europe=2

Asia=3

Africa=4

Mid East=5

Australia=6

4a. What is the highest level of education you have completed?

Less than HS=0

High School=1

2 or 4 years=2

Master's=3

Doctoral=4

Professional=5

4b. What year are you in college?

F=0

Soph=1

Jun=2

Sen=3

Grad=4

No college=5

5. What is your dietary pattern?

Eastern=0

Mediterr=1

Asian=2

Korean=3

Hindu=4

Western=5

6. On an average week, how many times do you exercise at least 20 minutes?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 times = 5

7. In the past 7 days, how many times did you eat breakfast?

Never= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

5 times = 5

6 or 7 times=6

8. On average week, how many times a day do you eat whole grain products?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

9. On average week, how many times a day do you have dairy products?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

10. On average week, how many times a day do you consume coffee or other sources of caffeine?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

11. On average week, how many times a day do you consume fruits?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

12. On average week, how many times a day do you consume flaxseed, and or nuts?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

13. On average week, how many times do you eat rice, and or pasta?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

14. On average week, how times do you eat meat, chicken, or turkey?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

15. On average week, how many times do you eat dark green leafy vegetables?

None= 0

1 time = 1

2 times= 2

3 times= 3

4 times= 4

More than 4 = 5

16. On average week, how many times do you eat beans?

None= 0

1 time = 1

2 times= 2

3 times= 3
4 times= 4
More than 4 = 5

17. On average week, how many times do you eat fish and shellfish (including sardines and tuna)?

None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

18. On average week, how many times do you eat fast foods or pre-made food?

None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

19. On average week, how many times do you take multivitamin supplements?

None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

20. On average week, how many times do you take fish oil supplements?

None= 0
1 time = 1
2 times= 2
3 times= 3
4 times= 4
More than 4 = 5

21A. During the past month, about how often did you feel NERVOUS?

None of the time = 0
A little of the time = 1
Some of the time = 2
Most of the time = 3
All the time = 4

21B. During the past month, about how often did you feel HOPELESS?

- None of the time = 0
- A little of the time = 1
- Some of the time = 2
- Most of the time = 3
- All the time = 4

22. During the past month, about how often did you feel RESTLESS or FIDGETY?

- None of the time = 0
- A little of the time = 1
- Some of the time = 2
- Most of the time = 3
- All the time = 4

23. During the past month, about how often did you feel SO DEPRESSED THAT NOTHING COULD CHEER YOU UP?

- None of the time = 0
- A little of the time = 1
- Some of the time = 2
- Most of the time = 3
- All the time = 4

24. During the past month, about how often did you feel THAT EVERYTHING WAS AN EFFORT?

- None of the time = 0
- A little of the time = 1
- Some of the time = 2
- Most of the time = 3
- All the time = 4

25. During the past month, about how often did you feel WORTHLESS?

- None of the time = 0
- A little of the time = 1
- Some of the time = 2
- Most of the time = 3
- All the time = 4

26. How close are you to the gym?

- WD (under 15) = 0
- DD (under 15) = 1
- WD (over 15) = 2
- DD (over 15) = 3

27. Are you currently in Greek Life?

No = 0

Yes = 1

28. How many hours a week do you exercise?

Under an hour = 0

1-2 hours = 1

3-4 hours = 2

5-6 hours = 3

6+ hours = 4

29. Are you on an Athletics team? If so what level?

None = 0

Intra = 1

Club = 2

D1 = 3

30. What time of day do you usually exercise?

Morning = 0

Noon = 1

Afternoon = 2

Evening = 3

Night = 4

31. How many hours of sleep do you usually get?

6 or less = 0

7 = 1

8 = 2

9 = 3

10+ = 4

32. Do you usually go to the gym with someone?

No = 0

Yes = 1

Don't go to the gym = 2

33. What kind of exercise do you usually do.

Neither = 0

Weight training = 1

Cardio = 2

Both = 3

34. Do you usually exercise inside or outside?

Inside = 1

Outside = 2