

Prevalence of Selected Risky Health Behaviours and Their Determinants among Lusaka Residents, Zambia

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Supplementary

Appendix: A

TABLE 1 GANTT CHART

	2020		2021	2022	2023
	Feb	July			
Handing in of project idea					
Handing in of project proposal					
Ethical approval					
Data collection					
Data entry					
Data analysis					
Project report writing					
Submission of draft report					
Submission of final report					

Appendix: B

TABLE 2 ESTIMATED BUDGETS

Item	Quantity	Unit price (k)	Total price (k)
Rim of paper	3.5	80	280
Pens/pencils	350		350
Printing and binding	5	25	125
Transport	30 days	20	600
Assistants	2 assistants x 30 days	20	1200
Food allowance	30 days	20	600

Ethic clearance fee	1	1	650
Photocopying of questionnaires/consent	350	5	1750

Total=K 5555

Contingency at 10%=K 555

Final total = K 6110

Appendix: C

Participant information sheet

Introduction: My name is Banda J. Brian, a student at The Copperbelt University School of Medicine pursuing a degree in Medicine and Surgery. I'm carrying out a research on the "prevalence of selected risky health behaviour and their determinants among Lusaka residents, Zambia."

Brief description of the study: The research arises upon realization of the increased health risks behaviour. It aims at determining the prevalence of the selected healthy risk behaviour and their determinants among residents of Lusaka. The study aims at determining the prevalence of selected healthy risk behaviours, and their determinants. This research project is also conducted in partial fulfilment of the training in Bachelor of Science in Medicine and Surgery.

Confidentiality: Participation in this study will involve completing a structured questionnaire. This questionnaire will not contain such information as your names, address or contact number to ensure complete confidentiality. Data will only be accessed by the principal investigator or members of the research team. Should you decide to withdraw from the study, your research data will be destroyed, and subsequently your data will not be included in any publications. If the result of the study is published in any journal, your name will never be published. All data will remain completely confidential at all times.

Risks and benefits: There is no direct benefit but the information that you give will add to the body of knowledge and will assist in providing holistic care from which you may benefit later. There is no risk (health or any other).

Time of involvement: Your participation will be over upon completion of a questionnaire. This process is estimated not to take more than ten (10) minutes.

Compensation: Compensation, be it material or monetary will not be given for your participation.

Participation rights: You have the right to accept participation or deny as participation is entirely voluntary. Should you decide to participate, you have the right to withdraw from the study at any point even without giving a reason. Also as a participant, if you are harmed due to someone's negligence, then you may have grounds for a legal action but you may have to pay for it. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, you have the right to seek the relevant authorities (Tropical Disease Research Centre).

Consent form

..... (Name) have read and understood the terms and conditions of this study and I hereby agree to participate in the above described research study. I understand that my participation is voluntary and that I may

withdraw at any point in time. As a participant in this project, my signature or thumbprint testifies that I understand the consent process and management of confidentiality as indicated above.

Signature of research participant.....

Date

Thumbprint of research participant

Name and signature of witness

Date

Name and signature of researcher

Date

Assent form

My child/dependent
(Name) has been invited to take part in this research. I have read and understood the terms and conditions of this study and I hereby give consent of his participation. I understand that his participation is voluntary and that he may withdraw at any point in time. As his parent/guardian, my signature or thumbprint testifies that I have permitted his participation.

Signature of Parent/Guardian.....

Date

Thumbprint of Guardian

Name and signature of witness

Date

Name and signature of researcher

Date

Questionnaire

Instructions

Indicate the appropriate details for they are necessary in this survey.

If a question makes you uncomfortable, you are free to leave it unanswered

DO NOT INDICATE YOUR NAME FOR CONFIDENTIALITY PURPOSES

AGE..... SEX.....

What is your highest level of education obtained?

No education b. Primary c. Junior secondary d. senior secondary e. Tertiary

What is your Average monthly income?

Less than k3000 b. k3000 – k5000 c. k5000 – k10000 d. Above 10000

Dietary behaviours

Tick the appropriate answer

How many main meals do you eat in a day?

☐ 1 ☐ 2 ☐ 3 ☐ More than 3

Following the number of meals you have, how many of them contain vegetables?

☐ None ☐ only some ☐ All of them

During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

☐ 1 ☐ 2 ☐ 3 ☐ More than 3

The following questions require you to tick yes or no in the box

Do you regularly eat sugar-coated breakfast cereals or add sugar to your breakfast cereals?

☐ YES or ☐ NO

Do you add sugar to your drinks?

☐ YES or ☐ NO

Do you regularly drink sweet fizzy drinks?

☐ YES or ☐ NO

Do you regularly eat cakes, sweets, chocolate or biscuits?

☐ YES or ☐ NO

Do you regularly add salt to meals at the table?

☐ YES or ☐ NO

Do you regularly eat savoury snacks at work? For example, crisps or salted nuts.

☐ YES or ☐ NO

Do you regularly eat pre-prepared meals? For example, pre-prepared sandwiches, ready meals or canned soups.

☐ YES or ☐ NO

Physical activity

Do you ever exercise? (moderate intensity exercise e.g walking long distances, slow bicycling, playing tennis, sweeping and mopping and vigorous intensity exercise e.g jogging, swimming, bicycling, weight lifting, football games, basketball games)

☐ YES or ☐ NO

If YES proceed to question 2

Of the two types of exercising shown (Moderate intensity exercise or vigorous intensity exercise) which one do you do?

☐ Vigorous exercising ☐ Moderate exercising ☐ Both

How many days do you exercise in a week?

☐ 1 ☐ 2 ☐ 3 ☐ More than 3

Alcohol and other drug use

During your life, on how many days have you had at least one drink of alcohol?

☐ 1 ☐ 2 ☐ 3 ☐ More than 3

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

During the past 30 days, on how many days did you have at least one drink of alcohol?

1 2 3 More than 3

During the past 30 days, how did you usually get the alcohol you drank?

1 2 3 More than 3

During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)?

1 2 3 More than 3

During the past 30 days, what is the largest number of alcoholic drinks you had in a row?

1 2 3 More than 3

Have you ever tried cigarette smoking, even one or two puffs?

1 2 3 More than 3

How old were you when you first tried cigarette smoking, even one or two puffs?

During the past 30 days, on how many days did you smoke cigarettes?

1 2 3 More than 3

During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

1 2 3 More than 3

During your life, how many times have you used marijuana?

1 2 3 More than 3

How old were you when you tried marijuana for the first time?

During the past 30 days, how many times did you use marijuana?

1 2 3 More than 3

During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

1 2 3 More than 3

During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

1 2 3 More than 3

Risky sexual behaviour

Have you ever had sexual intercourse?

1 2 3 More than 3

How old were you when you had sexual intercourse for the first time?

During your life, with how many people have you had sexual intercourse?

1 2 3 More than 3

During the past 3 months, with how many people did you have sexual intercourse?

1 2 3 More than 3

Did you drink alcohol or use drugs before you had sexual intercourse the last time?

☐ YES

☐ NO

The last time you had sexual intercourse; did you or your partner use a condom?

☐ YES

☐ NO

The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

Behaviours that result in unintentional injuries

How often do you wear a seat belt when riding in a car driven by someone else?

☐ Always

☐ Most times

☐ Sometimes

☐ Never

During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

☐ 1

☐ 2

☐ 3

☐ More than 3

During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

☐ 1

☐ 2

☐ 3

☐ More than 3

During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

☐ 1

☐ 2

☐ 3

☐ More than 3

During the past 12 months, how many times were you in a physical fight?

☐ 1

☐ 2

☐ 3

☐ More than 3