**Second questionnaire**

**Study: Lifestyle, Brain Health, and Dementia**

Thank you for completing the initial questionnaire. Your answers indicate room for improvement in your lifestyle to enhance brain health. By adopting healthier habits, you can reduce the risk of dementia as much as possible.

Maintaining brain health involves regular exercise, healthy eating, staying socially and mentally active, avoiding smoking, and consuming alcohol in moderation or abstaining altogether. In this second questionnaire, we'll ask you a series of questions related to these aspects. It should take approximately 15 to 25 minutes to complete. Upon completing this questionnaire, you will receive an additional [XX] points.

Once again, we kindly ask you to answer all questions honestly. We value your opinions and experiences, and there are no right or wrong answers.

If you have any questions, please contact Dr. Jeroen Bruinsma at jeroen.bruinsma@maastrichtuniversity.nl

If you have any further questions about your lifestyle or (brain) health after completing this questionnaire, feel free to discuss them with your primary care physician.

[**start questionnaire 2**]

For quality purposes, we have the following question for you.

This questionnaire is intended for [name]. Are you this person?

* yes
* no

The first questions pertain to your overall health and lifestyle.

|  |  |  |
| --- | --- | --- |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Do you believe you have a healthy lifestyle? | YesSomewhatNoI don't know |
|  | Could you elaborate on why you think this way? |  |
|  |  |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | A healthy lifestyle to me is... important | not at all or barely12345very much  |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc)[risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | I find changing my current lifestyle...  | unnecessary 12345necessary |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | If I want to change my lifestyle, it's...  | very difficult for me 12345very easy for me |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | My risk of getting ill...  | has little to do with my lifestyle 12345has a lot to do with my lifestyle |

|  |  |  |
| --- | --- | --- |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | The risk of developing dementia... | has little to do with my lifestyle12345has a lot to do with my lifestyle |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To reduce the risk of dementia, I am.. | not willing to change my lifestyle12345Willing to change my lifestyle |

Condition (screening questionnaire): Smoking = yes

The following questions are about smoking.

|  |  |  |
| --- | --- | --- |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q)[action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | Do you have plans to smoke less? | NoYes, I want to smoke lessYes, I want to quit smoking |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To lower my risk for dementia I would...  | not/barely be willing to quit with smoking 12345be willing to quit with smoking |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think smoking is...  | not pleasurable 12345very pleasurable |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | I think smoking is...  | not/barely a risk for my health 12345an enormous risk for my health |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | I think smoking is...  | a small health risk 12345an enormous health risk |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | I think smoking has...  | not/barely an effect on my brain health 12345enormous effect on my brain health |

|  |  |  |
| --- | --- | --- |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | If I smoke this will increase my risk for dementia...  | not/barely 12345enormously |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much I smoke is...  | not/barely influenced by people around me 12345enormously influenced by people around me |
| [habit\_79n2r0sz](https://psycore.one/construct/?ucid=habit_79n2r0sz)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much I smoke is...  | not/barely influenced by habits 12345enormously influenced by habits |
| [perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much I smoke is...  | not/barely under my control 12345completely under my control |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602) | If I intent to quit smoking this will be...  | very difficult 12345very easy |
| [goal\_79n2r0sz](https://psycore.one/construct/?ucid=goal_79n2r0sz) | To quit smoking, I need a clear goal | Strongly Disagree12345Strongly agree |

|  |  |  |
| --- | --- | --- |
| [action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | To quit smoking, I need a good plan | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To quit smoking, I need a lot of personal guidance | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To quit smoking, I need good advice | Strongly Disagree12345Strongly agree |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Digital tools (such as a smartwatch or an app) can help me … to quit smoking. | not/barely 12345very much |

The following questions are about physical activity. You can engage in various forms of movement, such as walking, swimming, or cycling.

|  |  |  |
| --- | --- | --- |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Do you think you do enough weekly physical activity? | Yes SomewhatNo |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q)[action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | I intent to... | not/barely do more PA12345do a lot more PA |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To lower my risk for dementia I would... | not/barely willing to do a lot more PA12345willing to do a lot more PA |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think doing enough PA is... | not important 12345very important |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think doing enough PA is... | a waste of time12345a valuable time investment |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc)[habit\_79n2r0sz](https://psycore.one/construct/?ucid=habit_79n2r0sz) | I think doing enough PA... | goes almost automatically12345is very challenging |

|  |  |  |
| --- | --- | --- |
| [perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Doing enough PA every day is... | very difficult12345very easy |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | To keep physically healthy PA is... | not important12345very important |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | If I am not physically active this is… | a small health risk12345an enormous health risk |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | If I am not physically active this has… | not/barely an effect on my brain health12345enormous effect on my brain health |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | If I am not physically active this increases my risk for dementia... | not/barely12345enormously |
| [referentBehavior\_73dnt5zk](https://psycore.one/construct/?ucid=referentBehavior_73dnt5zk)[perceivedNorms\_73dnt5zq](https://psycore.one/construct/?ucid=perceivedNorms_73dnt5zq) | Compared to the people around me, I do... | very little PA12345very much PA |

|  |  |  |
| --- | --- | --- |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | How often I do PA is... | not/barely influenced by people around me12345enormously influenced by people around me |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Being physically active I prefer to do… | alonewith someonein a group  |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | If I do sports, I feel... | diffident12345self-confident |
| [goal\_79n2r0sz](https://psycore.one/construct/?ucid=goal_79n2r0sz) | To do enough PA, I need a clear goal | Strongly Disagree12345Strongly agree |
| [action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | To do enough PA, I need a good plan  | Strongly Disagree12345Strongly agree |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602) | If I intent to do more PA this will be... | very difficult12345very easy |

|  |  |  |
| --- | --- | --- |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To be more physically active, I need a lot of personal guidance | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To be more physically active, I need good advice | Strongly Disagree12345Strongly agree |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Digital tools (such as a smartwatch or an app) can help me … to be more physically active | not or barely12345very much |

The following questions are about healthy eating. Healthy nutrition is rich in vitamins, minerals, and other essential nutrients. Healthy eating includes fresh vegetables, fruits, and whole-grain products. Additionally, consuming (fatty) fish, olive oil, nuts, and legumes is also considered healthy.

|  |  |  |
| --- | --- | --- |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Do you think you eat healthy? | Yes SomewhatNo |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q)[action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | I intent to... | not/barely eat healthier12345eat much healthier |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To lower my risk for dementia I would... | not/barely be willing to eat healthier12345 willing to eat much healthier |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think eating healthy is... | not tasteful12345very tasteful |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think eating healthy is... | Cheap12345 expensive |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | I think eating healthy is... | not important12345very important |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Cooking is... | not my passion12345my passion |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Cooking a healthy dinner costs, me... | little time12345very much time |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | To keep my body healthy a healthy dinner is... | not important12345very important |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | If I eat unhealthy this is... | a small health risk12345an enormous health risk |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | If I eat unhealthy this is... | not/barely an effect on my brain health12345enormous effect on my brain health |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | If I eat unhealthy this increases my risk for dementia... | not or barely12345enormously |

|  |  |  |
| --- | --- | --- |
| [referentBehavior\_73dnt5zk](https://psycore.one/construct/?ucid=referentBehavior_73dnt5zk)[perceivedNorms\_73dnt5zq](https://psycore.one/construct/?ucid=perceivedNorms_73dnt5zq) | Compared to the people around me, I eat... | very unhealthy12345very healthy |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | What and when I eat is... | not/barely influenced by people around me12345enormously influenced by people around me |
| [habit\_79n2r0sz](https://psycore.one/construct/?ucid=habit_79n2r0sz)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | What and when I eat is... | not/barely influenced by habits12345enormously influenced by habits |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | What and when I eat is... | not/barely influenced by my environment12345enormously influenced by my environment |
| [perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | What and when I eat is... | not/barely under my control12345completely under my control |
| [goal\_79n2r0sz](https://psycore.one/construct/?ucid=goal_79n2r0sz) | To eat healthier, I need a clear goal  | Strongly Disagree12345Strongly agree |

|  |  |  |
| --- | --- | --- |
| [action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | To eat healthier, I need a good plan  | Strongly Disagree12345Strongly agree |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602) | If I intent to eat healthier this will be... | very difficult12345very easy |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To eat healthier, I need a lot of personal guidance | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To eat healthier, I need good advice | Strongly Disagree12345Strongly agree |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Digital tools (such as a smartwatch or an app) can help me … to eat healthier | not or barely12345very much |

The following questions are about being active and socially engaged in life. Being active in life can involve activities such as solving puzzles, reading, engaging in creative pursuits, playing games, and learning new things like a language. Additionally, being socially active can include participating in community groups, spending time with friends or family, or engaging in activities that involve helping others, such as volunteering.

|  |  |  |
| --- | --- | --- |
| [self\_identity\_79n2fh4t](https://psycore.one/construct/?ucid=self_identity_79n2fh4t)[awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Do you think that you are socially and actively engaged in life? | Yes SomewhatNo |
| [self\_identity\_79n2fh4t](https://psycore.one/construct/?ucid=self_identity_79n2fh4t) | I believe I lead a meaningful life | Yes SomewhatNo |
| [self\_identity\_79n2fh4t](https://psycore.one/construct/?ucid=self_identity_79n2fh4t) | I respect myself and take good care of myself | Yes SomewhatNo |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q)[action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | I intent to... | not/barely be more active and social12345be more active and social |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To lower my risk for dementia I would... | not/barely be willing to be more active and social12345be willing to be more active and social |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | An active and social life is... | not pleasurable12345pleasurable |

|  |  |  |
| --- | --- | --- |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | An active and social life has… | not/barely an effect on my brain health12345enormous effect on my brain health |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how active and social I am is… | not/barely influence by people around me12345enormously influenced by people around me |
| [perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how active and social I am is… | not/barely under my control12345completely under my control |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602) | If I intent to be more active and social this will be... | very difficult12345very easy |
| [goal\_79n2r0sz](https://psycore.one/construct/?ucid=goal_79n2r0sz) | To have a more active and social life, I need a clear goal  | Strongly Disagree12345Strongly agree |

|  |  |  |
| --- | --- | --- |
| [action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | To have a more active and social life, I need a good plan  | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To have a more active and social life, I need a lot of personal guidance | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To have a more active and social life, I need good advice | Strongly Disagree12345Strongly agree |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Digital tools (such as a smartwatch or an app) can help me … to have a more active and social life | not or barely12345very much |

Condition: Drinking alcohol ≠ never

The following questions are about consuming alcoholic beverages.

|  |  |  |
| --- | --- | --- |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Do you think you overconsume alcohol? | Yes SometimesNo |
| You can indicate with a single grade between 1 and 5 what best represents your experience |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q)[action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | I intent to... | not/barely decrease my alcohol intake12345decrease my alcohol intake a lot |
| [intention\_73dnt604](https://psycore.one/construct/?ucid=intention_73dnt604)[motivation\_79n2fh4q](https://psycore.one/construct/?ucid=motivation_79n2fh4q) | To lower my risk for dementia I would... | not/barely be willing to decrease my alcohol intake12345be willing to decrease my alcohol intake a lot |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Drinking alcohol is... | not pleasurable12345pleasurable |
| [awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Drinking alcohol is... | not/barely a risk for my health12345an enormous risk for my health |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[awareness\_79n2w1bj](https://psycore.one/construct/?ucid=awareness_79n2w1bj) | Drinking alcohol is a... | small health risk12345enormous health risk |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t) | Drinking alcohol has... | not/barely an effect on my brain health12345enormous effect on my brain health |
| [risk\_perception\_79n2fh4t](https://psycore.one/construct/?ucid=risk_perception_79n2fh4t)[instrAttitude\_expectation\_73dnt5z6](https://psycore.one/construct/?ucid=instrAttitude_expectation_73dnt5z6) | Drinking alcohol increases my risk for dementia... | not/barely12345enormously |
| [referentBehavior\_73dnt5zk](https://psycore.one/construct/?ucid=referentBehavior_73dnt5zk)[perceivedNorms\_73dnt5zq](https://psycore.one/construct/?ucid=perceivedNorms_73dnt5zq) | Compared to the people around me, I drink... | very little alcohol12345very much alcohol |
| [inflEnvironment\_79n2r0sy](https://psycore.one/construct/?ucid=inflEnvironment_79n2r0sy)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much alcohol I drink is... | not/barely influenced by people around me12345enormously influenced by people around me |
| [habit\_79n2r0sz](https://psycore.one/construct/?ucid=habit_79n2r0sz)[perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much alcohol I drink is... | not/barely influenced by habits12345enormously influenced by habits |
| [perceivedBehavioralControl\_73dnt603](https://psycore.one/construct/?ucid=perceivedBehavioralControl_73dnt603)[self\_control\_79n2fh4t](https://psycore.one/construct/?ucid=self_control_79n2fh4t) | When and how much alcohol I drink is... | not/barely under my control12345completely under my control |
| [goal\_79n2r0sz](https://psycore.one/construct/?ucid=goal_79n2r0sz) | To decrease my alcohol intake, I need a clear goal  | Strongly Disagree12345Strongly agree |
| [action\_plan\_79n2w1bh](https://psycore.one/construct/?ucid=action_plan_79n2w1bh) | To decrease my alcohol intake, I need a good plan  | Strongly Disagree12345Strongly agree |
| [capacity\_73dnt602](https://psycore.one/construct/?ucid=capacity_73dnt602) | Decreasing my alcohol consumption will be... | very difficult12345very easy |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To decrease my alcohol intake, I need a lot of personal guidance | Strongly Disagree12345Strongly agree |
| [need\_79n2fh4r](https://psycore.one/construct/?ucid=need_79n2fh4r) | To decrease my alcohol intake, I need good advice | Strongly Disagree12345Strongly agree |
| [attitude\_73dnt5zc](https://psycore.one/construct/?ucid=attitude_73dnt5zc) | Digital tools (such as a smartwatch or an app) can help me … to decrease my alcohol intake | not or barely12345very much |

We thank you for your participation! If you have any questions regarding your lifestyle, (brain) health, or dementia, please discuss them with your primary care physician. For any further inquiries regarding the research, feel free to contact jeroen.bruinsma@maastrichtuniversity.nl

We would like to ask you a few more questions about the questionnaire you have just completed. Your feedback can help us further improve future questionnaires. If you wish to skip this question, simply click 'Next' to proceed to the end of the questionnaire.

What did you think of the questionnaire?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| interesting topic | o | o | o | o | o | uninteresting topic |
| too short | o | o | o | o | o | too long |
| clear questions | o | o | o | o | o | unclear questions |
| pleasant to fill out | o | o | o | o | o | unpleasant to fill out |

**If you have any additional comments regarding the topic of this questionnaire, please use the space below.**

|  |
| --- |
|  |

Please review your details. If the information is no longer correct, after submitting the questionnaire, you will be automatically redirected to a page where you can make changes.

[link to personal profile]

Thank you very much for your cooperation! Click 'Next' to submit your answers.

Click 'next' to finish this questionnaire.