

Online Supplementary Material

Glasgow RE, Ory MG, Klesges LM, Cifuentes M, Fernald DH, Green LA. Practical and relevant self-report measures of health behavior for primary care settings. *Ann Fam Med.* 2005;3:73-81.

<http://www.annfammed.org/cgi/content/full/3/1/73/DC1>

Table 3. Characteristics of Recommended Measures on Key Characteristics

Behavior or Measure (Number of Items)	Practical	PH Goals	Validity	Sens Chg	Relat Behav	Spanish	Norms	Age	Reliability	→ Tx
Physical activity										
Adolescent – PACE+ ³⁷ (2)	++	+	+	?	+	-	-	+	?	++
YRBSS ³⁸ adapted sedentary (1)	+	-	?	?	+	-	-	+	?	+
YRBSS ³⁸ TV watching (1)	+	+	?	-	+	+	?	+	?	+
Adult – RAPA ³⁵ (8)	++	++	+	+	+	+	-	+	+	++
Adult – BRFSS ²⁷ (7)	+	++	+	-	+	+	++	+	?	-
Risky drinking										
Adolescent – BRFSS ²⁷ (3)	+	+	+	-	+	+	?	?	?	+
Adolescent – CRAFFT ⁴²⁻⁴⁴ (6)	+	+	+	?	+	-	+	+	?	+
Adult – BRFSS ²⁷ (3)	++	++	+	?	++	+	++	+	+	+
Adult – AUDIT ^{30,31} (10)	+	-	+	-	+	+	+	+	+	?
Smoking										
Adolescent – Smoking Uptake Continuum ³⁹ (2)	+	+	+	-	+	+	+	+	+	+
Adolescent – Smoking Uptake Continuum ³⁹ (10)	-	+	+	-	+	+	+	+	+	+
Children – Jackson’s Susceptibility to Smoking ⁴¹ (4)	+	-	+	?	?	-	-	-	?	?
Adult – USPHS ^{27,34,36} (3)	++	+	+	?	+	+	+	+	?	+
Adult – SRNT ³⁶ (6)	-	?	+	+	+	-	+	+	+	+
Eating patterns										
Adolescent and children – NC DHHS monitoring ⁴⁰ (8)	+	+	?	?	+	-	+	+	?	++
Adolescent and children – PACE+ ⁴⁵ (2)	+	+	+	?	+	-	+	+	+	+
Adult – Starting the Conversation* (7)	++	+	?	?	+	-	-	+	?	++
Adult – Summary of Diabetes Self-Care Activities ²⁵ (4)	+	-	+	+	+	+	+	+	+	+

PH = Compare with public health, especially Healthy People 2010 goals; Relat Behav = relevance to behavior change; Sens Chg = sensitivity to intervention efforts or change with time; → Tx = results lead directly to intervention actions; PACE+ = Patient-Centered Assessment and Counseling for Exercise plus Nutrition; YRBSS = Youth Risk Behavior Surveillance System; RAPA = Rapid Assessment Physical Assessment scale; BRFSS = Behavioral Risk Factor Surveillance System; AUDIT = Alcohol Use Disorders Identification Test; USPHS = US Public Health Service; SRNT = Society for Research on Nicotine and Tobacco; NC DHHS = North Carolina Department of Health and Human Services.

++ = Very strong in this characteristic.

+ = Acceptable, or relative advantage.

? = Unreported or not studied.

- = Drawback, low or relative disadvantage.

* Alice Ammerman, personal communication, May 15, 2004.