

**Appendix A**  
**Study survey**

**Research topic:** Assessment of women's knowledge of screening tools and risk factors for the most common causes of death in the United States

You have been invited to participate in this study to assess what women know about general health screening to prevent the most common causes of death in the United States. Choosing to participate in this study is completely voluntary. All surveys will be collected by the office staff. All surveys are anonymous and do not require your name or other identifying information. Full completion of the survey implies you have fully consented to participate in the study. Participants who complete the survey will be provided answers in a sealed envelope when you leave the office today. You may choose to withdraw from the study and your survey will be discarded. Choosing to participate in the study will not affect your treatment today.

**Instructions:** Please read the following survey and answer the following questions to the best of your ability. Please circle the letter of the correct answer.

<p><b>1. Age</b> a. 18-25 b. 26-35 c. 36-45 d. 46-60</p> <p><b>2. Race</b> a. Caucasian b. African American c. Hispanic d. Other</p> <p><b>3. What is the highest grade completed?</b> a. Grade school b. High school diploma c. Bachelor degree d. Masters degree e. Doctoral degree</p> <p><b>4. What is your current insurance?</b> a. Medicaid b. Medicare c. Private d. Self-pay</p> <p><b>5. Are you currently employed?</b> a. Yes b. No</p> <p><b>6. What is your current status?</b> a. Single b. Married c. Divorced d. Widowed</p>	<p><b>7. Do you have children?</b> a. Yes b. No</p> <p><b>8. What is your annual family income?</b> a. Less than 30,000 b. 30,000-60,000 c. Above 60,000</p> <p><b>9. Family history of cardiovascular disease, high blood pressure, heart attack, or stroke is</b> a. Very important b. Not important c. I don't know</p> <p><b>10. Being overweight or obese</b> a. Increases the risk of heart attack and stroke b. Decreases the risk of heart attack and stroke c. Doesn't change the risk of heart attack and stroke d. I don't know</p> <p><b>11. What is the minimum time to exercise per day to decrease your risk of heart attack?</b> a. 10 minutes, 4-6 days of week b. 60 minutes, 4-6 days of week c. Any amount of exercise is beneficial d. I don't know</p>
---	--

<p><b>12. High blood pressure is an independent risk factor for</b> a. Heart disease b. Stroke c. Kidney failure d. All of the above e. I don't know</p> <p><b>13. Smoking is a risk factor for</b></p>	<p><b>18. Women should do self breast exams to look for lumps and skin changes</b> a. Monthly b. Every 3 months c. Yearly d. I don't know</p> <p><b>19. Breast exam should be performed by a medical provider</b></p>
---	---

- a. Heart disease
- b. Stroke
- c. Lung cancer
- d. All of the above
- e. I don't know

**14. Diabetes is a risk factor for**

- a. Heart disease
- b. Stroke
- c. Kidney disease
- d. A&C
- e. All of the above
- f. I don't know

**15. At what age should you see an obstetrician/gynecologist?**

- a. 13-15 years old
- b. After you start menstruating
- c. After you are sexually active
- d. Only when you have a concern
- e. I don't know.

**16. The pap smear is a screening test for**

- a. many sexually transmitted diseases
- b. cervical cancer
- c. fertility
- d. normal reproductive function in general

**17. Gardasil is a vaccine to prevent**

- a. most common sexually transmitted diseases
- b. herpes
- c. gonorrhea
- d. cervical cancer

- a. Monthly
- b. Every 3 months
- c. Yearly
- d. I don't know

**20. A mammogram is a screening test for**

- a. General health maintenance
- b. Breast cancer
- c. Menopause
- d. I don't know

**21. Generally, at what age should women start having mammograms performed?**

- a. 30
- b. 40
- c. 50
- d. I don't know

**22. A colonoscopy is a screening test for**

- a. Hemorrhoids
- b. Menopause
- c. Colon cancer

**23. Generally, at what age should women start having a colonoscopy performed?**

- a. 40
- b. 50
- c. 60
- d. I don't know