

PROTOCOL = CALERIE_PHASE2

STUDYBOOK = END OF CR SURVEY

FORM = SURVEY



Center Number ___ Participant Number ___

End of CR Survey

CALSRVY (TYPE 1)

I was helped in following my CR prescription by...	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree	Not Applicable
1. ...feeling prepared by what I was told about the intervention requirements before I started the study. PREREQ	1	2	3	4	5	6	7	0
2. ...being provided my meals during the in-feeding period. MEALS	1	2	3	4	5	6	7	0
3. ...trying the Mediterranean diet during the in-feeding period. MEDDIET	1	2	3	4	5	6	7	0
4. ...trying the Low Glycemic diet during the in-feeding period. LOWGLYC	1	2	3	4	5	6	7	0
5. ...trying the Low-fat High fiber diet during the in-feeding period. LOWFAT	1	2	3	4	5	6	7	0
6. ...being trained on portion sizes during the first few weeks of the study. PORTION	1	2	3	4	5	6	7	0
7. ... using a system (like HMR) to memorize estimated calories. HMRSYS	1	2	3	4	5	6	7	0



Center Number ___ Participant Number ___

I was helped in following my CR prescription by...	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree	Not Applicable
8. ...being provided recipes by the staff. RECIPES	1	2	3	4	5	6	7	0
9. ...being provided meal plans by the staff. STAFMEA	1	2	3	4	5	6	7	0
10. ...changing which food groups I include in my meals and snacks. FOODCHG	1	2	3	4	5	6	7	0
11. ...changing my eating patterns (how many times I eat a day). EATPATT	1	2	3	4	5	6	7	0
12. ...trying to use a Volumetrics approach (i.e., eating low-calorie foods of high volume), in order to feel fuller on my calorie prescription. VOLUMET	1	2	3	4	5	6	7	0
13. ...weighing in at my sessions. WEIGHIN	1	2	3	4	5	6	7	0
14. ...weighing myself at home. HOMEWGT	1	2	3	4	5	6	7	0



Center Number ___ Participant Number ___

I was helped in following my CR prescription by...	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree	Not Applicable
15. ...using the weight zone graph. WGTGRPH	1	2	3	4	5	6	7	0
16. ...self-monitoring my calorie intake using a PDA. USEPDA	1	2	3	4	5	6	7	0
17. ...self-monitoring my calorie intake using a computer program. COMPUTR	1	2	3	4	5	6	7	0
18. ...self-monitoring my calorie intake using a paper record. PAPEREC	1	2	3	4	5	6	7	0
19. ...individual sessions with my counselors. COUNSLR	1	2	3	4	5	6	7	0
20. ...written materials and handouts I received during individual sessions. HANDOUT	1	2	3	4	5	6	7	0
21. ...having extra contacts by phone with my counselors. XTRPHON	1	2	3	4	5	6	7	0
22. ...having extra contacts by email with my counselors. XTREMAI	1	2	3	4	5	6	7	0



Center Number ___ Participant Number ___

I was helped in following my CR prescription by...	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree	Not Applicable
23. ... having extra contacts in-person with my counselors INPRSON	1	2	3	4	5	6	7	0
24. ...attending group sessions. GRPSESS	1	2	3	4	5	6	7	0
25. ...written materials and handouts I received at group sessions. GRPHAND	1	2	3	4	5	6	7	0
26. ...using behavioral contracts with my counselors. BEHAVE	1	2	3	4	5	6	7	0
27. ...seeking social support of family or friends. SOCSUPP	1	2	3	4	5	6	7	0
28. ...being provided meal replacements. REPLACE	1	2	3	4	5	6	7	0
29. ...decreasing the frequency of eating out. EATOUT	1	2	3	4	5	6	7	0
30. ...increasing fiber in my diet. HIGHFIB	1	2	3	4	5	6	7	0



Center Number ___ Participant Number ___

I was helped in following my CR prescription by...	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree	Not Applicable
31. ...returning to in-feeding later in the study (after the first in-feeding) INFEED	1	2	3	4	5	6	7	0
32. ...having flexible options and strategies to assist my CR (instead of one structured program for everyone). FLEXOPT	1	2	3	4	5	6	7	0
33. ...being given some of my results during the 2 years, such as my total calories expended and how it related to my CR goal. CRGOAL	1	2	3	4	5	6	7	0



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Now that you have finished the CALERIE trial, you may or may not choose to continue to follow a CR diet on your own.

Based on how you feel now, please answer these questions about your diet behavior after you finish CALERIE.

	Strongly Agree	Agree	Agree Somewhat	Neither Agree Nor Disagree	Disagree Somewhat	Disagree	Strongly Disagree
34. After leaving CALERIE, I will continue to follow a CR diet.	①	②	③	④	⑤	⑥	⑦
	POSTCR						

	To A Great Extent	Somewhat	Undecided	Very Little	Not At All
35. I plan to continue to follow my current level of CR ...	①	②	③	④	⑤
	CRLEVEL<TULEV>				