The LEGACY Girls Study

Follow-up #2 (at 12 months)

Daughter Questionnaire

For girls aged 10-11 years

Feelings, Thoughts & Behaviors

Self-administered

A. Your thoughts and behaviors
B. Your feelings
C. Your health behaviors
D. Your thoughts and opinions about breast cancer
E. Your family
F. People you know
This survey is going to cover several topics. The first set of questions may seem a little different than what you expected. They are questions often used in research to understand how people feel, act, and think. Then there are questions about your health behaviors—like your exercise. Then we ask about your opinions and experiences with breast cancer and your family relationships. You may skip any question you would rather not answer.

SECTION A. YOUR THOUGHTS & BEHAVIORS

Directions: This set of questions contains sentences that tell how some girls think or feel or act. Read each sentence carefully. For the first group of sentences, you will have two answer choices: True or False.

Select True if you agree with the sentence.
Select False if you do not agree with the sentence.

Give the best answer for you for each sentence, even if it is hard to make up your mind. There are no right or wrong answers. Please do your best, tell the truth, and try to answer every sentence.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1.</td>
<td>Things go wrong for me even when I try hard.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A2.</td>
<td>Nothing ever goes right for me.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A3.</td>
<td>My parents are always telling me what to do.</td>
<td>[ ]</td>
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<tr>
<td>A4.</td>
<td>I worry about little things.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A5.</td>
<td>Sometimes, when I am alone, I hear my name.</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>A6.</td>
<td>I used to be happier.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A7.</td>
<td>Nothing goes my way.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A8.</td>
<td>I have too many problems.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A9.</td>
<td>I never seem to get anything right.</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>A10.</td>
<td>My friends have more fun than I do.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A11.</td>
<td>I am not very good at anything.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A12.</td>
<td>Nobody ever listens to me.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>A13.</td>
<td>My parents blame too many of their problems on me.</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>A14.</td>
<td>Nothing is fun anymore.</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>A15.</td>
<td>I can’t seem to control what happens to me.</td>
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</tbody>
</table>
A16. I often worry about something bad happening to me. ☐ ☐
A17. Sometimes I want to hurt myself. ☐ ☐
A18. I don’t seem to do anything right. ☐ ☐
A19. Nothing about me is right. ☐ ☐
A20. I just don’t care anymore. ☐ ☐

For this group of sentences, you will have four answer choices: Never, Sometimes, Often, and Almost Always.

A21. When I take tests, I can’t think. ☐ ☐ ☐ ☐
A22. People say bad things to me. ☐ ☐ ☐ ☐
A23. I am bothered by thoughts about death. ☐ ☐ ☐ ☐
A24. I see things that others cannot see. ☐ ☐ ☐ ☐
A25. It is hard for me to keep my mind on schoolwork. ☐ ☐ ☐ ☐
A26. My parents expect too much from me. ☐ ☐ ☐ ☐
A27. I feel depressed. ☐ ☐ ☐ ☐
A28. I am blamed for things I don’t do. ☐ ☐ ☐ ☐
A29. I am afraid I might do something bad. ☐ ☐ ☐ ☐
A30. I feel like people are out to get me. ☐ ☐ ☐ ☐
A31. No one understands me. ☐ ☐ ☐ ☐
A32. I feel sad. ☐ ☐ ☐ ☐
A33. I feel like my life is getting worse and worse. ☐ ☐ ☐ ☐
A34. Someone else controls my thoughts. ☐ ☐ ☐ ☐
A35. I am lonely. ☐ ☐ ☐ ☐
A36. I am disappointed with my grades. ☐ ☐ ☐ ☐
A37. I am left out of things. ☐ ☐ ☐ ☐
A38. I get nervous. ☐ ☐ ☐ ☐
A39. Even when I try hard, I fail. ☐ ☐ ☐ ☐
A40. I am bothered by not getting enough sleep. ☐ ☐ ☐ ☐
A41. I get blamed for things I can’t help. ☐ ☐ ☐ ☐
A42. I am afraid of a lot of things. ☐ ☐ ☐ ☐
A43. I see weird things. ☐ ☐ ☐ ☐
The questions in this section ask you about your feelings and thoughts during the last month. For each question, please tell us how often you felt or thought a certain way.

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<tbody>
<tr>
<td>B1.</td>
<td>In the last month, how often have you felt that you were unable to control the important things in your life?</td>
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<td>B2.</td>
<td>In the last month, how often have you felt confident about your ability to handle your personal problems? We are not asking how often you have had personal (school, friends, family) problems, but how often when you had a problem you felt confident to handle it.</td>
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F-2 Questionnaire #10 Daughter 10-11 y: 10-4-12

<table>
<thead>
<tr>
<th>Question</th>
<th>Frequency Options</th>
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<tbody>
<tr>
<td>B3. In the last month, how often have you felt that things were going your way?</td>
<td>never, almost never, sometimes, fairly often, very often</td>
</tr>
<tr>
<td>B4. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?</td>
<td>never, almost never, sometimes, fairly often, very often</td>
</tr>
</tbody>
</table>

**SECTION C. YOUR HEALTH BEHAVIORS**

Now we are going to switch gears and ask you more specific questions about your health behaviors.

C1. When you are out in the sun, how often do you wear sunscreen?

- □ Never
- □ Rarely
- □ Sometimes
- □ Most of the time
- □ Always

C2. Have you ever tried cigarette smoking; even 1 or 2 puffs?

- □ Yes → Please go to C2a
- □ No → If no, skip to Question C3

C2a. How old were you when you smoked a whole cigarette for the first time?

a. _____ years old

b. _____ I have never smoked a whole cigarette → If no cigarettes, go to Question C3

C2b. During the past 30 days, on how many days did you smoke cigarettes?

- □ none → If none, skip to Question C3
- □ 1-2
- □ 3-5
- □ 6-9
- □ 10-19
- □ 20-29
- □ every day
C2c. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- [ ] none
- [ ] less than 1
- [ ] 1
- [ ] 2-5
- [ ] 6-10
- [ ] 11-20
- [ ] more than 20

C2d. Have you ever smoked, at least 1 cigarette per day for 30 days?

- [ ] Yes
- [ ] No

C3. Have you ever had a drink of alcohol other than a few sips? Alcohol includes beer, wine, wine coolers, and liquor, such as rum, gin, vodka or whiskey.

- [ ] Yes → Go to C3a.
- [ ] No → If no, skip to Question C4

C3a. During the past 30 days, how many days have you had at least one drink of an alcoholic beverage?

_____ days per week or _____ days in the past 30 days

C3b. How old were you when you had your first drink of alcohol, other than a few sips?

_____ years old

C4. How would you describe your body weight? Would you say….

- [ ] very underweight
- [ ] slightly underweight
- [ ] about the right weight
- [ ] slightly overweight
- [ ] very overweight

C5. Which of the following are you trying to do now?

- [ ] lose weight
- [ ] gain weight
- [ ] stay the same weight
- [ ] not trying to do anything about my weight
C6. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all of the time you spent in any kind of activity that increases your heart rate and makes you breathe hard some of the time.)

_____ days

C7. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

☐ 0 days
☐ 1 day
☐ 2 days
☐ 3 days
☐ 4 days
☐ 5 days

C8. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

☐ 0 teams
☐ 1 team
☐ 2 teams
☐ 3 or more teams

C9. In an average week, on how many days do you engage in exercise that does not involve team sports (workout at gym, dance, yoga, pilates, etc)?

☐ 0 days
☐ 1 day
☐ 2 days
☐ 3 days
☐ 4 days
☐ 5 or more days
SECTION D. YOUR THOUGHTS & OPINIONS ABOUT BREAST CANCER

D1. Some people have uncontrolled thoughts about certain things. These vary from person to person depending on their experiences. We are interested in knowing if you have thoughts and feelings about breast cancer and if so, how frequently you experienced these in the last seven days. If they did not occur during that time, mark “not at all.”

<table>
<thead>
<tr>
<th>D1a.</th>
<th>I thought about breast cancer when I didn't mean to.</th>
<th>NOT AT ALL</th>
<th>RARELY</th>
<th>SOME-TIMES</th>
<th>OFTEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1b.</td>
<td>I tried to remove breast cancer from my memory.</td>
<td></td>
<td></td>
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<tr>
<td>D1c.</td>
<td>I had waves of strong feelings about breast cancer.</td>
<td></td>
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<tr>
<td>D1d.</td>
<td>I stayed away from reminders of breast cancer.</td>
<td></td>
<td></td>
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<tr>
<td>D1e.</td>
<td>I tried not to talk about breast cancer.</td>
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<td></td>
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<tr>
<td>D1f.</td>
<td>Pictures about breast cancer popped into my mind.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>D1g.</td>
<td>Other things kept making me think about breast cancer.</td>
<td></td>
<td></td>
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<tr>
<td>D1h.</td>
<td>I tried not to think about breast cancer.</td>
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</tbody>
</table>

A family history of breast cancer means having a relative with breast cancer. How much do you agree or disagree that...

<table>
<thead>
<tr>
<th>D2.</th>
<th>If a woman has a family history of cancer on her father’s side of the family, she has an increased chance of developing breast cancer.</th>
<th>Disagree Strongly</th>
<th>Disagree</th>
<th>Neither Agree Nor Disagree</th>
<th>Agree</th>
<th>Agree Strongly</th>
<th>I don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>D3.</td>
<td>If a woman has a family history of cancer on her mother’s side of the family, she has an increased chance of developing breast cancer.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>D4.</td>
<td>Even if a woman has a family history of cancer, she may not develop cancer.</td>
<td></td>
<td></td>
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</tbody>
</table>
The next few questions ask what you think about the risk of getting breast cancer. It is OK to check “I don’t know.”

D5. Out of 100 women who get breast cancer, how many have inherited breast cancer?

_______ out of 100
☐ I don’t know

D6. Now consider the likelihood for any woman to get breast cancer. How many women out of a group of 100 from the general population, do you think will get breast cancer at some point in their lives?

_______ out of 100
☐ I don’t know

D7. Now, we would like you to consider women who have a family history of breast cancer. How many women out of a group of 100 women with a family history of breast cancer will get breast cancer at some point in their lives?

_______ out of 100
☐ I don’t know

D8. No two people have the same chance of getting cancer. Given that you are a unique person, what number on a scale of 0 to 100 do you think represents the chance that you will get breast cancer at some point in your adulthood? So 0 means will never get breast cancer and 100 means definitely will get breast cancer.

_____  ➔ If 0, skip to question D9
☐ I don’t know ➔ skip to question D9

D8a. Given that you are a unique person, what number on a scale of 0 to 100 do you think represents the chance that you will get breast cancer in the next 10 years?

_____  
☐ I don’t know

D9. Do you think your chances of getting breast cancer when you are an adult are the same or different than other girls your age when they become adults? Would you say…….

☐ Much lower
☐ A little lower
☐ The same
☐ A little higher
☐ Much higher
☐ I don’t know
Now we are interested in your thoughts and opinions about things that could prevent or delay breast cancer in women. Again, we are not looking for any particular answer, but are interested in what YOU believe. How much do you agree or disagree that...

<table>
<thead>
<tr>
<th></th>
<th>Disagree Strongly</th>
<th>Disagree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Agree Strongly</th>
<th>I don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>D10.</td>
<td>I believe that women can do things to prevent or delay getting breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D11.</td>
<td>I believe that women can do things to prevent or delay getting breast cancer <strong>even</strong> if they have a family history of breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D12.</td>
<td>I believe that I can do things to prevent or delay getting breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D13.</td>
<td>If a woman leads a healthy lifestyle, I believe she can prevent or delay getting breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D14.</td>
<td>Even if a woman has a family history of breast cancer, leading a healthy lifestyle will prevent or delay breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D15.</td>
<td>If I lead a healthy lifestyle, I believe I can prevent or delay getting breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D16.</td>
<td>Exercise is effective in preventing or delaying breast cancer for women in general.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D17.</td>
<td>Exercise is effective in preventing or delaying breast cancer for women with a family history of breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D18.</td>
<td>Exercise can help <strong>me</strong> prevent or delay breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D19.</td>
<td>A healthy diet can help women prevent or delay breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>D20.</td>
<td>A healthy diet can help a woman prevent or delay breast cancer, even if she has a family history of breast cancer.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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</tbody>
</table>
This section contains a number of statements about families. Read each statement carefully, and decide how well it describes your own family. You should answer according to how YOU see your family. Try not to spend too much time thinking about each statement, but respond as quickly and as honestly as you can. If you have trouble with a statement, answer with your first reaction.

<table>
<thead>
<tr>
<th></th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>E1. Planning family activities is difficult because we misunderstand each other.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E2. When someone is upset the others know why.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E3. In times of crisis we can turn to each other for support.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E4. We cannot talk to each other about the sadness we feel.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E5. You can't tell how a person is feeling from what they are saying.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>E6. Individuals are accepted for what they are.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E7. People come right out and say things instead of hinting at them.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>E8. We avoid discussing our fears and concerns.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td></td>
<td></td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Disagree</td>
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<tr>
<td>E9</td>
<td>It is difficult to talk to each other about tender feelings.</td>
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<tr>
<td>E10</td>
<td>We can express feelings to each other.</td>
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<tr>
<td>E11</td>
<td>We talk to people directly rather than through go-betweens.</td>
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<tr>
<td>E12</td>
<td>There are lots of bad feelings in the family.</td>
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<tr>
<td>E13</td>
<td>We often don’t say what we mean.</td>
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<tr>
<td>E14</td>
<td>We feel accepted for what we are.</td>
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<tr>
<td>E15</td>
<td>Making decisions is a problem for our family.</td>
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<tr>
<td>E16</td>
<td>We are frank with each other.</td>
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<tr>
<td>E17</td>
<td>We are able to make decisions about how to solve problems.</td>
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<tr>
<td>E18</td>
<td>We don’t get along well together.</td>
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<tr>
<td>E19</td>
<td>We don’t talk to each other when we are angry.</td>
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<tr>
<td>E20</td>
<td>We confide in each other.</td>
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<tr>
<td>E21</td>
<td>When we don’t like what someone has done, we tell them.</td>
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</tbody>
</table>

**SECTION F. PEOPLE YOU KNOW**

F1. Has anyone in your family ever had cancer? Include grandparents, aunts and uncles.

☐ No ➔ Go to Question F2  
☐ Don’t know ➔ Go to Question F2  
☐ Yes ➔ Please put a check in the box next to the relatives who have had cancer:

☐ my sister  
☐ my brother

Your mother’s side of the family:

☐ my mother  
☐ my grandmother  
☐ my grandfather  
☐ my aunt ➔ how many aunts on your mother’s side had cancer?____
☐ my uncle ➔ how many uncles on your mother’s side had cancer?____
Please put a check in the box next to the relatives who have had cancer:

Your father's side of the family
☐ my father
☐ my grandmother
☐ my grandfather
☐ my aunt → how many aunts on your father's side had cancer?____
☐ my uncle → how many uncles on your father's side had cancer?____

F2. Do you know anyone outside of your family who has had cancer? For example, a friend's parent, a teacher or a coach.

☐ No → Go to “End of questions”
☐ Don’t know → Go to “End of questions”
☐ Yes → Please put a check in the box next to the person or people who have had cancer:

☐ Friend’s mother
☐ Friend’s father
☐ Teacher
☐ Coach
☐ Neighbor
☐ Other (please tell us who) _____________________________
☐ Other (please tell us who) _____________________________

End of Questions
That is the end of this group of questions. Thank you!