

# Sun Exposure Knowledge, Attitudes, Habits, and Practices among Medical Students: Impact and Analysis of an Educational Intervention

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## QUESTIONNAIRE

**A. Demographics:**

1. Gender \_\_\_\_\_
2. Age \_\_\_\_\_
3. Marital Status \_\_\_\_\_
4. Country of Birth \_\_\_\_\_
5. Place of residence \_\_\_\_\_
6. Year of medical education \_\_\_\_\_
7. Discipline \_\_\_\_\_

**B. Sun Exposure:**

1. What is your natural skin color?  
*Very pale, Pale, Intermediate, Dark*
2. Fitzpatrick skin type  
*Ivory/Pale (type I), Fair/White (type II), Light Brown (type III), Moderate Brown (type IV), Dark Brown (type V), Dark Brown to Black (type VI)*

**C. Sun Exposure Habits:**

1. How many days a year do you expose yourself to the sun (sunbathing) while engaging in outdoor activities?  
*Under 5 days, 6-30 days, 31-90 days, More than 90 days*
2. Sunbathing (hours per day)  
*None, 1-2 hrs, 3-4 hrs, 5-6 hrs, More than 6 hrs*
3. Sports or leisure activities outdoors (days per year)  
*Under 5 days, 6-30 days, 31-90 days, More than 90 days*
4. Sports or leisure activities outdoors (hours per day)  
*None, 1-2 hrs, 3-4 hrs, 5-6 hrs, More than 6 hrs*
5. I've experienced sunburns previously  
*Yes, No*

**D. Sun Protection Practices:**

	Never	Rarely	Sometimes	Almost Always	Always
	1	2	3	4	5
1. I stay in the shade/use an umbrella					
2. I use sunglasses					
3. I wear a hat or cap					
4. I wear a long-sleeved shirt and long pants					
5. I avoid the sun in the middle of the day					
6. I use sunscreen					

**E. Sunscreens:**

1. When you use sunscreen, what sun protection factor (SPF) do you usually use?  
*I don't know, 2-10, 15-20, 30-50, More than 50*

**F. Attitudes:**

For each of the questions below, circle the response that best characterizes how you feel about the statement, where: 5= Strongly Disagree, 4= Disagree, 3= Neutral, 2= Agree, and 1= Strongly Agree.

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I like sun exposure					
I like being tanned					
Sun exposure makes me feel good					
I don't like using sunscreen					
It's worth the trouble to use sunscreen					
At midday, I prefer to be in the shade rather than in the sun					
I worry about getting sunburned when I sunbathe					
I worry about the spots and wrinkles that may appear due to sun exposure					
I worry that I might develop skin cancer from sun exposure					
It's easy to protect yourself from the sun by wearing a hat or similar, and covering your clothing					

**G. Knowledge About Sun Exposure:**

	<b>True</b>	<b>False</b>
Using UV-A tanning cabins before age 30 increases the risk of melanoma.		
UV radiation causes your skin to age more quickly.		
Being in the shade means we are not at risk of the effects of (solar) radiation		
Using sunscreens is the most appropriate way to protect yourself from the sun and prevent skin cancer		
Once the skin is tanned, it is not necessary to use sunscreen		
Babies under 1 year old should not be directly exposed to the sun		
It is necessary to use extreme sun protection measures when the UV index is above 3		
Dark clothing protects from the sun more than light clothing		
It is recommended to get at least one hour of sun exposure per day (to ensure adequate vitamin D levels)		
Children should use sunscreens with an SPF of 30 or higher		