Adoption of Western Culture by Californian Asian Americans

Attitudes and Practices Promoting Sun Exposure

Emily Gorell, BA; Carolyn Lee, MD, PhD; Claudia Muñoz, MD, MPH; Anne Lynn S. Chang, MD

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### Sun Protection Among Asian Americans Questionnaire

**1. Age:**

**2. Sex (circle one):** Male Female

**3. Ethnicity: (circle any that apply)**

1. African American
2. Alaskan Native
3. American Indian
4. Burmese
5. Cambodian
6. Caucasian (White)
7. Chinese
8. Filipino/Hispanic
9. Hawaiian/Pacific Islander
10. Indian
11. Japanese
12. Korean
13. Laotian
14. Malaysian
15. Pacific Islander
16. Pakistani
17. Taiwanese
18. Thai
19. Vietnamese
20. Other: ________

**4. What generation are you? (circle the answer that best applies to you)**

1. First generation: I was born in Asia or country other than U.S.
2. Second generation: I was born in U.S.; either parent was born in Asia or country other than U.S.
3. Third generation: I was born in U.S.; both parents were born in U.S., and all grandparents born in Asia or country other than U.S.
4. Fourth generation: I was born in U.S.; both parents were born in U.S., and at least one grandparent born in Asia or country other than U.S. and one grandparent born in U.S.
5. Fifth generation: I was born in U.S.; both parents were born in U.S., and all grandparents also born in U.S.
6. Don’t know what generation best fits since I lack some information.

**5. Where were you raised?**

1. In Asia only
2. Mostly in Asia, some in U.S.
3. Equally in Asia and U.S.
4. Mostly in U.S., some in Asia
5. In U.S. only

**6. What contact have you had with Asia?**

1. Raised one year or more in Asia
2. Lived for less than one year in Asia
3. Occasional visits to Asia
4. Occasional communications (letters, phone calls, etc) with people in Asia
5. No exposure or communications with people in Asia

**7. If you consider yourself a member of the Asian group, how much pride do you have in this group?**

1. Extremely proud
2. Moderately proud
3. Little pride
4. No pride, but do not feel negatively towards group
5. Feel negatively towards group

**8. How would you rate yourself?**

1. Very Asian
2. Mostly Asian
3. Bicultural
4. Mostly westernized
5. Very westernized

**9. Rate yourself on how much you believe in Asian values (ie, marriage, family, education, work): (circle one number)**

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<tr>
<td>Do not believe</td>
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<td>strongly believe</td>
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**10. Rate yourself on how much you believe in American (Western) values: (circle one number)**

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<tr>
<td>Do not believe</td>
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<td>strongly believe</td>
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</table>

**11. Rate yourself on how well you fit in with other Americans who are not Asian: (circle one number)**

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<td>Neutral</td>
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<td>fit very well</td>
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</table>

**12. Which statement best describes how you view yourself?**

1. I consider myself basically an Asian person, even though I live and work in America.
2. I consider myself basically an American, even though I have an Asian background and characteristics.
3. I consider myself an Asian-American, although deep down I always know I am an Asian.
4. I consider myself an Asian-American, although deep down I view myself as an American first.
5. I consider myself an Asian-American; I have both Asian and American characteristics, and I view myself as a blend of both.

**13. When exposed to the strong sun in summer without protection would your skin burn?**

1. Not at all
2. Very little
3. Somewhat
4. Yes (deep-red painful burn)

**14. When exposed to the strong sun in summer without protection your skin would:**

1. Not tan at all.
2. Tan slightly
3. Tan moderately
4. Tan deeply

**15. Has a close friend or relative had skin cancer?**

1. Yes
2. No
3. Do not know

**16. How much time do you spend in the sun on a typical weekday?**

1. Less than 1 hour
2. 1-2 hours
3. 2 or more hours

**17. How much time do you spend in the sun on a typical weekend?**

1. Less than 1 hour
2. 1-2 hours
3. 2 or more hours

**18. How many times have you used a tanning bed in your life?**

1. Never
2. 1-10 times
3. 11-20 times
4. 21 or more

**19. How often do you try to get a tan (i.e., lay out) in the sunlight?**

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. Always

**20. How often do you seek shade from the sun?**

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. Always

**21. How often do you check your skin for changing moles?**

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. Always

**22. How often do you wear sun-protective clothing (i.e., hat, long sleeves)?**

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. Always

**23. How often do you wear sunscreen?**

1. Never
2. Rarely
3. Sometimes
4. Most of the time
5. Always

**24. Have you ever had a cosmetic laser procedure for sun spots?**

1. Yes
2. No

**25. Have you ever had a chemical peel for dark spots?**

1. Yes
2. No

**26. How many times have you used skin whiteners or bleaching creams?**

1. Never
2. 1-5 times
3. More than 20 times
4. Every day
5. 6-20 times
Rate your agreement with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>(circle one number)</th>
<th>Strongly disagree</th>
<th>Neutral</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>27. Sun rays cause skin cancer.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>28. Sun rays cause dark spots to appear on my skin.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>29. Sun rays can lead to wrinkling.</td>
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<tr>
<td>30. Sun rays can lead to premature skin aging.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>31. Have you ever heard of skin self-examination?</td>
<td>1. Yes 2. No</td>
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<tr>
<td>32. Have you ever been told how to perform a skin self-examination?</td>
<td>1. Yes 2. No</td>
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<td>Rate your agreement with the following statements:</td>
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<tr>
<td>34. If I tan, I will be more attractive.</td>
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<tr>
<td>35. Most of my friends use sunscreen.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>36. I wish my skin was more tanned.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>37. Lighter skin is more desirable than tanned skin.</td>
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<tr>
<td>38. Wearing a hat or long sleeves when it is sunny is unattractive.</td>
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<td>39. It is too much trouble to wear a hat every day.</td>
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<tr>
<td>40. It is too much work to put on sunscreen every day.</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>41. Protection from the sun (wearing a hat, long sleeves) is more important than looking fashionable.</td>
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</tbody>
</table>

eFigure. Sun Protection Among Asian Americans Questionnaire.