

Post-Evaluation Parental Questionnaire**For Intervention Kindergartens**

These questions are only for parents of children of the intervention kindergartens

A1. In general, what did you think of the ToyBox programme?

- ₁ I liked it a lot
₂ I liked it
₃ I didn't like it so much
₄ I did not like it at all
₅ I do not know much about it
₆ I have not heard about the ToyBox programme

A2. Did you or your partner receive and/or read the following Newsletters, Tip Cards and Posters?

	Received			Read them		
	Yes	No	Don't know	Yes	No	Don't Remember
(1) Introductory Newsletter	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(2) Drinking Newsletter 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(3) Drinking Newsletter 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(4) Drinking Tip Card 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(5) Drinking Tip Card 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(6) Poster for drinking	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(7) Snacking Newsletter 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(8) Snacking Newsletter 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(9) Snacking Tip Card 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(10) Snacking Tip Card 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(11) Poster for snacking	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(12) Physical Activity Newsletter 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(13) Physical Activity Newsletter 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(14) Physical Activity Tip Card 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(15) Physical Activity Tip Card 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(16) Poster for physical activity	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(17) Sedentary Behaviour Newsletter 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(18) Sedentary Behaviour Newsletter 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(19) Sedentary Behaviour Tip Card 1	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(20) Sedentary Behaviour Tip Card 2	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆
(21) Poster for sedentary behaviour	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆

The present questionnaire is available for free use with the obligation to explicitly reference the Toybox-study (www.toybox-study.eu) and add the relevant references:

1. Manios Y, Androutsos O, Katsarou C et al. Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev* 2014 Aug;15 Suppl S3:5. doi: 10.1111/obr.12175.
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A3. Beyond the material included in the above table (i.e. newsletters, tip-cards, posters) did you receive any additional information from the teacher regarding the ToyBox programme and the activities related to it?

- ₁ No
- ₂ Yes. If yes, how often?
- ₁ Always
- ₂ Often
- ₃ Sometimes
- ₄ Rarely
- ₅ Never

A4. To what degree do you think the ToyBox Newsletters/Tip Cards motivated you as a family try to achieve changes in ?

	To a large degree	To some degree	To a little degree	Not at all	Our family did not need to change anything
Drinking water	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Snacking habits	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Physical Activity	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Sedentary behaviour	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

A5. To what degree do you think the ToyBox Newsletters/Tip Cards have helped you as a parent/primary caregiver improve your own daily lifestyle regarding:

	To a large degree	To some degree	To a little degree	Not at all	I did not need to change anything
Drinking water	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Snacking habits	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Physical Activity	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Sedentary behaviour	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

A6. To what degree do you think the ToyBox programme overall have helped your child improve his/her daily lifestyle regarding:

	To a large degree	To some degree	To a little degree	Not at all	My child did not need to change anything
Drinking water	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Snacking habits	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Physical Activity	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Sedentary behaviour	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

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A7. In general, how easy was it to understand the text in the ToyBox Newsletters and Tip Cards?

- ₁ Very easy
- ₂ Easy
- ₃ A bit difficult
- ₄ Very difficult
- ₅ I have not received/read the ToyBox Newsletters and Tip Cards

A8. In general, did you find trustful the information provided in the ToyBox Newsletters and Tip Cards?

- ₁ To a large degree
- ₂ To some degree
- ₃ Neither trustful nor not trustful
- ₄ To a little degree
- ₅ Not at all

A9. In general, how useful did you find the *Suggestions and Tips for parents* in the ToyBox Newsletters and Tip Cards?

- ₁ Very useful
- ₂ Somewhat useful
- ₃ A little useful
- ₄ Not useful at all
- ₅ I have not received/read the ToyBox Newsletters and Tip Cards

A10. Did you implement as a family the suggested activities of the ToyBox Newsletters and Tip Cards?

- ₁ Always
- ₂ Often
- ₃ Sometimes
- ₄ Rarely
- ₅ Never

A11. Did you/ your partner and your child enjoy the ToyBox activities conducted with the family?

- ₁ I enjoyed it a lot
- ₂ I enjoyed it
- ₃ I did not enjoy it so much
- ₄ I did not enjoy it at all
- ₅ I did not conduct any ToyBox activity

A12. In general, was the content of the ToyBox Newsletters and Tip Cards new to you?

- ₁ Yes, all of it
- ₂ Yes, some of it
- ₃ Yes, a little of it
- ₄ No, it was all familiar to me
- ₅ I have not received/read the ToyBox Newsletters and Tip Cards

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A13. In general, what did you think about the amount of text in the ToyBox Newsletters and Tip Cards?

- ₁ Far too much
- ₂ Too much
- ₃ About right
- ₄ Too Little
- ₅ Far too Little
- ₆ I have not received/read the ToyBox Newsletters and Tip Cards

A14. In general, what did you think of the design (colours, lay out, type of letters) of the ToyBox Newsletters and Tip Cards?

- ₁ I liked it a lot
- ₂ I liked it
- ₃ I did not like it so much
- ₄ I did not like it at all
- ₅ I have not received/read the ToyBox Newsletters and Tip Cards

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