Research article

Impact of online, video-based wellness training on Girl Scout leaders’ wellness promotion self-efficacy, intention, and knowledge: A pilot randomized controlled trial

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Supplemental File 1. Self-Efficacy, Intention, and Knowledge Questionnaire

Practice Rating

To familiarize yourself with the rating form, please complete this practice item first. If you were asked to lift objects of different weights right now, how certain are you that you can lift each of the weights described below?

Rate your degree of confidence by recording a number from 0 to 100 using the scale given below:

0  10  20  30  40  50  60  70  80  90  100
Cannot do at all  Moderately can do  Highly certain can do

Confidence (0-100)
Physical Strength

Lift a 10 pound object
Lift a 50 pound object
Lift a 100 pound object
Lift a 200 pound object
Lift a 300 pound object

Physical Activity Confidence

Please rate how certain you are that you can offer the following physical activity opportunities during a typical upcoming troop meeting (excluding special events and celebrations).

Rate your level of confidence by recording a number from 0 to 100 using the scale given below:

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---|----|----|----|----|----|----|----|----|----|-----|
| Cannot do at all | Moderately can do | Highly certain can do |

Confidence (0-100)

Offer at least a few minutes of physical activity
Offer at least 10 minutes of physical activity
Offer at least 15 minutes of physical activity
Offer at least 20 minutes of physical activity
Offer 30 minutes or more of physical activity
**Fruit and Vegetable Availability Confidence**

Please rate how certain you are that you can offer the following fruit and vegetable opportunities for snack time during a typical upcoming troop meeting (excluding special events and celebrations).

Rate your level of confidence by recording a number from 0 to 100 using the scale given below:

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---|----|----|----|----|----|----|----|----|----|-----|
| Cannot do at all | Moderately can do | Highly certain can do |

Confidence (0-100)

Offer at least 1 serving of **fruit** at some meetings (greater than 0% of meetings, but less than 50% of meetings)  
Offer at least 1 serving of **fruit** at least every other meeting (50% or more of meetings)  
Offer at least 1 serving of **fruit** at ALL meetings (100% of meetings)  
Offer 2 or more servings of **fruit** at ALL meetings (100% of meetings)  

Offer at least 1 serving of **vegetables** at some meetings (greater than 0% of meetings, but less than 50% of meetings)  
Offer at least 1 serving of **vegetables** at least every other meeting (50% or more of meetings)  
Offer at least 1 serving of **vegetables** at ALL meeting (100% of meetings)  
Offer 2 or more servings of **vegetables** at ALL meetings (100% of meetings)
Confidence with Barriers to Physical Activity Time

A number of situations are described below that can make it hard to offer physical activity opportunities during your troop meetings. For each blank, please rate how certain you are that you can offer physical activity opportunities for your girls during a troop meeting when faced with the following challenges.

Rate your level of confidence by recording a number from 0 to 100 using the scale given below:

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---|----|----|----|----|----|----|----|----|----|-----|
| Cannot do at all | Moderately can do | Highly certain can do |

Example: When we have visitors  
100 (highly certain can do)

When you are running short on time
When you have a lot of other activities planned
When you don’t have a lot of room
During bad weather
When the girls seem tired
When you haven’t planned out a physical activity
When you can’t think of any activities to do
When you don’t have any physical activity equipment

If you have any comments regarding barriers to physical activity, or if you have additional ones that weren’t listed, please tell us below.

______________________________
# Confidence with Barriers to Fruit and Vegetable Availability

A number of situations are described below that can make it hard to offer fruits and vegetables as snack choices during your troop meetings. In each blank, please rate how certain you are that you can offer fruit and vegetable opportunities for your girls during a troop meeting when faced with the following challenges.

Rate your level of confidence by recording a number from 0 to 100 using the scale given below:

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---|----|----|----|----|----|----|----|----|----|-----|
| Cannot do at all | Moderately can do | Highly certain can do |

**Confidence (0-100)**

When you don’t have a lot of money to spend

When you don’t have a lot of time to prepare the snack

If the girls are picky about the snack options

If parents typically bring snacks

If you don’t have kitchen facilities

If you can’t think of any fruit or vegetable snack ideas

If you don’t have any kitchen supplies to prepare the snack

If you have any comments regarding barriers to providing fruits and vegetables, or if you have additional ones that weren’t listed, please tell us below.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Physical Activity and Snacking Intention Survey

On the following items, please indicate your level of agreement with each statement about offering physical activity and fruits and vegetables during a typical upcoming troop meeting (excluding special events or celebrations) on the 1 to 5 scale.

1=strongly disagree; 2= disagree; 3=neither agree or disagree; 4= agree 5=strongly agree

I intend to offer enough physical activity to meet our troop goal during upcoming troop meetings

1  2  3  4  5

I am planning to offer enough physical activity to meet our troop goal during upcoming troop meetings

1  2  3  4  5

I intend to offer enough fruits to meet our troop goal during upcoming troop meetings

1  2  3  4  5

I am planning to offer enough fruits to meet our troop goal during upcoming troop meetings

1  2  3  4  5

I intend to offer enough vegetables to meet our troop goal during upcoming troop meetings

1  2  3  4  5

I am planning to offer enough vegetables to meet our troop goal during upcoming troop meetings

1  2  3  4  5
Physical Activity and Fruit and Vegetable Knowledge Survey

For each of the following questions, please mark your response regarding physical activity and fruit and vegetable consumption for girls.

How many minutes of physical activity should kids get every day?
   A. 15 minutes  
   B. 30 minutes  
   C. 45 minutes  
   D. At least 60 minutes

What percentage of girls meet the recommendations for physical activity?
   A. Less than 20%  
   B. 25-40%  
   C. 45-60%  
   D. Greater than 75%

Girls are typically more physically active than boys
   A. True  
   B. False

Which of these is/are a potential benefit of being physically active (circle all correct answers)?
   A. Better school performance  
   B. Weight control  
   C. Decreased risk of chronic disease  
   D. Improved mood

What is the recommendation for how many combined servings of fruits and vegetables kids should eat every day?
   A. 2 servings  
   B. 3 servings  
   C. 4 servings  
   D. 5 or more servings

Approximately what percentage of youth meet the recommendations for fruit consumption?
   A. Less than 20%  
   B. 40%  
   C. 60%  
   D. 80%
Approximately what percentage of youth meet the recommendations for vegetable consumption?

A. Less than 20%
B. 40%
C. 60%
D. 80%

Which of these is/are a benefit of consuming fruits and vegetables (circle all correct answers)?

A. Decreased risk of chronic disease
B. Contain fiber, vitamins, and minerals
C. Low in calories
D. Quick, natural snack choice