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Appendices

Appendix A: Questionnaire

Questionnaire

Please answer every question.

Section A : Your demographic Details.

1. What is the name of your school ?
2. What is your age ?years old.
3. What is your weight ?kg.
4. How tall are you ? cm.
5. What is your major ?

Section B:

Part 1: Knowledge and perception in osteoporosis.

Please tick only one answer on the right boxes, 'yes' if you agree or 'no' if you disagree.

Knowledge	Yes	No
1. Do you think the people who have frequency movement have more osteoporosis disease		
2. Do you think the people who frequently exercise have more osteoporosis disease		
3. Do you think the people who do not drink milk have more osteoporosis disease		
4. Do you think the people who do not eat small fish, tofu, green leafy vegetable bean have more osteoporosis disease		
5. Do you think the people who eat salted food have more osteoporosis disease		
6. Do you think the people who have frequently alcohol intake have more osteoporosis disease		
7. Do you think the people who have frequency tea, coffee have more osteoporosis disease		

Knowledge (continued)	Yes	No
8. Do you think the people who have small frame have more osteoporosis disease		
9. Do you think osteoporosis disease can not be treated		
10. Do you think women have more osteoporosis disease than men		
11. Do you think the postmenopause people have a chance to osteoporosis disease		
12. Do you think the early stage of osteoporosis disease have not symptom		
13. Do you think the peak bone mass developed at 25-30 years old.		
Susceptibility		
1. Do you think the people who have frequently movement can prevent the osteoporosis disease		
2. Do you think the best time to prevent osteoporosis disease is during adolescence.		
3. Do you think the people who do not drink milk have more osteoporosis disease		
4. Do you think no alcohol intake can prevent osteoporosis disease		
5. Do you think no smoking can prevent osteoporosis disease		
6. Do you think the people who frequently drink tea, coffee can cause osteoporosis disease		
7. Do you think sitting, standing and lifting in the right way can help strengthen bone		
8. Do you think the sunlight in the morning can prevent osteoporosis disease		
Seriousness		
1. Do you think osteoporosis disease is not scary		
2. Do you think osteoporosis disease can be cured		
3. Do you think osteoporosis disease cause low back pain		
4. Do you think osteoporosis disease is not severe		

Seriousness	Yes	No
5. Do you think low back pain cause from osteoporosis disease do not impact quality of life		
6. Do you think osteoporosis disease does not effect the quality of life		
7. Do you think osteoporosis cost of the time and expense		
8. Do you think osteoporosis disease cause bone fracture and dead		
9. Do you think osteoporosis disease cause Dowager's hump		
Benefit and barrier		
1. Do you think you do not have free time to exercise		
2. Do you think you do not need milk		
3. Do you think you do not need exercise		
4. Do you think osteoporosis disease does not effect the quality of life		

Part 2: Behavior

Tick 'yes' if you do the followings or 'no' if you do not do it.

Exercise	Yes	No
1. Exercise in walking, jogging, aerobic, weight bearing exercise		
2. Spending time in exercise around half an hour to on hour		
3. Regular exercise about 5 times per week		
Calcium Intake		
1. Taking 1-3 glasses of milk per day		
2. Taking 4 glasses of tofu juice or more per day		
3. Taking dry shrimp, small fish with bone 1-2 times per week		
4. Taking a fish, shell and sea food 1-2 cups per week		
5. Taking bean 3-4 cups per week		
6. Taking dark green, leaf vegetable 1 cup per day		
7. Taking a food with coconut milk or oil everyday		

Calcium Intake	Yes	No
8. Taking 3-4 eggs per week		
Risk factor avoidance		
1. Avoiding smoking		
2. Limiting alcohol intake		
3. Limiting excess caffeine		
4. Limiting of salted food		

Appendix B: Vocabulary

Vocabulary

Estrogen	=	Sex hormone stimulate the development female secondary sex characteristics
Cushing 's syndrome	=	An abnormal bodily condition characterized by obesity and muscular weakness associated with the excessive production of hydrocortisone due to adrenal or pituitary dysfunction
Hyperparathyroidism	=	The presence of excess parathyroid hormone in the body resulting in disturbance of calcium metabolism with increase in serum calcium and decrease in inorganic phosphorus, loss of calcium from bone, and renal damage with frequent kidney-stone formation.
1,25 dihydroxyvitamin D	=	Derivative of Vitamin D
Amenorrhea	=	Abnormal absence of menstruation
Quasi-experimental	=	Studying in 2 groups such as experimental and control group with non-random method

Appendix C:

Activity plan in experimental
group

Activity plan in experimental group	Spending time	
The first time	<ol style="list-style-type: none"> 1. The participants did the questionnaire in 3 parts (knowledge, perception and behavior) (pretest 2. Discussion about dietary 3. Teaching osteoporosis education 4. Divided into small group of 10-12 persons 5. Assigned them to set a menu which was composed of high calcium 6. Demonstration in the correct weight bearing exercise was shown to the participants <p>During the teaching session the high calcium foods were shown together with the table of amount of high calcium food</p>	90 minute
The second time	<ol style="list-style-type: none"> 1. the participants retested on the 3 parts (knowledge, perception, behavior)(posttest) 2. They were assigned to recorded how much calcium and how long for exercise in one day. (For retested their behavior in the next 2-month) 	50 minute
The third time	The participant retested on the behavior exercise	50 minute

Curriculum Vitae

Name: Ruangsiri Mahapan

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March 2001 – present: Diethelm co.,ltd (Pharmaceutical division)

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