

A systematic review of brief dietary questionnaires suitable for clinical use in the prevention and management of obesity, cardiovascular disease and type 2 diabetes

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Table 3: Summary of key characteristics of dietary assessment tools and evaluation studies

Tool name (date of most recent evaluation)	Number of questions	Purpose [¶] D=Dietary advice (includes clear clinical guidance) M=dietary monitoring (limited clinical guidance) C=sensitive to change	Administration I=interview S=self T=Telephone	Test-retest reliability study	Relative validity study	Some relative validity correlation coefficients >0.4	Relative validity in a clinical sample	Relative validity in men (m) or women (w) only	Access and availability of score sheet
Australian Diet Quality Tool (2012) ⁵⁰	13	D	S		✓ ¹	✓	✓		Tool available in paper. Score sheet available on request from authors. Free to use, acknowledgement needed
Bailey Elderly Food Screener (2009) ^{28, 51}	15	D	S		✓ ²				Tool and detailed score sheet available in Bailey (2009)
Food Behaviour Checklist: Text version (2003) ¹⁰	16	M	I	✓	✓ ¹	✓		✓ ^w	Tool and scoring derived from validation results in Townsend (2003)
Food Behaviour Checklist: Visual version (2008) ⁴³	16	M	I						Visual tools, with instructions, are available from
Food Behaviour Checklist: Visual version, Spanish (2011) ⁴⁴	16	M	I	✓	✓ ¹	✓		✓ ^w	http://townsendlab.ucdavis.edu/PDF_files/UCCE/UCCE_FBC_InstructGuide.pdf
Healthy Eating Vital Signs 1 (2012) ^{8, 53}	14	M	I		✓ ²	✓	✓		Tool available and scoring described in Greenwood (2008)
Latino Dietary Behaviors Questionnaire (2011) ⁵⁴	13	M/C	I		✓ ¹	✓	✓		Tool available and scoring described in Fernandez (2011)
PrimeScreen (2001) ⁵⁵	15 food 8 vit/min*	D	S	✓	✓ ¹	✓	✓		Tool and detailed score sheet available free, request from: Department of Nutrition, Harvard School of Public Health (http://www.hsph.harvard.edu/)
REAP (2006)	31	D	S	✓	✓ ²	✓			Tool and detailed score sheet available from: http://publichealth.brown.edu/ICHP/research-tools

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REAP-S (2004) ²⁹	16	D	S		✓ ¹	✓			Tool and detailed score sheet available from: http://www.einstein.yu.edu/centers/diabetes-research/research-areas/survey-instruments.aspx
Short Diet Quality Screener (2012) ¹³	18	M	S		✓ ¹	✓			Tools available on request from authors. Scoring described in Schroder (2011).
Brief Mediterranean Diet Screener (2012) ¹³	15	M	S		✓	✓			Tools available on request from authors. Scoring derived from Schroder (2011).
Mediterranean Diet Adherence Score (2011) ⁵⁶	14	M	I		✓	✓	✓		Tool available and scoring described in Martinez-Gonzalez (2012)
Dutch fat consumption questionnaire (Dutch) (1992) ⁵⁷	25	M	T	✓	✓ ¹	✓			Tool available and scoring described in van Assema (1992)
Fat-Related Diet Habits Questionnaire /Kristal's Food Habits Questionnaire (2002) ^{11,46,21,47}	20/25	M	S / I	✓	✓ ⁵	✓	✓		Tool and detailed score sheet available from: http://sharedresources.fhcrc.org/documents/fat-related-questionnaire . Rights from nasr@fhcrc.org
Short Fat Questionnaire (1993) ⁵⁶	17	M	S	✓	✓ ¹	✓			Tool and detailed score sheet available in Dobson (1993)

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Sister Talk Food Habits (short form) (2007) ³	30	M/C	S		✓ ¹		✓		Tool available and scoring derived from Anderson (2007). No response to a request for a full description of scoring.
Starting the Conversation (2011) ³⁹	8	M/C	S	✓	✓ ¹		✓		Tool and detailed score sheet available in Paxton (2011)
Dietary Fat Quality Assessment (2013) ⁶⁰	20	M	S / I	✓	✓ ¹	✓	✓	✓ ^w	Tool available and scoring described in Kraschnewski (2013)
Heart Disease Prevention Project Screener (1981) ⁶¹	10	M	S	✓	✓ ¹			✓ ^m	Tool and detailed score sheet available in Heller (1981)
Medfacts (2008) ^{12,62,63,64}	20	D	S		✓ ⁶	✓	✓		Tool and detailed score sheet available in Kris-Etherton (2001)
NLSchol Questionnaire (2012) ⁵⁸	11	D	S	✓	✓ ¹	✓	✓		Tool and detailed score sheet available in Beliard (2012)
Northwest Lipid Research Clinic Fat Intake Score (1997) ²⁰	12	D/C	S	✓	✓ ¹	✓			Tool and detailed score sheet obtained directly from Alice Dowdy. Tool is considered to be outdated (Dowdy, personal communication, 2013)
Rate Your Plate (1993) ¹⁵	23	D	S		✓ ¹	✓	✓		Tool and detailed score sheet available from Nutrition in Clinical Care. 2000; 3: 163 - 169. RYP was developed for and used during the Pawtucket Heart Health Program as a clinical tool to guide consultations.

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Dietary Fat and Free Sugar Short Questionnaire (2012) ⁶⁹	26	M	S	✓	✓ ¹	✓			Tool and description of scoring available in Francis (2012)
DINE (1994) ⁵	29	D	S / I		✓ ¹	✓			Tool and detailed score sheet available. Copyright is held by The Department of Primary Care at Oxford University and permission must be sought from the Department or from Liane Roe, lsr7@psu.edu .
Fat and Fibre Barometer (2000) ⁹	20	D	S	✓	✓ ¹	✓			A version with detailed score sheet was developed for use in practice by Seal and O'Keef, (creative commons licence) available from : http://www.diabetesoutreach.org.au/7Steps/HealthyEating/docs/Healthy%20Eating%20Fat%20%20Fibre%20Barometer.pdf
Fat and Fibre Diet Behaviour Questionnaire (1997) ¹⁸	29	M/C	I	✓	✓ ¹	✓	✓		Tool and scoring derived from validation results in Shannon (1997)
Norwegian SmartDiet Questionnaire (2000) ⁷	15	D	S	✓	✓ ¹	✓	✓		Tool available in and scoring described in Svilaas (2002). No response to request for further information re administrator copy
Block fat and fruit and vegetable screener (2000) ⁶	Fat 17 F&V* 7	D	S		✓ ¹	✓			Tool and detailed score sheet available for research (pay to use). Available on-line to individuals and provides instant feedback. http://nutritionquest.com/assessment/list-of-questionnaires-and-screeners/

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Hispanic fat and fruit and vegetable screener (2006) ⁴²	Fat 16 F&V 7	D	S	✓					Tool and detailed score sheet available in Wakimoto (2006)
Canadian Fruit and Veg Questionnaire (2008) ⁶⁶	6	D	S		✓ ¹	✓			Tool and detailed score sheet available in Godin (2008)
Dutch fruit and vegetable questionnaire (2004) ¹⁹	8	M/C	S	✓	✓ ¹			✓ ^w	Tool available and scoring described in Bogers (2004)
Five a day screener / NCI fruit and vegetable screener (2000) ^{17,67}	7	M	S	✓	✓ ²	✓			Tool and detailed score sheet available in Thonpson (2000)
Mainvil fruit habits questionnaire (2011) ⁶⁸	5	M	S		✓ ¹	✓			Tool and detailed score sheet available on request from the authors
Short Dutch questionnaire to measure fruit and vegetables (2002) ¹⁶	10	M	S		✓ ¹	✓			Tool available and scoring described in van Assema (2002)

[¶]Clinical guidance may be provided in the form of a crib sheet or scoring cut offs. Questionnaires that do not include this may still be suitable for the provision of advice but there may be a need for more training before use.

^u Tested for acceptability by an undescribed sample or not in the population of interest

^c Pre-tested by clinicians

^{*} vit/min=vitamin / mineral supplements; F&V = fruit and vegetables

Numerical superscript indicates the number of samples for reliability and validity testing

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