

Development of web-based weight management programme questionnaire: Results

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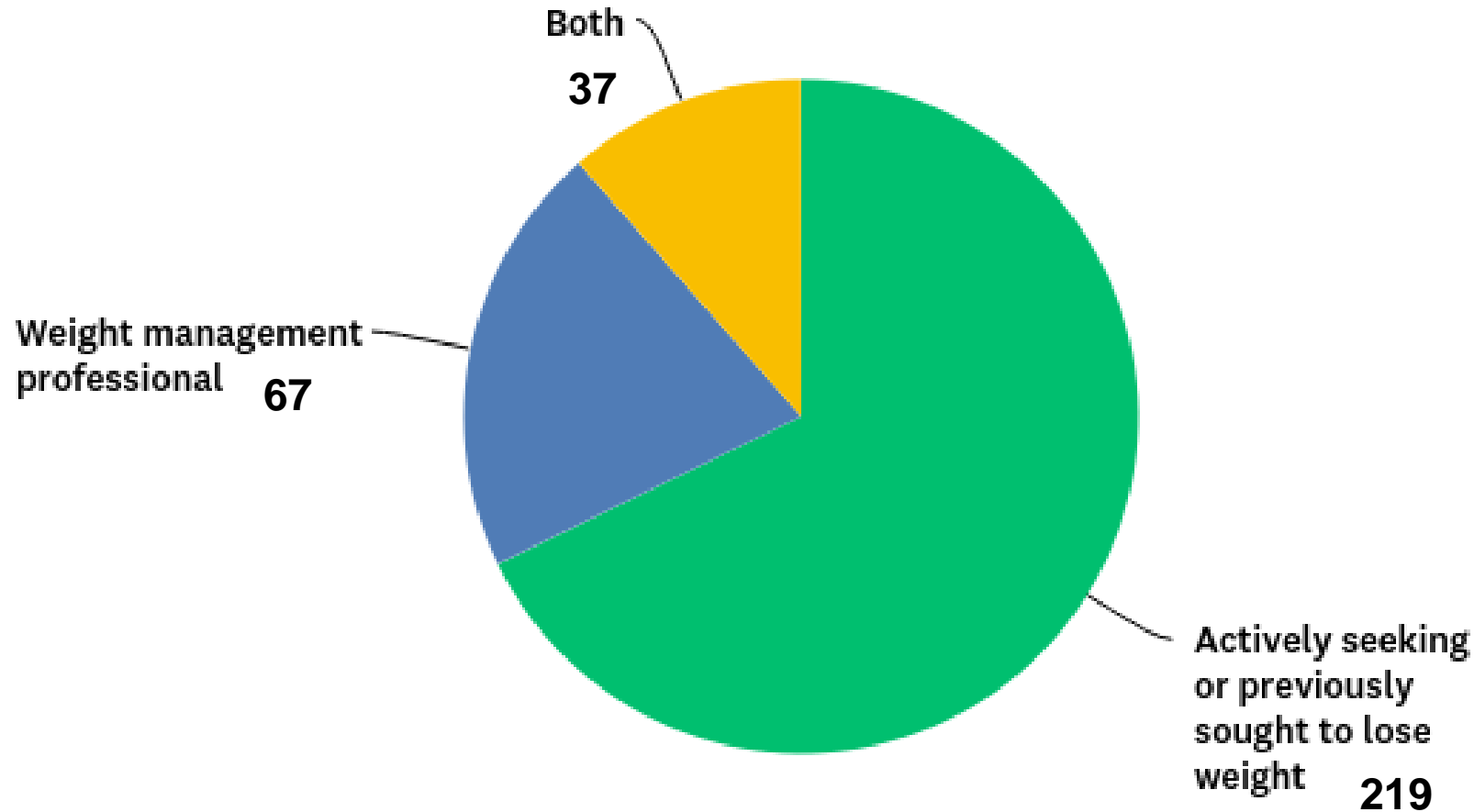


Response to questionnaire

- ▶ Survey ran from to 15th March - 31st March 2019
- ▶ 336 responses, of these -
 - 295 answered online
 - 41 answered on paper
- ▶ All results presented are for the total 336 responses

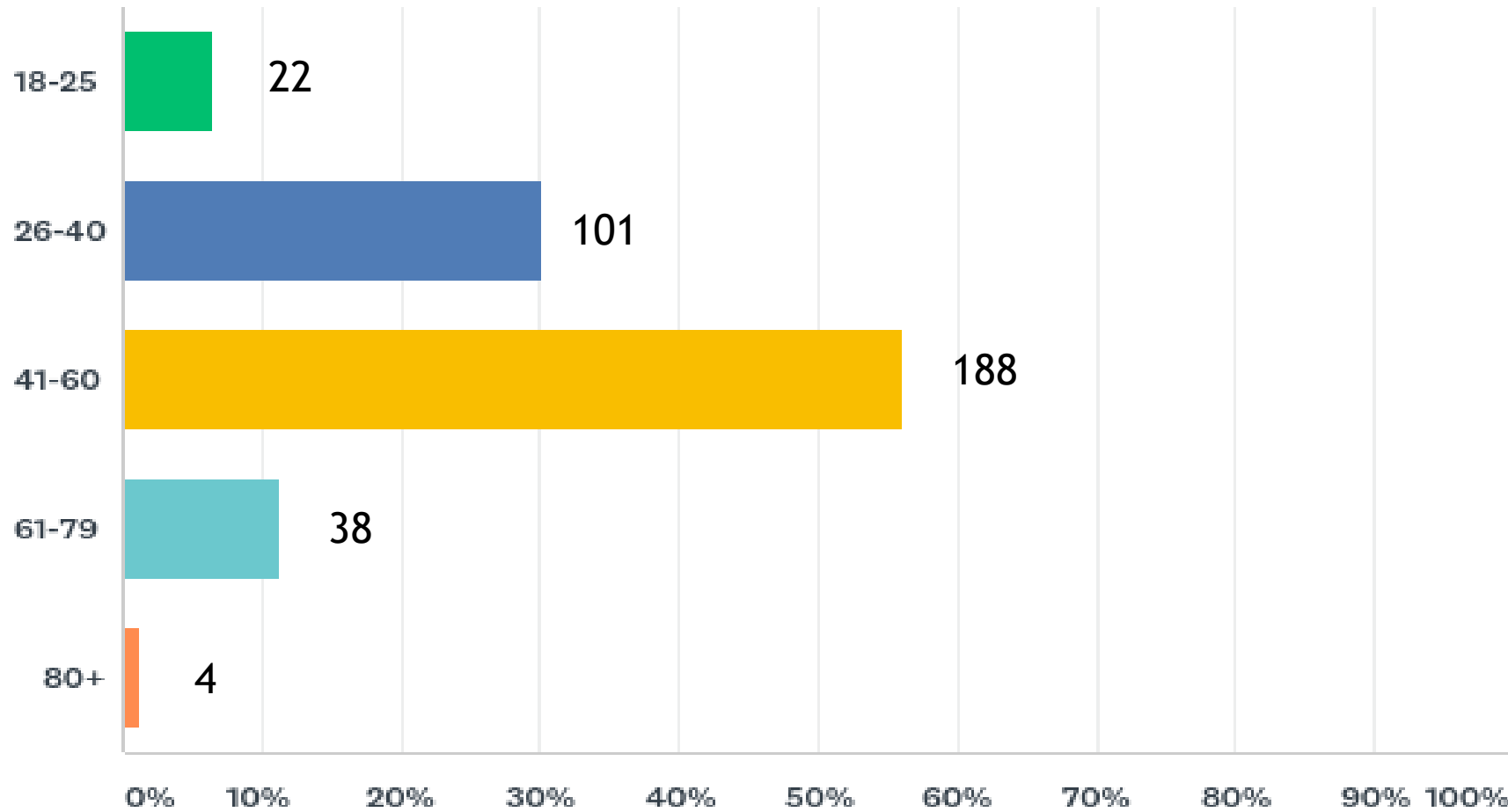


Respondents answered this questionnaire as a person who is –



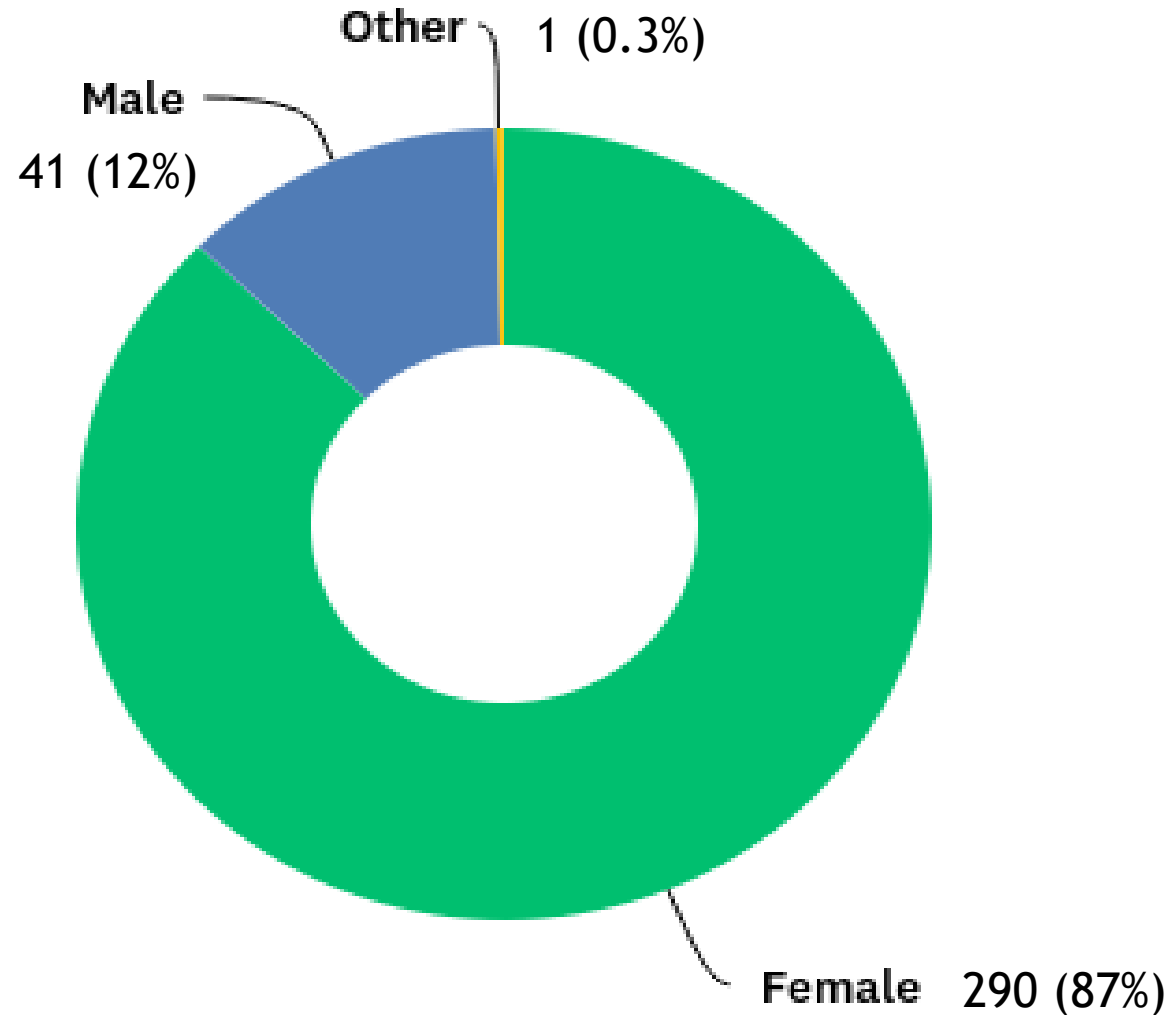
Answered: 323 (96%)
Skipped: 13

Age range of respondents



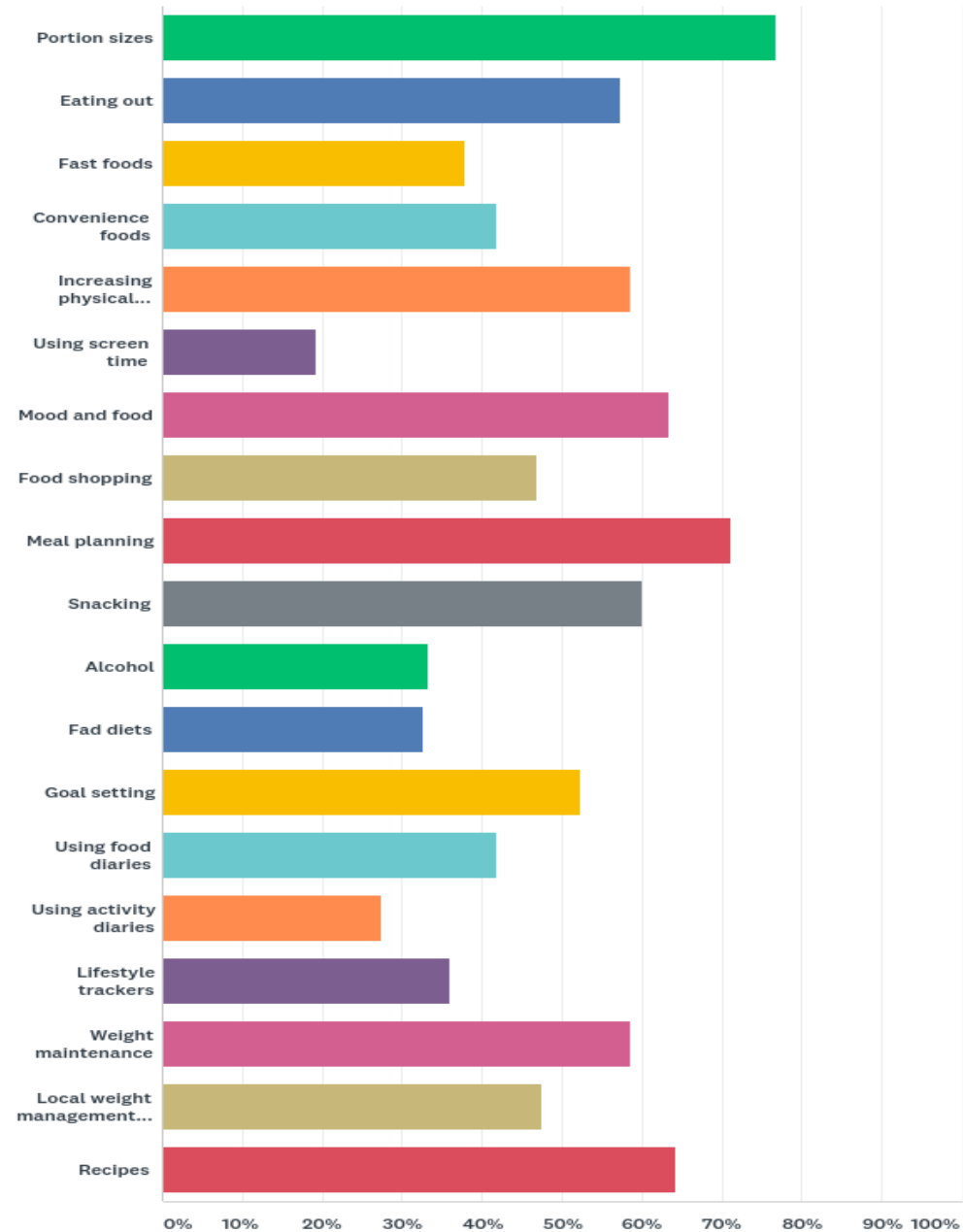
Answered: 335 (100%)
Skipped: 1

Gender of respondents



Answered: 332 (99%)
Skipped: 4

Q1 Which of the following topics would you like information about in a web-based weight management programme? Tick as many as you wish.



Answered: 333 (99%)
Skipped: 3

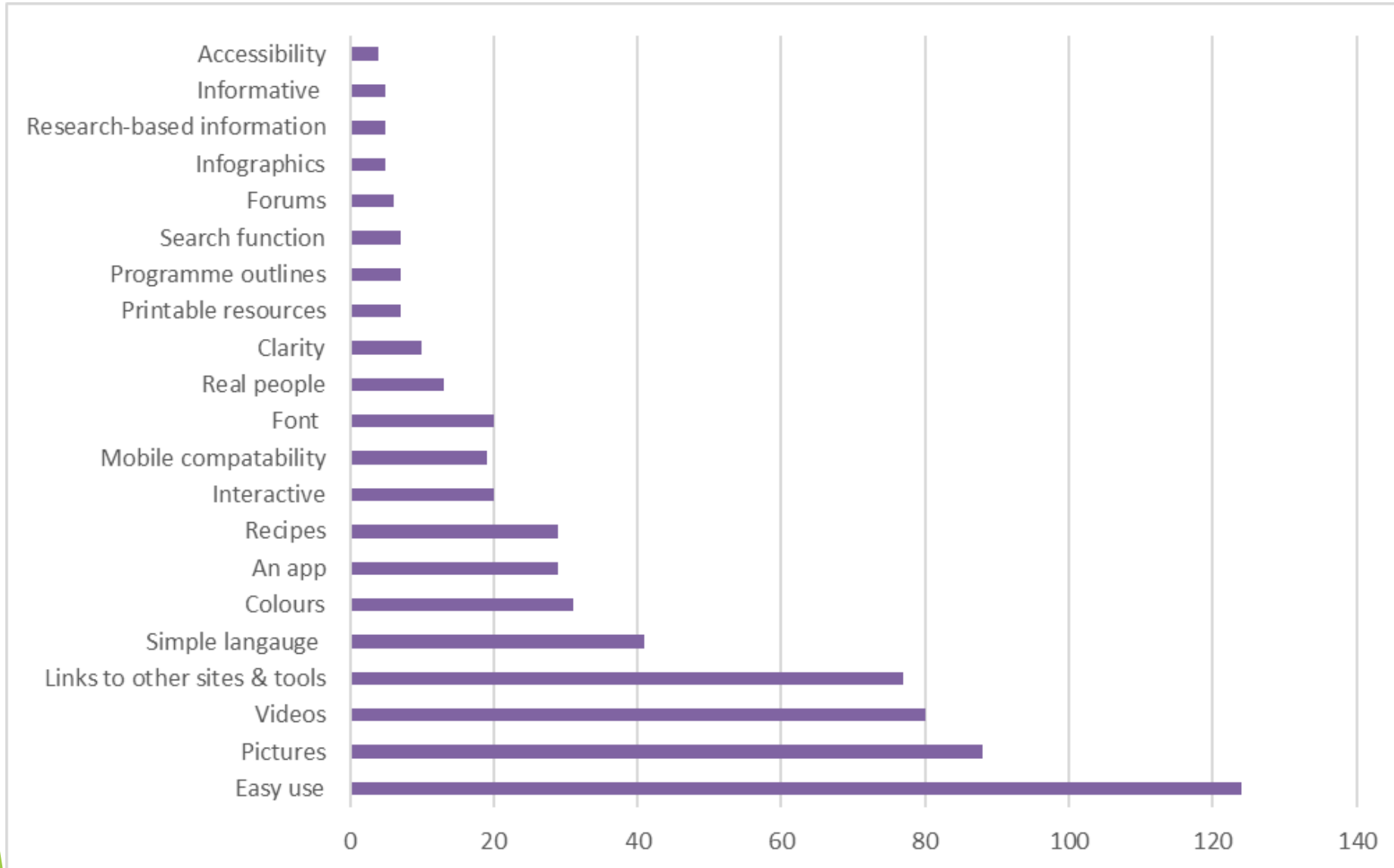
Major themes	Theme	Theme	Theme	Theme	Theme	Theme	Theme
Food and Diet	Portions	Cut out or decrease snacks	Think before you bite	Be in calorie deficient to loss weight			
Psychology	Resilience	Mind set	Motivation – for yourself	Affirmation – self reward	Supportive environment		
Behaviours	Self monitoring	Set manageable goals	Meal planning	Being organised	Small plates	Setting own boundaries	Hunger scale
Physical Activity	Being active is good	Do more physical activity	Walking				
Energy Balance	Calories In versus Calories Out is fundamental						

Q4: If you have used an online weight management programme before what was good about it?



Answered: 151 (45%)
 Skipped: 185

Q6: What would make a weight management website easy for you to use?



Q7: What other health conditions do you think a weight management website should give easy links to?

