


Document 14: Daily UVR protection diary used in trial (including daily questions)



- 1 Date (day of week)
- 2 Did you go outside today? (Please tick) YES NO If no, skip to question 4
- 3 Let us know when you were outside by marking a line on the diary

I was outside	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm

- 4 Let us know if you wore any of these things today by marking a line on the diary

Hat	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Glasses																
Scarf or facebuff																
Hoodie worn up																
Face visor																

- 5 If you put sunscreen on your face or used lip sun block tell us each time you did this by ticking the diary

Sun screen	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Lip sunblock																

How would you describe your mood today?

0 1 2 3 4 5 6 7 8 9 10

Very negative Very positive

How much do you agree that UVR protection of your face today was something you did automatically without thinking?

0 1 2 3 4 5 6 7 8 9 10

Strongly disagree Strongly agree

How important was UVR protection of your face today compared to other things you wanted/needed to do?

0 1 2 3 4 5 6 7 8 9 10

Not at all Very important

How confident are you that you can protect your face well tomorrow, even if other things get in the way?

0 1 2 3 4 5 6 7 8 9 10

Not at all Very much so

⌆ 7 DAYS
⌆ 14 DAYS
⌆ 21 DAYS



Thank you for completing
7 days 

