Thank you for agreeing to complete this questionnaire for the Crab and Health Study at the Rowett Institute. It should take 15-20 minutes to complete.

Please enter the questionnaire code you were given: ____________________

Please answer the following questions by checking the appropriate boxes:

1. Are you a vegetarian? Yes  No
2. Do you or have you ever lived near a zinc, lead, or copper smelter or an iron or steel production facility? Yes  No
3. Do you work with phosphate fertilisers? Yes  No
4. Within the last 10 years, have you ever worked as any of the following:
   o Alloy maker
   o Aluminium solder maker
   o Ammunition maker
   o Auto mechanic
   o Battery maker
   o Bearing maker
   o Brazier or solderer
   o Cable, trolley wire maker
   o Cadmium plater
   o Cadmium vapour lamp maker
   o Ceramics, pottery maker
   o Copper-cadmium alloy maker
   o Dental amalgam maker
   o Electric instrument maker
   o Electrical condenser maker
   o Electroplater
   o Engraver
   o Glass maker
   o Incandescent lamp maker
   o In cinerator of municipal waste
   o Jeweller
   o Lithographer
   o Lithopone maker
   o Mining and refining worker
   o Paint maker
   o Paint sprayer
   o Pesticide maker
   o Pharmaceutical worker
   o Photoelectric cell maker
   o Pigment maker
   o Plastic product maker
   o Sculptor of metal
   o Smelter
   o Solder maker
   o Textile printer
   o Welder of cadmium alloy and cadmium plate

5. If you answered “yes” to question 4 above please complete:
   • Which occupation did you have? _________________________________
   • When did you work in this occupation? ___________________________
   • How many years did you work in this occupation? ________________
For the next set of questions please answer the following about each food item:

- If you have eaten the food listed
- How often you usually eat that food
- How much you usually eat at one time
- If your intake of that food has “increased”, “stayed the same”, or “decreased” compared to the first year you ate that food.

Some questions will also ask you how long you have eaten that food (in years).

When indicating how often you eat a certain food, please look at the options carefully to ensure you choose the most accurate answer. Options include less than 1 time per year to 1 time per day.

To estimate how much of the food you eat, study the portion sizes and choose the one that best fits how much you would have in one sitting.
6. a) Have you eaten seafood (fish, shellfish, seaweed)?

- Yes
- No

If no, skip to question 20.

b) How often do you usually eat seafood?

- Less than 1 time per year
- 1-2 times per year
- 3-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2-4 times per week
- 5-6 times per week
- 1 time per day


c) When you ate seafood, how much did you usually consume?

- Small Portion
  - 70 g
  - OR
  - ½ fillet of white fish
  - OR
  - 20 mussels in shells
  - OR
  - 2 king scallops
  - OR
  - ¼ pack frozen breaded scampi
- Medium Portion
  - 140 g
  - OR
  - 1 fillet of white fish
  - OR
  - 40 mussels in shells
  - OR
  - 4 king scallops
  - OR
  - ½ pack frozen breaded scampi
- Large Portion
  - 210 g
  - OR
  - 1 ½ fillets of white fish
  - OR
  - 60 mussels in shells
  - OR
  - 6 king scallops
  - OR
  - ¾ pack frozen breaded scampi


d) Compared to 5 years ago, would you say that your consumption of seafood has:

- Decreased
- Stayed the same
- Increased
7. a) Have you eaten **crab** in the last 5 years?

   Yes ☐  No ☐

   **If no, skip to question 8.**

b) How often did you usually eat **crab** during this time?

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c) When you ate **crab**, how much did you usually consume?

   - **Small Portion**
     - 50 g OR ½ a pot of white crab meat
   - **Medium Portion**
     - 100 g OR 1 pot of white crab meat
   - **Large Portion**
     - 150 g OR 1 ½ pots of white crab meat

   Choose one:

   ☐

   ☐

   ☐

d) Compared to 5 years ago, would you say that your consumption of **crab** has:

   - Decreased ☐  Stayed the same ☐  Increased ☐
8. a) Have you eaten **100% brown meat from crab** in the last 5 years?

   Yes [ ]  No [ ]

   **If no, skip to question 9.**

b) How often did you usually eat **brown meat from crab** during this time?

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<th>Less than 1 time per year</th>
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c) When you ate **brown meat**, how much did you usually consume?

   - Small Portion
   - Medium Portion
   - Large Portion

   ![Small Portion](image)
   ![Medium Portion](image)
   ![Large Portion](image)

   [ ]

   [ ]

d) Compared to 5 years ago, would you say that your consumption of **brown meat** has:

   Decreased [ ]  Stayed the same [ ]  Increased [ ]
9. a) Have you eaten dressed crab (including layered crab, mini dressed crab, and fifty fifty crab pots) in the last 5 years?

Yes [ ] No [ ]

If no, skip to question 10.

b) How often did you usually eat dressed crab during this time?

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<th>Frequency</th>
<th>Less than 1 time per year</th>
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c) When you ate dressed crab, how much did you usually consume?

- Small Portion: 65 g
  - OR: ½ a dressed crab
  - OR: ½ a layered crab pot
  - OR: 2 mini-dressed crabs

- Medium Portion: 130 g
  - OR: 1 dressed crab
  - OR: 1 layered crab pot
  - OR: 4 mini-dressed crabs

- Large Portion: 195 g
  - OR: 1 ½ dressed crabs
  - OR: (or 1 large dressed crab)
  - OR: 1 ½ layered crab pots
  - OR: 6 mini-dressed crabs

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<tr>
<th>Portion</th>
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<th>Medium</th>
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d) Compared to 5 years ago, would you say that your consumption of dressed crab has:

- Decreased [ ]
- Stayed the same [ ]
- Increased [ ]
10. a) Have you eaten crab pastes and spreads in the last 5 years?

Yes  ☐  No  ☐

If no, skip to question 11.

b) How often did you usually eat crab pastes and spreads during this time?

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c) When you ate crab pastes and spreads how much did you usually consume?

- Small Portion: 7 g OR ⅓ a tablespoon
- Medium Portion: 15 g OR 1 tablespoon
- Large Portion: 22 g OR 1 heaping tablespoon

☐  ☐  ☐

d) Compared to 5 years ago, would you say that your consumption of crab paste and spread has:

Decreased  ☐  Stayed the same  ☐  Increased  ☐
11. a) Have you eaten crab pâté, terrines or potted crab in the last 5 years?

   Yes ☐  No ☐

If no, skip to question 12.

b) How often did you usually eat during this time?

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<th>Less than 1 time per year</th>
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c) When you ate crab pâté, terrines or potted crab, how much did you usually consume?

- Small Portion: 25 g or ¼ of a store-bought pâté
- Medium Portion: 50 g or ¼ of a store-bought pâté
- Large Portion: 75 g or ¼ of a store-bought pâté

   ☐

d) Compared to 5 years ago, would you say that your consumption of crab pâté, terrines or potted crab has:

   Decreased ☐  Stayed the same ☐  Increased ☐
12. a) Have you eaten **tinned dressed crab (John West®)** in the last 5 years?

- Yes [ ]
- No [ ]

If no, skip to question 13.

b) How often did you usually eat **tinned dressed crab** during this time?

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<th>Frequency</th>
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c) When you ate **tinned dressed crab**, how much did you usually consume?

- Small Portion
  - 21 g
  - OR
  - ½ a small tin

- Medium Portion
  - 43 g
  - OR
  - 1 small tin

- Large Portion
  - 64 g
  - OR
  - 1 ½ small tins

- [ ]
- [ ]
- [ ]

d) Compared to 5 years ago, would you say that your consumption of **tinned dressed crab** has:

- Decreased [ ]
- Stayed the same [ ]
- Increased [ ]
13. a) Have you eaten **crab cakes** in the last 5 years?

- Yes  [ ]  
- No  [ ]

**If no, skip to question 14.**

b) How often did you usually eat **crab cakes** during this time?

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c) When you ate **crab cakes**, how much did you usually consume?

- Small Portion: 75 g OR 1 crab cake  [ ]
- Medium Portion: 150 g OR 2 crab cakes  [ ]
- Large Portion: 225 g OR 3 crab cakes  [ ]

d) Compared to 5 years ago, would you say that your consumption of **crab cakes** has:

- Decreased  [ ]
- Stayed the same  [ ]
- Increased  [ ]
14. a) Have you eaten crab soup or bisque in the last 5 years?

Yes ☐ No ☐

If no, skip to question 15.

b) How often did you usually eat crab soup or bisque during this time?


c) When you ate crab soup or bisque, how much did you usually consume?

Small Portion
100 g
OR
⅓ of a large can

Medium Portion
200 g
OR
⅓ of a large can

Large Portion
300 g
OR
⅓ of a large can

d) Compared to 5 years ago, would you say that your consumption of crab soup and bisque has:

Decreased ☐ Stayed the same ☐ Increased ☐
15. a) Have you eaten a ready-made mixed crab dishes (eg. crab linguine, crab ravioli, cod & crab potato bake) in the last 5 years?

Yes ☐ No ☐

If no, skip to question 16.

b) How often did you usually eat ready-made mixed crab dishes during this time?

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c) When you ate ready-made mixed crab dishes, how much did you usually consume?

Small Portion
150 g
OR
½ a meal for one

Medium Portion
300 g
OR
1 meal for one

Large Portion
450 g
OR
1 ½ of a meal for one

☐ ☐ ☐

d) Compared to 5 years ago, would you say that your consumption of ready-made crab dishes has:

Decreased ☐ Stayed the same ☐ Increased ☐

16. Please feel free to share any comments about your intake of crab or crab products in the last 5 years.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Crab and Health Study, Crab Questionnaire Version 3, 24.03.17
17. a) Have you eaten **scallops** in the last 5 years?

   Yes ☐  No ☐

   **If no, skip to question 18.**

b) How often did you usually eat **scallops** during this time?

<table>
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c) When you ate **scallops**, how much did you usually consume?

   - Small Portion: 70 g (OR 2 king scallops, 8 queen scallops)
   - Medium Portion: 140 g (OR 4 king scallops, 15 queen scallops)
   - Large Portion: 210 g (OR 6 king scallops, 25 queen scallops)

   ☐

   ☐

d) Do you usually consume scallops with the **roe (coral)** on?

   Yes ☐  No ☐

e) Compared to 5 years ago, would you say that your consumption of **scallops** has:

   Decreased ☐  Stayed the same ☐  Increased ☐
18. a) Have you eaten whelk in the last 5 years?

Yes ☐ No ☐

If no, skip to question 19.

b) How often did you usually eat whelk during this time?

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c) When you ate whelk, how much did you usually consume?

- Small Portion: 15 g or 2 whelk
- Medium Portion: 30 g or 4 whelk
- Large Portion: 45 g or 6 whelk

d) Compared to 5 years ago, would you say that your consumption of whelk has:

- Decreased ☐
- Stayed the same ☐
- Increased ☐
19. a) Have you eaten seaweed (as a vegetable) in the last 5 years?

Yes ☐ No ☐

If no, skip to question 20.

b) How often did you usually eat seaweed during this time?

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c) When you ate seaweed, how much did you usually consume?

- Small Portion
  - 2.5 g (dried)
  - OR
  - 15 g (soaked)
- Medium Portion
  - 5 g (dried)
  - OR
  - 30 g (soaked)
- Large Portion
  - 7.5 g (dried)
  - OR
  - 45 g (soaked)

☑ ☐ ☐

d) Compared to 5 years ago, would you say that your consumption of seaweed has:

- Decreased ☐ Stayed the same ☐ Increased ☐
20. a) Have you taken an *algae supplement* (algae capsules or powders, astaxanthin, chlorella, silica, spirulina, vegetarian or vegan omega 3 fats (DHA & EPA), or sea plasma) in the last 5 years?

- Yes
- No

b) Please fill out the following information about your algae supplements:

**Supplement #1**
- Brand Name: 
- Amount: 
- Frequency: 

**Supplement #2 (if applicable)**
- Brand Name: 
- Amount: 
- Frequency: 

**Supplement #3 (if applicable)**
- Brand Name: 
- Amount: 
- Frequency: 

c) Compared to 5 years ago, would you say that your use of *algae supplements* has:

- Decreased
- Stayed the same
- Increased
You have completed the questionnaire! Thank you for your participation.

We will contact you by email shortly to notify you if you are eligible to move forward in the study and to provide instructions. If you have any questions or comments, please feel free to call or email us:

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Email: a.sneddon@abdn.ac.uk