## Sun Exposure and Protection Index (SEPI) – Part I –

1. How often do you sunbathe with the intention to get tanned?
   - 0 □ Never
   - 1 □ Seldom
   - 2 □ Occasionally
   - 3 □ Often
   - 4 □ Always

2. How many times have you been sunburnt (redness and smarting pain) during the last 12 months?
   - 0 □ None
   - 1 □ 1-2 times
   - 2 □ 3-5 times
   - 3 □ 6-10 times
   - 4 □ More than 10 times

3. How long do you usually stay in the sun (on average), between 11 am and 3 pm, on a typical day-off?
   - 0 □ < 30 min
   - 1 □ 30 min – 1 hour
   - 2 □ 1-2 hours
   - 3 □ 2-3 hours
   - 4 □ > 3 hours

4. How often do you take a holiday with the intention of spending more time in the sun?
   - 0 □ Never
   - 1 □ Seldom
   - 2 □ 1-2 weeks a year
   - 3 □ 3-5 weeks a year
   - 4 □ > 5 weeks a year

5. When in the sun, how often do you use sunscreens?
   - 0 □ Always
   - 1 □ Often
   - 2 □ Occasionally
   - 3 □ Seldom
   - 4 □ Never

6. When in the sun, how often do you use covering clothes for sun protection?
   - 0 □ Always
   - 1 □ Often
   - 2 □ Occasionally
   - 3 □ Seldom
   - 4 □ Never

7. When in the sun, how often do you use a sun hat or cap for sun protection?
   - 0 □ Always
   - 1 □ Often
   - 2 □ Occasionally
   - 3 □ Seldom
   - 4 □ Never

8. How often do you stay indoors or in the shade in order to protect yourself from the sun?
   - 0 □ Always
   - 1 □ Often
   - 2 □ Occasionally
   - 3 □ Seldom
   - 4 □ Never
## Part II

Choose for each item which statement is most consistent with your own state:

1. Sunbathing:
   - 4 I have never thought of giving up sunbathing.
   - 3 I could think of giving up sunbathing.
   - 2 I intend to give up sunbathing.
   - 1 I have recently given up sunbathing.
   - 0 I have for a long time avoided sunbathing.

2. Sunscreens:
   - 4 I have never thought of using sunscreens.
   - 3 I could think of using sunscreens.
   - 2 I intend to start using sunscreens.
   - 1 I have started to use sunscreens.
   - 0 I have for a long time used sunscreens.

3. Covering clothes:
   - 4 I have never thought of using covering clothes for sun protection.
   - 3 I could think of using covering clothes for sun protection.
   - 2 I intend to start using covering clothes for sun protection.
   - 1 I have started to use covering clothes for sun protection.
   - 0 I have for a long time used covering clothes for sun protection.

4. Sun hat or cap:
   - 4 I have never thought of using a sun hat or cap for sun protection.
   - 3 I could think of using a sun hat or cap for sun protection.
   - 2 I intend to start using a sun hat or cap for sun protection.
   - 1 I have started to use a sun hat or cap for sun protection.
   - 0 I have for a long time used a sun hat or cap for sun protection.

5. The shade:
   - 4 I have never thought of trying to stay in the shade during the hours of strongest sun light.
   - 3 I could think of trying to stay in the shade during the hours of strongest sun light.
   - 2 I intend to start trying to stay in the shade during the hours of strongest sun light.
   - 1 I have started trying to stay in the shade during the hours of strongest sun light.
   - 0 I have for a long time tried to stay in the shade during the hours of strongest sun light.

### Scoring instructions

**SEPI part I:** For each question, the given response score (0-4 p), should be added together in a total score (0-32 p), reflecting *increasing UV risk exposure*.

**SEPI part II:** For each question, the given response score (0-4 p), should be added together in a total score (0-20 p), reflecting *decreasing propensity to increase sun protection*.

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