

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*.

SEPI - part I

score:

SEPI - part

score: