

MIND Diet Capability, Opportunities, and Motivation Questionnaire

Construct	Questions (modified from Timlin et al., 2021)
Psychological Capability	To what extent is eating MIND diet foods something you normally do? (4) Always (3) Often (2) Sometimes (1) Rarely (0) Never
Physical Capability	To what extent are you confident in cooking/eating MIND diet foods? (4) Very confident (3) Fairly confident (2) Somewhat confident (1) Slightly confident (0) Not confident at all
Social Opportunity	To what extent would your family or friends encourage you to eat MIND diet foods? (0) Not at all (1) A little bit (2) Somewhat (3) Quite a bit (4) Very much To what extent do/would your family or friends discourage you from eating MIND diet foods? (0) Not at all (1) A little bit (2) Somewhat (3) Quite a bit (4) Very much
Physical Opportunity	Is there anything in your work or/and home environment that might help you eat the MIND diet foods? What things will encourage you to consume the MIND diet? Select all that apply. <input type="checkbox"/> Access to the food/stores <input type="checkbox"/> Transportation <input type="checkbox"/> Season <input type="checkbox"/> Budget/Money <input type="checkbox"/> Time <input type="checkbox"/> Cooking skill <input type="checkbox"/> Culture <input type="checkbox"/> Family <input type="checkbox"/> Caregiving <input type="checkbox"/> Friends <input type="checkbox"/> Other Is there anything in your work or/and home environment that might discourage you from eating the MIND diet foods? What are the challenges to consuming the MIND diet? Select all that apply. <input type="checkbox"/> Access to the food/stores <input type="checkbox"/> Transportation <input type="checkbox"/> Season <input type="checkbox"/> Budget/Money <input type="checkbox"/> Time <input type="checkbox"/> Cooking skill <input type="checkbox"/> Culture <input type="checkbox"/> Family <input type="checkbox"/> Caregiving <input type="checkbox"/> Friends <input type="checkbox"/> Other
Reflective Motivation	To what extent would eating the MIND diet be supported by your friends and family? (0) Not at all (1) A little bit (2) Somewhat (3) Quite a bit (4) Very much
Automatic Motivation	How do you feel about eating the MIND diet? (1) Extremely good (2) Somewhat good (3) Neither good nor bad (4) Somewhat bad (5) Extremely bad