

Risk perception and risk perception modifiers among women with histories of gestational diabetes.
 R indicates that the item needs to be reverse scored. Cronbach's α

Risk perception modifiers

Diabetes risk knowledge-risk of getting diabetes (<u>sum</u> of correct responses)	0.70
Being Asian-American	
Being Caucasian (white)	
Eating a healthy diet	
Being Black or African-American	
Being Hispanic	
Having had diabetes during pregnancy	
Having a blood relative with diabetes	
Being 65 years of age or older	
Exercising regularly	
Being American Indian	
Controlling weight gain	
Personal control (<u>average</u> the Likert scores)	0.72
I feel that I have little control over risks to my health.	
If I am going to get diabetes, there is not much I can do about it.	
R-I think that my personal efforts will help control my risks of getting diabetes.	
R-People who make a good effort to control the risks of getting diabetes are much less likely to get diabetes.	
Optimistic bias (<u>average</u> the Likert scores)	0.65
R-Compared to other women of my same age, I am less likely than they are to get diabetes	
R-Compared to other women of my same age, I am less likely than they are to get a serious disease	
Benefits and barriers of preventive behaviors (<u>average</u> the Likert scores)	not applicable
Doing regular exercise and following a diet take a lot of effort	
R-Benefits of following a diet and exercise program outweigh the effort to do it.	
R-Regular exercise and diet may prevent diabetes from developing	

Risk perception assessment

What do you think your risk or chance is for getting diabetes over the next 10 years?
 Almost no chance, slight chance, moderate chance, high chance

“Modified” risk perception assessment

If you don't change your lifestyle behaviors, such as diet or exercise,
 what do you think your risk or chance is for getting diabetes over the next 10 years?
 Almost no chance, slight chance, moderate chance, high chance