

Supplemental material - Questionnaire

Thank you for agreeing to participate in this study. This survey includes questions about the personal care products (PCPs) you use. PCPs include skincare products, fragrances, cosmetics, haircare products, toothpaste, and deodorants.

What is your biological sex at birth?

- a. Female
- b. Male
- c. Prefer not to say

Please enter your self-developed ID code:

Your self-developed ID code consists of the first two letters of your first name, the first two letters of your mother's maiden name, and your birthday (DDMM). For example, 'Jane Doe' whose mother's maiden name is 'Smith' and born on 'April 1, 2010' has a self-developed code: jasm0104.

Please keep this ID code for future use, as it will be required for the follow-up survey which will be administered in two months.

Section 1: *The section below consists of questions about yourself.*

1. What is your birth year? _____

2. Which best describes your ethnicity (please check all that apply)?

- a. North American Aboriginal origins (e.g., Inuit, Metis, First Nations)
- b. Other North American origins (e.g., American, Canadian, etc.)
- c. European origins (e.g., British, French, Ukrainian, Spanish, etc.)
- d. Caribbean origins (e.g., Cuban, Haitian, Jamaican, etc.)
- e. Latin, Central and South American origins (e.g., Argentinian, Brazilian, Mexican, etc.)
- f. African origins (e.g., Nigerian, Egyptian, South African, etc.)
- g. Asian origins (e.g., Jordanian, Pakistani, Chinese, etc.)
- h. Oceania origins (e.g., Australian, New Zealander, Hawaiian, etc.)
- i. other (please specify)

3. Please indicate your household income range (before tax)

- a. Less than \$22,000 b. \$22,000-27,999 c. \$28,000-34,999 d. \$35,000-43,999

e. \$44,000-48,999 f. \$49,000-54,999 g. \$55,000-59,999. h. greater than \$60,000

4. Please indicate the number of persons who live in your household.

a. 1 b. 2 c. 3 d. 4 e. 5 f. 6 g. 7 h. another amount (please specify)

5. Do you live in the Greater Toronto Area (GTA)?

6a. Were you born in Canada? Yes No

6b. If you were not born in Canada, how long have you lived in Canada (please identify the units you are using as either years or months)?

7. Are you currently pregnant? Yes No

8. Are you currently attempting to become pregnant? Yes No

9. Are you currently breastfeeding? Yes No

10. Are you currently a parent to a child under the age of 18? Yes No

11. In numerical form, please enter how many children you have followed by a semi-colon and then their ages in years separated by commas?

For example, if you have 4 children aged 2, 9, 12, and 15 years, then please enter: 4; 2,9,12,15.

12. Have you ever been diagnosed by a medical doctor or a medical professional with chemical sensitivity? Yes No I do not know/Prefer not to say

13. Please specify the type of chemical sensitivity that you have been diagnosed with:

14. Do you think that you have a chemical sensitivity that has not yet been diagnosed?

Yes No I do not know/Prefer not to say

15. Please specify the type of chemical sensitivity that has not yet been diagnosed:

16. Has anyone in your household been diagnosed by a medical doctor or a medical professional with chemical sensitivity? Yes No I do not know/Prefer not to say

17. Please specify the type of chemical sensitivity that your household member has been diagnosed with:

18. Do you think that anyone in your household has a chemical sensitivity that has not yet been diagnosed? Yes No I do not know/Prefer not to say

19. Please specify the type of chemical sensitivity that your household member has not yet been diagnosed with:

20. Do you avoid any ingredients in the personal and household chemical products you buy? Yes No

21. Please indicate any ingredients in personal and household chemical products that you avoid.

Parabens Phthalates Lead Perchloroethylene (PERC)
Triclosan Bisphenol A (BPA) I avoid no ingredients I avoid some other
ingredient not listed (please specify)

Section 2: *The following section will explore your beliefs, perceptions, knowledge, and practice when it comes to parabens in personal care products.*

22. Prior to taking this survey, have you ever heard of parabens? Yes No

23. Prior to this survey, you heard about parabens from:

Government Sources (Health Canada, Health Department, etc.) Books Magazines
Websites/blogs Social Media Health Care Professionals Friends/Family/Work
Colleagues Product Manufactures News Media Environmental Groups School/university
courses Other (please specify)

24. Do you use any personal care products that contain parabens? Yes No Maybe

25. Which of the following products that you use may contain parabens?

Skincare products (moisturizers, serums, etc). Perfumes. Cosmetics (mascara, eyeliner, lipstick, etc). Haircare products (shampoo, conditioner, etc). Toothpaste Deodorants
Other

Please indicate how you feel about the following statements

26a	SA	A	N	D	SD	U
I believe that personal care products are safe when labelled as such (ie. 'safe,' 'all natural,' 'clean,'), regardless of whether or not they contain parabens.						
I believe paraben-free personal care products are ineffective compared to other products.						
I believe personal care products that are paraben-free are more expensive than other products						
I believe my health has NOT been negatively affected by parabens						

I believe the harm to my health from parabens in my personal care products is exaggerated						
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26b	SA	A	N	D	SD	U
Buying paraben-free personal care products is essential in order to mitigate my overall exposure to parabens						
Parabens in personal care products cause negative health outcomes						
Parabens may act as hormones in my body and affect the hormonal systems and how they work						
Parabens contained in personal care products can cross the placenta of a pregnant woman and may negatively affect a growing baby						
Buying paraben-free personal care products is better for my health.						

26c	SA	A	N	D	SD	U
I have access to the information I need to make decisions about parabens in the personal care products that I use.						
The information about parabens that I have accessed is consistent in its messages of safety						
If I had access to reliable information about personal care product safety and parabens, I would use that information to guide my purchasing						
I feel confident in my ability to identify personal care products that are paraben-free						
I find it easy to find and purchase personal care products that do not contain parabens						
I would like more brands and stores to advertise the personal care products that are free of parabens						
Would you like more information about personal						

care product safety and parabens.						
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26d	Always	Most of the time	Occasionally	Almost Never	Never
I rely on "paraben-free" or similar labelling when buying personal care products (ie. 'no parabens,' 'all-natural,' 'clean beauty,' 'organic').					
I buy personal care products that are paraben-free.					
I actively avoid parabens in the personal care products that I use.					
I buy my personal care products from stores that make it easier to identify parabens					
I buy my personal care products from brands that make it easier to identify parabens					
I buy my personal care products from stores that provide tools (e.g. search functions, filters, and/or special product labels) to identify products that do not contain parabens.					
I use mobile smartphone applications to find personal care products that do not contain parabens.					

Section 3: *The following section will ask you questions about the information you have accessed regarding parabens.*

27. Have you ever accessed information about parabens?

Yes

No

28. From where have you accessed information on parabens?

Government Sources (Health Canada, Health Department, etc.)

Books

Magazines

Websites/blogs

Social Media Health Care Professionals

Friends/Family/Work

Colleagues

Product Manufactures News Media

Environmental Groups

29. When did you last access information about personal care products and parabens?

- a. Less than 3 months ago b. 3 months to 6 months ago
c. Greater than 6 months ago to 1 year d. Greater than 1 year ago

30. In the future where would you prefer to receive information about personal product chemical safety, parabens, from?

Government Sources (Health Canada, Health Department, etc.) Books Magazines
Websites/blogs YouTube Health Care Professionals Friends/Family/Work
Colleagues Product Manufactures News Media Environmental Groups

I am not interested in receiving this information

Other (please specify) _____

31. Please select any smartphone applications that you use to find paraben-free personal care products:

Yuka SkinSAFE Acne-Safe. OnSkin. Ama Care. Think Dirty. I no not use
any apps. Other:

Section 4: *The following section seeks your input on personal and household chemical products.*

22. Is there anything else you would like to tell us about your practices when buying personal care products?

23. Is there anything else you would like to tell us about the information you require to make informed choices about the personal care products you use and your exposure to parabens?

Knowledge & Risk Perceptions

Data Point	Assigned categorical value
Strongly Agree	5
Agree	4
Neutral	3
Unsure / I have not heard of parabens	Mean imputation
Disagree	2
Strongly Disagree	1

Health Beliefs

Data Point	Assigned categorical value
Strongly Agree	1
Agree	2
Neutral	3
Unsure / I have not heard of parabens	Mean imputation
Disagree	4
Strongly Disagree	5

Paraben-Free Behaviour

Data point	Assigned categorical value
Always	5
Most of the time	4
Occasionally	3
Almost never	2
Never	1