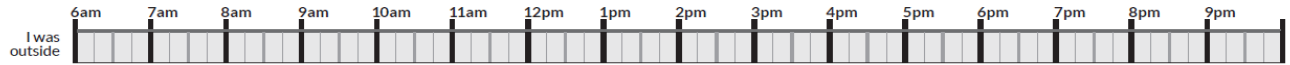


Supplementary Document 4: The UVR protection diary

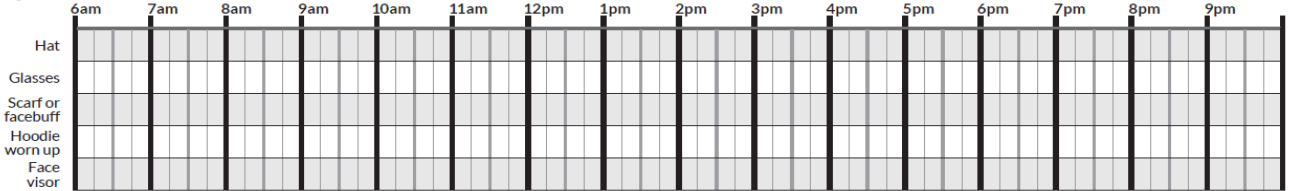


- B = By myself, outdoors
- G = Gardening
- R = Repairs
- P = Playing sports, exercising or going for a walk
- SH = Shopping or errands
- Socialising:**
- SF = Socialising with family
- SFR = Socialising with friends
- Travelling (e.g. walk/train/bus/car):
- TS = Travelling to/from social or leisure activity
- TW = Travelling to/from work, school or college
- TO = Travelling to/from other related activity
- W = Work, school or college
- O = Other

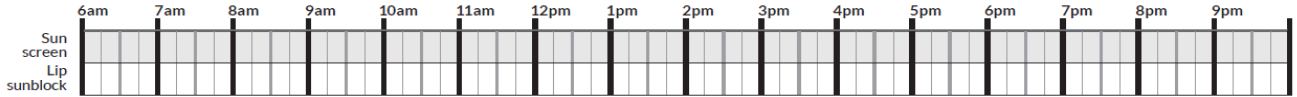
- 1 Date (day of week)
- 2 Did you go outside today? (Please tick) YES NO If no, skip to question 4
- 3 Let us know when you were outside by marking a line on the diary



- 4 Let us know if you wore any of these things today by marking a line on the diary



- 5 If you put sunscreen on your face or used lip sun block tell us each time you did this by ticking the diary



- 6 If you did not wear or use any of these things today tick in the box
- 7 Did you go outside between 10pm last night and 6am today? (Please tick) YES NO
 IF YES what time did you go out?
 What time did you return?

Comments

- 7 DAYS
- 14 DAYS
- 21 DAYS
- 28 DAYS
- 35 DAYS
- 42 DAYS
- 50 DAYS