
Supplementary Materials:

Knowledge and Behavioral Habits to Reduce Mycotoxin Dietary Exposure at Household Level in a Cohort of German University Students

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Table S1. Question list and design included in the online survey.

Description
1. How old are you? <ul style="list-style-type: none"><input type="radio"/> Younger than 20 years<input type="radio"/> 20 to 29 years<input type="radio"/> 30 to 39 years<input type="radio"/> 40 to 49 years<input type="radio"/> 50 to 59 years<input type="radio"/> 60 years or older
2. Gender, please select one of the options <ul style="list-style-type: none"><input type="radio"/> female<input type="radio"/> male<input type="radio"/> diverse
3. How many people, including you, live in your household? _____
4. Educational level <ul style="list-style-type: none"><input type="radio"/> No qualification<input type="radio"/> Special school leaving certificate<input type="radio"/> Secondary school certificate<input type="radio"/> Secondary school leaving certificate<input type="radio"/> University degree<input type="radio"/> Other: _____
5. Monthly net income This means the amount that is made up of your personal income (not that of the other household members) and is left over before the deduction of current expenses. <ul style="list-style-type: none"><input type="radio"/> less than 250<input type="radio"/> 250€ up to € 499<input type="radio"/> 500 € until 999 €<input type="radio"/> 1000 € until 1499 €<input type="radio"/> 1500 € until 1999 €<input type="radio"/> 2000 € until 2999 €<input type="radio"/> 3000 € until 3999 €

<ul style="list-style-type: none"><input type="radio"/> 4000 € till 4999 €<input type="radio"/> 5000 € and more<input type="radio"/> not specified
<p>6. How much do you approximate spend on food each month? This is only your personal expenditure, not that of the other household members. If you live together as a family, divide the total amount by the number of household members.</p> <ul style="list-style-type: none"><input type="radio"/> less than 50 €<input type="radio"/> 50 till 99 €<input type="radio"/> 100 till 199 €<input type="radio"/> 200 till 299 €<input type="radio"/> 300 till 399 €<input type="radio"/> 400 till 499 €<input type="radio"/> 500 € and more<input type="radio"/> Not specified
<p>7. What is your current employment status? Please select your main job.</p> <ul style="list-style-type: none"><input type="radio"/> In school<input type="radio"/> In apprenticeship<input type="radio"/> Studying<input type="radio"/> Employed<input type="radio"/> Civil servant<input type="radio"/> Self-employed<input type="radio"/> Working in the household<input type="radio"/> Unemployed / looking for work<input type="radio"/> Retired<input type="radio"/> Other: _____
<p>8. Which of the following statements applies most to you?</p> <ul style="list-style-type: none"><input type="radio"/> I mostly cook myself<input type="radio"/> Another member of my household usually does the cooking<input type="radio"/> I mostly eat in a canteen or restaurant<input type="radio"/> I usually get prepared food delivered (e.g. delivery service, "meals on wheels")<input type="radio"/> I mostly eat ready-made meals<input type="radio"/> Other: _____
<p>9. Which best describes your diet? Please select the statement that applies I mostly cook myself.</p> <ul style="list-style-type: none"><input type="radio"/> I eat a vegan diet<input type="radio"/> I eat a vegetarian diet<input type="radio"/> I eat an omnivorous diet<input type="radio"/> The following applies to me: _____
<p>10. Which of the following statements apply to you? Please select the statement that applies I mostly cook myself. (For explanation: Foodsharing is an association that rescues food from the dustbin and distributes it, for example, through distributors called "FairDistributors").</p> <ul style="list-style-type: none"><input type="radio"/> I regularly eat food from foodsharing<input type="radio"/> I eat food from dumpster diving<input type="radio"/> I eat mainly organic food

<ul style="list-style-type: none"> <input type="radio"/> The following applies to me: _____ <input type="radio"/> None of this applies to me. 					
11. We have compiled statements on the topic of nutrition. Please rate to what extent you agree or disagree with each statement.					
	Do not agree at all	Strongly disagree	Partly/ partly	Strongly agree	Fully agree
Nutrition is an important topic for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that I am very well versed in nutritional issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay a lot of attention to the quality of my food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The price of food is more important to me than the quality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. How often do you eat or use...					
	Daily	3-6 times a week	1-2 times a week	1-3 times a month	Rarely or never
Nuts and shell fruits (e.g. hazelnuts, peanuts, almonds, pistachios)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oil seeds (e.g. linseed, pumpkin seeds, sesame seeds)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cow's milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cereals, bread and other bakery products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breakfast cereals (e.g. cornflakes, oatmeal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instant coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple juice / grape juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried spices (e.g. chilli, paprika, nutmeg, curcuma)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Do you know what mould toxins are?					
<ul style="list-style-type: none"> <input type="radio"/> Yes <input type="radio"/> No 					
14. Have you ever heard the term "mycotoxins"?					
<ul style="list-style-type: none"> <input type="radio"/> Yes <input type="radio"/> No 					

"real" mould, cheese should always be stored in separate packaging.						
(R_09) Store cereals and flour in a cool, dry place and shake occasionally.	<input type="radio"/>					
(R_10) Buy fruit and vegetables that are as intact as possible, i.e. without injuries or bruises.	<input type="radio"/>					
(R_11) Mouldy jams and jellies should always be thrown away. Because of the lower sugar content, diet jams should always be stored in the refrigerator.	<input type="radio"/>					
(R_12) Rotten fruit should neither be eaten nor processed further into compote or jam.	<input type="radio"/>					
(R_13) If there is mould on bread, it should be thrown away whole.	<input type="radio"/>					
(R_14) If meat or sausage is mouldy, both should be discarded. In the case of air-dried sausage or ham, it is possible to cut this out generously and continue to eat the products.	<input type="radio"/>					
(R_15) Individual mouldy nuts should be discarded.	<input type="radio"/>					
(R_16) Spices should be bought in smaller quantities and consumed quickly.	<input type="radio"/>					
(R_17) Do not feed mouldy products to animals, as mycotoxins are just as harmful to them.	<input type="radio"/>					
17. In the following we have again compiled some statements. Please indicate to what extent you personally agree or disagree with these statements.						
	Do not agree at all	Strongly disagree	Partly/ partly	Strongly agree	Fully agree	
I try to avoid health problems even before I notice symptoms.	<input type="radio"/>					
I think a lot about health risks and try to prevent them.	<input type="radio"/>					

I try to protect myself from health risks I hear about.	<input type="radio"/>				
Health risks only worry me when they affect me or someone close to me.					
Nowadays there are so many things that can harm you. I don't worry about that.	<input type="radio"/>				
I am often worried about health risks I have heard about, but I don't do anything about them.	<input type="radio"/>				
I only do something about health risks I have heard about when I have a problem with them myself.	<input type="radio"/>				
18. How do you rate the following statements on mycotoxins? For each statement, please mark with a cross the extent to which you agree or disagree with it.					
	Do not agree at all	Strongly disagree	Partly/ partly	Strongly agree	Fully agree
I was already aware of the health hazards of mould toxins in food.	<input type="radio"/>				
For me personally, I consider the health hazards of mycotoxins to be insignificant.	<input type="radio"/>				
The described health hazards of mycotoxin exposure frighten me.	<input type="radio"/>				
I find the health risk from mycotoxins particularly alarming because the adverse health effects only appear after many years.	<input type="radio"/>				
I consider the health risk from mycotoxins to be insignificant for the general public in Germany.	<input type="radio"/>				
Mycotoxins are a great risk for young children.	<input type="radio"/>				
Mycotoxins have the potential to make very many people ill at once.	<input type="radio"/>				
Mycotoxins are a serious threat to health.	<input type="radio"/>				
As a consumer, I have no way to protect myself from mycotoxin exposure.	<input type="radio"/>				
19. How high do you rate your overall ability to influence the prevention of mycotoxins in your food?					

<ul style="list-style-type: none"> <input type="radio"/> Very high <input type="radio"/> Rather high <input type="radio"/> Partly/Partly <input type="radio"/> Rather low <input type="radio"/> Very low 																																			
<p>20. To what extent do you think you can protect your health by avoiding mycotoxins in your food?</p> <ul style="list-style-type: none"> <input type="radio"/> Very strongly <input type="radio"/> Rather strongly <input type="radio"/> Partly/Partly <input type="radio"/> Rather low <input type="radio"/> Very low 																																			
<p>17. How do you assess the health risk posed by mycotoxins compared to other risks in food?</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; width: 30%;">I rate the health risk from mycotoxins...</th> <th style="text-align: center; width: 10%;">Much less bad</th> <th style="text-align: center; width: 10%;">Somewhat less bad</th> <th style="text-align: center; width: 10%;">Equally bad</th> <th style="text-align: center; width: 10%;">Somewhat worse</th> <th style="text-align: center; width: 10%;">Much worse</th> </tr> </thead> <tbody> <tr> <td>compared to the risk from pesticide residues as...</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td>compared to the risk from heavy metals as...</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td>compared to the risk from microplastics as...</td> <td style="text-align: center;"><input type="radio"/></td> </tr> <tr> <td>compared to the risk from food additives as...</td> <td style="text-align: center;"><input type="radio"/></td> </tr> </tbody> </table>						I rate the health risk from mycotoxins...	Much less bad	Somewhat less bad	Equally bad	Somewhat worse	Much worse	compared to the risk from pesticide residues as...	<input type="radio"/>	compared to the risk from heavy metals as...	<input type="radio"/>	compared to the risk from microplastics as...	<input type="radio"/>	compared to the risk from food additives as...	<input type="radio"/>																
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<p>22. Where do you most frequently obtain information on health-related topics? Please select your most frequent source of information.</p> <ul style="list-style-type: none"> <input type="radio"/> Social media <input type="radio"/> Through friends / acquaintances <input type="radio"/> From health professionals (doctors/pharmacists) <input type="radio"/> Public online information pages and institutes, e.g. the Federal Institute for Risk Assessment <input type="radio"/> Other: _____ 																																			
<p>23. How would you rate the health risks of mycotoxins in general?</p> <ul style="list-style-type: none"> <input type="radio"/> Not at all risky <input type="radio"/> Rather not risky <input type="radio"/> Partly/Partly <input type="radio"/> Rather risky <input type="radio"/> Extremely risky 																																			