

Questionnaire

This questionnaire is intended to collect data for a research project on the use of personal care products in children from Porto aged from zero to four years old. This work is being developed as part of the PhD thesis of Patricia Carla dos Santos Correia, student from the Doctoral Program in Chemical and Biological Engineering, Faculty of Engineering, University of Porto, entitled "Risks of human exposure to Pharmaceuticals and Personal Care (PPCPs) - particularly those made of synthetic fragrances"

The confidentiality of the data collected is guaranteed by anonymity of respondents.

Informed consent

☐ I declare that I was clarified about the study in which I participate. I understand that the purpose of the study is purely academic. I also declare that I was informed that there are no direct benefits from the participation in this study and I am aware that I have the right not to participate without representing any kind of injury. Hereby, I express my agreement to participate in this research.

Date: ____ / ____ / ____

How to fill out the questionnaire

The questionnaire takes about 5 minutes.

Section 4 is optional and must be completed only once for each respondent.

In matters where a free response is requested, please describe what is asked. To answer the other questions, sign with an X the option you want. It may be noted more than one option where applicable. If you want to change the answers you gave, cut all the response and re-mark the other option.

Inclusion criteria

Are you an adult responsible for a child's care with age between 0 and 5 years old and resident in the district of Porto?

☐ No

☐ Yes

Municipality of residence: _____

⇒ If you answered "No", here ends the questionnaire. Otherwise you can continue.

How many children, aged between 0 and 5 years old, have you in charge? _____

⇒ From now on, you must complete a questionnaire for each child and attach it to this first part.

1.

Children's characterization

1.1. Children's age:

<input type="checkbox"/>	0-5 months
<input type="checkbox"/>	6-11 months

<input type="checkbox"/>	12-23 months
<input type="checkbox"/>	24-35 months

<input type="checkbox"/>	36-47 months
<input type="checkbox"/>	48-59 months

1.2. Gender:

<input type="checkbox"/> Female	<input type="checkbox"/> Male
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2.

Purchase of personal care products for children

2.1. Where do you usually buy the personal care products for your children?

<input type="checkbox"/>	In pharmacies and drug sales areas
<input type="checkbox"/>	In supermarkets / hypermarkets
<input type="checkbox"/>	Others: _____

⇒ In the following questions, try to identify the best possible way the product that is used (see package).

2.2. What products do you use for the child's sun protection?

<input type="checkbox"/> I don't know	<input type="checkbox"/> Face Product: _____
<input type="checkbox"/> I don't use	<input type="checkbox"/> Body Product: _____

2.3. What products do you use for the child's skin hydration?

<input type="checkbox"/> I don't know	<input type="checkbox"/> Face Product: _____
<input type="checkbox"/> I don't use	<input type="checkbox"/> Body Product: _____

2.4. What products do you use for the child's oral hygiene?

<input type="checkbox"/> I don't know	<input type="checkbox"/> Toothpaste: _____
<input type="checkbox"/> I don't use	<input type="checkbox"/> Elixir: _____

2.5. What products do you use for the child's bath?

<input type="checkbox"/> I don't know	<input type="checkbox"/> Body Product: _____
<input type="checkbox"/> I don't use	<input type="checkbox"/> Shampoo: _____
	<input type="checkbox"/> Hair conditioner: _____

2.6. What products do you use for the child's diaper change?

<input type="checkbox"/> I don't know	<input type="checkbox"/> Cleansing Product: _____
<input type="checkbox"/> I don't use	<input type="checkbox"/> Protection / hydration Product: _____

3.

Use of personal care products in children

3.1. Mark the frequency of the following moments of personal care of your child:

a) Sun protection

All over the year (how many times a day)	Only in sun exposure days (how many times a day)

b) Skin hydration

c) Oral hygiene

d) Shampoo application

e) Hair conditioner
application

f) Bath

g) Diaper change

Daily frequency (how many times a day)	Less than once a day (how many times a week)

3.2. Sign the mode of application of personal care products in your children:

a) Sunscreen	On the face (all over the year)	
	In parts of the body exposed to the sun (all over the year)	
	In parts of the body exposed to the sun (sun exposure days)	
	All over the body (sun exposure days)	
	Apply a thin layer application	
	Apply a thick layer application	
b) Moisturizer	On the face	
	On the trunk	
	On arms and legs	
	Apply a thin layer application	
c) Toothpaste	Only on teeth	
	On teeth and tongue	
	Apply equivalent to the nail of the little finger	
	Apply the equivalent to the surface of the toothbrush	
d) Shampoo	Diluted in the bath water	
	Over the wet scalp	
	Apply an approximate amount of a walnut	
	Apply a handful	
e) Hair conditioner	Only on the hair tips	
	All over the hair	
	Apply an approximate amount of a walnut	
	Apply an approximate amount of a pea	
f) Body bath products	Diluted in the bath water	
	Over the wet skin	
	Apply an approximate amount of a walnut	
	Apply a handful	
g) Diaper change hygiene	Diluted in the bath water	
	Over the wet skin	
	Apply an approximate amount of a walnut	
	Apply an approximate amount of a pea	
	Use a cleaning wipe	
	Use more than a cleaning wipe	
h) Diaper change cream	All over the genital area	
	Only in the area that is red / irritated	
	Apply a thin layer application	
	Apply a thick layer application	

4.

Caregiver characterization

⇒ This section must be completed only once for each respondent.

4.1. Gender and age:

☐

Female

☐

Male

Age: _____ years

4.2. Qualifications:

☐

No schooling

☐

7 - 9 years of schooling

☐

Graduation's degree

☐

4 years of schooling

☐

9 - 12 years of schooling

☐

Master's degree

☐

5 - 6 years of schooling

☐

Bachelor's degree

☐

PhD's degree

4.3. Professional occupation (CAE Rev. 2.1):

☐

Agriculture, livestock, hunting and forestry

☐

Financial Activities

☐

Fishery

☐

Real estate activities

☐

Industry

☐

Education

☐

Production and distribution of electricity, gas, water

☐

Health and social action

☐

Building

☐

Other service activities

☐

Trade

☐

International organizations

☐

Hotels and Restaurants

☐

Housewives

☐

Transport, storage and communications

☐

Pensioners

☐

Public administration, defense and social security

☐

Unemployed

4.4. The monthly income of your household matches to:

☐

Um minimum wage (MW)

☐

3 - 4 MW

☐

1 - 2 MW

☐

4 - 5 MW

☐

2 - 3 MW

☐

More than 5 MW

4.5. Number of household members: _____

If you have any comments about the study / questionnaire, you can use the following space:

Thank you for your attention and collaboration!

Patrícia Correia

ANNEX - PRODUCT USE DIARY OF CHILDREN'S PERSONAL HYGIENE

Start date (day 1): ____ / ____ / ____ End date (day 7): ____ / ____ / ____

1. **Child's characterization:** ____ years and ____ months **Gender:** _____

2. **Products utilization record:**

a) Body moisturizer

Product: _____

Package weight: Day 1 ____ g Day 7 ____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ Thin layer

☐ Thick layer

b) Face moisturizer

Product: _____

Package weight: Day 1 ____ g Day 7 ____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ Thin layer

☐ Thick layer

c) Bath gel / soap

Product: _____

Package weight: Day 1 ____ g Day 7 ____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ A walnut

☐ A handful

d) Shampoo

Product: _____

Package weight: Day 1 ____ g Day 7 ____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ A walnut

☐ A handful

e) Hair conditioner

Product: _____

Package weight: Day 1 _____ g Day 7 _____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ A walnut

☐ A pea

f) Toothpaste

Product: _____

Package weight: Day 1 _____ g Day 7 _____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ Nail of the little finger

☐ Surface of the toothbrush

g) Diaper change wipes

Product: _____

Package weight: Day 1 _____ g Day 7 _____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

h) Diaper change cream

Product: _____

Package weight: Day 1 _____ g Day 7 _____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ Thin layer

☐ Thick layer

i) Sunscreen

Product: _____

Package weight: Day 1 _____ g Day 7 _____ g

	Day 1	Day	Day 3	Day 4	Day 5	Day 6	Day 7
Daily frequency (how many times a day)							

☐ Thin layer

☐ Thick layer