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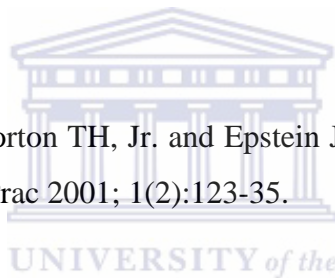
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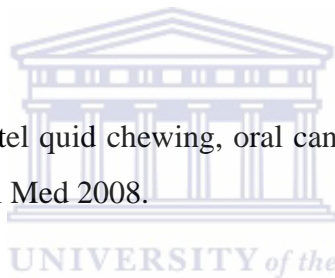
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Appendix 1: Questionnaire for patients

Personal details

Name : _____

Gender : _____

Age (at last birthday) : _____

1) Were you born in South Africa? _____

2) If no, where were you born? _____

3) How long are you living here for? _____

4) Have you lived in any other country? _____

5) If yes, which country? _____

6) What is your occupation? _____

Habits

7) Do you chew betel nut/pan/supari?

Yes		No	
-----	--	----	--

If No, go to question 20.

Reason	Yes	No	Don't know
Parental influence			
Grandparents influence			
Family/relatives influence			
I enjoy it			
For digestion			
To relieve stress			
To freshen my mouth			
For pain relief			
As a snack			
To relieve my boredom			
At special traditional functions			
Other, please specify:			

8) If yes, for how long have you been chewing? Months _____ Years _____

9) Did you learn the habit here in South Africa?

Yes		No	
-----	--	----	--

If no, where? _____

10) Where do you purchase the betel nut or ingredients from? _____

11) Do you think betel chewing is:

Beneficial to your health	Harmful to your health	Don't know	
---------------------------	------------------------	------------	--

12) Which of the following ingredients do you eat?

Ingredient	Yes	No	Don't know
Betel leaf			
Betel nut/supari			
Lime			
Catechu			
Tobacco			
Pan masala			
Other, please specify:			

13) How often do you eat the above?

Duration	Yes	No
Once a day		
Twice a day		
Three times a day		
> three times a day		
All day		
Once a week		
Week-ends only		
Other: please specify		

14) Do you chew tobacco alone? _____

Yes		No	
-----	--	----	--

15) Do you use tobacco for cleaning your teeth?

Yes		No	
-----	--	----	--

16) Have you tried to give up this habit?

Yes		No	
-----	--	----	--

17) If yes, were you successful? _____

18) If you were not successful, what was the reason(s)? _____

19) Are you trying to stop the habit or thinking about stopping? _____

20) If you are not chewing betel nut NOW, have you chewed it in the past? _____

21) If yes, for how long have you stopped the habit? _____

22) What was your main reason for giving up chewing? _____

23) Do you smoke?

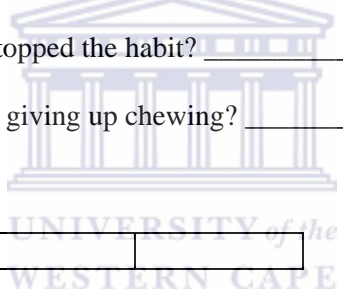
Yes		No	
-----	--	----	--

24) Do you consume alcohol?

Yes		No	
-----	--	----	--

25) Are you aware that betel nut chewing may cause mouth cancer?

Yes		No	
-----	--	----	--



Appendix 2: Informed consent form

I am a Masters student from the Department of Community Oral Health at the University of the Western Cape. Oral Submucous Fibrosis is a premalignant condition and is caused by the chewing of Betel Nut/Nut. There is a large population of the Durban community that chew Betel Nut and they are probably unaware of the risks associated with this habit. We are interested in interviewing you on regarding any chewing habits that you may have to see if there are ways in which we can prevent any mouth problems from developing or help with any mouth problems you may have.

The interview will take about 10-15 minutes. There are no risks in participating. All information gathered in the study will be treated as strictly confidential. No one will have access to this information except the researcher. Neither your name nor anything that identifies you will be used in any reports of this study. All information collected will be maintained and stored in such a way so as to keep it as confidential as possible. Your participation is voluntary and you may withdraw from the study at anytime without any penalties.

If you would like to take part in the study, please sign the bottom of this letter. If you would like to know anything more about the study, please contact Ms Sabeshni Bissessur on telephone number at work 031-2624471 or at home on 031-2692891.

Thank you for your co-operation.

Yours sincerely

Ms Sabeshni Bissessur



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WESTERN CAPE

I understand what will be required of me to take part in the study. I agree to participate in the research being undertaken by Ms Sabeshni Bissessur. I understand that at any time I may withdraw from this study without giving a reason and without affecting my treatment in the future.

Name:.....
(print in block letters) (signature)

Telephone Number:
(Witness)

Date: