



# LIFESTYLE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Note: This is not a test.** This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

## 1. Smoking can:

- a) Decrease your lung function
- b) Increase the chances of getting respiratory tract illnesses
- c) Increase the likelihood of lung cancer
- d) All of the above

## \*5. When you exercise, you should:

- a) Eat more salt
- b) Pay attention to your breathing
- c) Sit down often and rest
- d) Drink more water
- e) Answers a and d

## 2. Proven strategies for quitting smoking include:

- a) Exercising more
- b) Support programs
- c) Drinking alcohol instead
- d) None of these

## 6. With CF, exercise can:

- a) Increase lung function
- b) Strengthen the heart
- c) Kill *Pseudomonas aeruginosa* in the lungs
- d) Answers a and b
- e) All of the above

## 3. Smoking marijuana can make the following symptom(s) worse:

- a) Daily cough
- b) Increased mucus production
- c) Risk of lung infection
- d) All of the above

## \*7. Stress, lots of homework, or problems with a friend can affect your:

- a) Eating
- b) Mood
- c) Health
- d) Answers b and c
- e) All of the above

## 4. The impact of disrupted or inadequate sleep is:

- a) Increased pain
- b) Increased worry
- c) Poor decision-making
- d) Increased risk of getting a cold or infection
- e) All of the above

## \*8. When you feel stressed, it may help to:

- a) Ignore it
- b) Act out (yelling, hitting)
- c) Do something fun
- d) Talk to someone
- e) Answers a and b
- f) Answers c and d

For each question, please read all the answer choices carefully before choosing the **one** answer you think is best. If you don't know an answer, leave it blank and move on.

Lifestyle

**9. You may be depressed if you:**

- a) Have feelings of sadness, frustration, and anger
- b) Experience decreased appetite and weight loss
- c) Have unexplained aches and pains
- d) All of the above

**10. With CF, depression can be particularly harmful because it can:**

- a) Lead to doing your CF treatments less often
- b) Cause pulmonary exacerbation
- c) Affect your pancreas
- d) None of the above

**11. Strategies for managing depression include:**

- a) Exercise
- b) Antidepressant medicines
- c) Counseling or talk therapy
- d) All of the above

**12. People with a lifelong condition like CF are more likely to experience depression or anxiety:**

- a) True
- b) False

**13. Which of the following groups are at highest risk for having symptoms of depression or anxiety?**

- a) Kids under 10
- b) Men
- c) Teenagers and young adults
- d) Adults over 30

**14. My care team may ask me to complete a screener for depression and anxiety even if I don't display or report any symptoms:**

- a) True
- b) False

**15. What is the recommended number of hours of sleep per night for people ages 14-17?**

- a) 8-10 hours
- b) 4-5 hours
- c) 12 or more hours
- d) 6-7 hours

**16. What is the recommended number of hours of sleep per night for people ages 18-25?**

- a) 12 or more hours
- b) 10-11 hours
- c) Less than 6 hours
- d) 7-9 hours

**17. True or false? Vaping, smoking e-cigs, or smoking a hookah is not the same as smoking cigarettes and is OK for people with CF.**

- a) True
- b) False