



# 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 your hair falling out
- c) Increase the likelihood of lung cancer
- d) Answers a and c

## \*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.

9. You may be depressed if you:

- a) Have feelings of sadness, frustration, and anger
- b) Experience decreased appetite and weight loss
- c) Have back pain or headaches
- d) All of the above

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

- a) It can lead to doing your CF treatments less often
- b) It can cause pulmonary exacerbation
- c) It can affect your pancreas

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. Not getting enough sleep can increase your chances of:

- a) Developing lung infections
- b) Depression or anxiety
- c) Experiencing mood swings
- d) All of the above