

ROBUST_10-22-2025.netcanvas

Baseline personal network survey



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CODEBOOK

Ego

NODE TYPES



EDGE TYPES



ASSETS

IMAGE

Figure rating scale_4cat.png



PAGE HEADING

Protocol Citation Information

ITEMS

BLOCK SIZE SMALL**TYPE** Text**CONTENT****Protocol Authors:**

Phillips E, Potter C, Poole J, Lewis A, Nahid M, Christos P, Hootman K, Winston G, de la Haye K

BLOCK SIZE SMALL**TYPE** Text**CONTENT****Cite Publication:**

Phillips, E., Potter, C., Poole, J., Lewis, A., Nahid, M., Christos, P., Hootman, K., Winston, G., & de la Haye, K. (2025). Reducing Obesity Using Social Ties (ROBUST): Protocol for a randomized control trial of a social network lifestyle intervention. *PLoS ONE*, 20(4), e0318990.
[<https://doi.org/10.1371/journal.pone.0318990>]
[<https://doi.org/10.1371/journal.pone.0318990>]

BLOCK SIZE SMALL**TYPE** Text**CONTENT****Study Title:**

"Reducing Obesity Using Social Ties Program (ROBUST)"

BLOCK SIZE SMALL**TYPE** Text**CONTENT**

PI: Erica Phillips

Grant Number: R01DK135949

INTERVIEWER SCRIPT

2

Introduction

This interface has a video with sound.

The video below has sound and is a portrait video. Some video may have content that can contain harmful



PAGE HEADING

Introduction

ITEMS

BLOCK SIZE	MEDIUM
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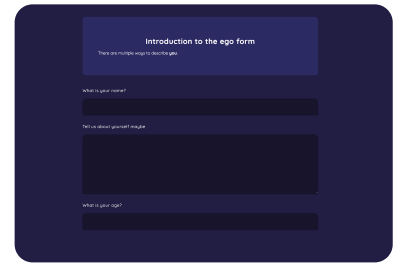
TYPE	Text
------	------

CONTENT	The next questions ask you about your relationships with other people. I will begin by asking you to identify some of the people you interact with on a regular basis. You may refer to these people in any way you want. For example, you may use just their first names and last initial, or nicknames. We are not interested in the identities of these people, we just need some way to refer to them so that when we ask you some follow-up questions, you will know whom we are talking about.
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INTERVIEWER SCRIPT

3

Participant DOB



INTRODUCTION PANEL

Participant Date of Birth

So that we can link your answers to the other surveys you've completed, please tell me your date of birth.

FORM

VARIABLE



ego_dob

COMPONENT

DatePicker

PROMPT

Enter date of birth:

INTERVIEWER SCRIPT

4

Name generator information

This interface has a video with sound.

The video below has sound and is a portrait video. Some video may have content that can contain harmful



PAGE HEADING

Your social contacts

ITEMS

BLOCK SIZE	MEDIUM
TYPE	Text
CONTENT	On the next screen, I'd like you to name 15 adults, who are 18 years or older, that you know and who know you, and who you consider to be important people in your life <i>in the past 6 months</i>. These people might be family, friends, neighbors, coworkers, or members of your community. They should be people you have regular contact with, and this could include any type of contact: either face-to-face, by phone call or message (like text or WhatsApp), or by e-mail or social media (like Facebook). Please start by naming the people that are most important to you. We want to protect the privacy of these people, so just tell me their first name and last initial.

INTERVIEWER SCRIPT

5

Name generator

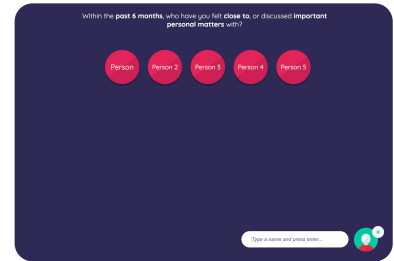
SUBJECT



Person

VARIABLES

name



QUICK ADD

VARIABLE



name

TYPE

text

PROMPTS

1. Please name **15 adults** that you know and who know you, and who you consider to be **important people in your life *in the past 6 months.***

BEHAVIOURS

MINIMUM NODES ON STAGE

8

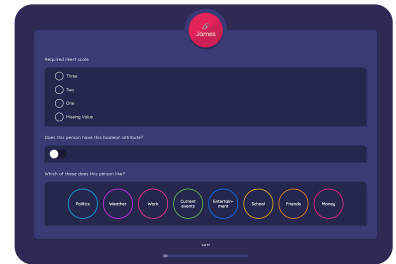
MAXIMUM NODES ON STAGE

20

INTERVIEWER SCRIPT

6

Alter demographics



SUBJECT

 Person

VARIABLES

 alter_age, alter_contactfreq, alter_ethnicityrace,
alter_gender, alter_residence

INTRODUCTION PANEL

Characteristics of social contacts

Now looking at the people you listed, I want to get a better sense of who these people are and the role that they play in your life. I'd like to start by asking you some information about each person.

FORM

VARIABLE



alter_gender

COMPONENT

RadioGroup

PROMPT

What is this person's gender?



alter_age

Number

What is this person's approximate age in years?



alter_contactfreq

LikertScale

How often have you had contact with this person **in the past 6 months**? This could include any type of contact: either face-to-face, by phone call or message (like text or WhatsApp), or by e-mail or social media.



alter_residence

RadioGroup

Compared to **YOU**, where does this person live?

alter_ethnicityrace

CheckboxGroup

To the best of your knowledge how would this person **personally respond** if someone were to ask them what race or ethnicity they identify with? You can select one or multiple options. Would they say:

INTERVIEWER SCRIPT

7

Alter role

SUBJECT	Person
VARIABLES	alter_role, alter_role_other



PROMPTS

1. **What is each person's relationship to you?** (e.g., spouse, sibling, friend) . If you don't see the best answer here, you can pick "Other" and we'll type in the answer.

VARIABLE	alter_role
OTHER VARIABLE	alter_role_other
OTHER VARIABLE PROMPT	Please describe their role
OTHER OPTION LABEL	Other

INTERVIEWER SCRIPT

8

Alter closeness

SUBJECT



Person

VARIABLES

alter_closeness



PROMPTS

1. Which circle does each person belong to?

LAYOUT VARIABLE



alter_closeness

INTERVIEWER SCRIPT

In this image the center represents you, and the circles around you indicate the closeness of each person. I'd like you to help me place the closest or most important people you named near the center, and the less important or less close people in the outer circles.

Let's start with the first person you listed, [NAME]. Which circle does this person belong to?

Prompt after all people are placed: Are there any people I should move? For example, should I move anyone to a different circle? Or should I move two people closer together because they share a close relationship

9

Alter figure

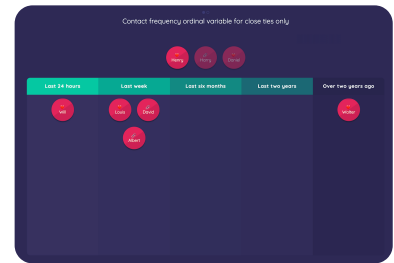
SUBJECT



Person

VARIABLES

alter_figurerating



PROMPTS

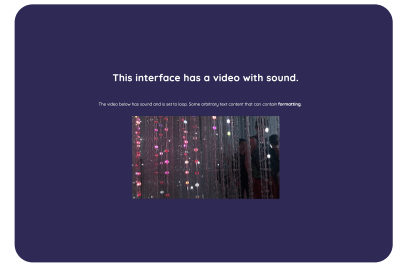
1. Looking at this diagram of faceless figures which are numbered from 1 to 9. To the best of your ability, which numbered figure looks most like the current body size of each person?

VARIABLE



alter_figurerating

INTERVIEWER SCRIPT



PAGE HEADING

Relationships with your social contacts

ITEMS

BLOCK SIZE	SMALL
TYPE	Text
CONTENT	For the next set of questions, I'm going to describe a type of relationship, and I'd like you tell me the people you named that you've had that type of relationship with in the past 6 months.

INTERVIEWER SCRIPT

11

Alter relationships



SUBJECT

 Person

VARIABLES

 alter_activitywith, alter_eatwith,
 alter_healthsupport, alter_healthtalk

PROMPTS

- Who, among the people you named, have you **talked to about your health or health problems** when they've come up?

VARIABLE



alter_healthtalk

- In the past 6 months, who **helped you or encouraged you to have a healthy lifestyle**: for example, to eat healthy foods, or to be active?

VARIABLE



alter_healthsupport

- In the past 6 months, **who did you eat meals or snacks with on a regular basis** - at least once a month or more? This could include eating at your home or their home, or eating out.

VARIABLE



alter_eatwith

- In the past 6 months, **who did you do physical activity with on a regular basis** - at least once a month or more? Examples of activities could be walking, bike riding, sports, or exercise classes.

VARIABLE



alter_activitywith

INTERVIEWER SCRIPT

12

Alter diet and activity

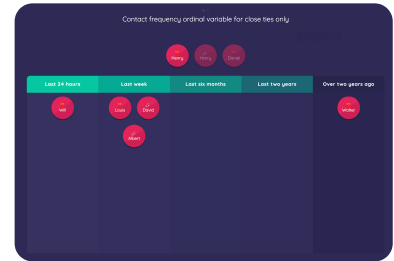
SUBJECT



Person

VARIABLES

alter_diet, alter_mvpa



PROMPTS

1. How often does each person **eat a healthy diet**, meaning they eat a variety of fruits, vegetables, grains, and protein foods, and limit foods with added sugars, saturated fat, and salt?

VARIABLE



alter_diet

2. How often does each person do **moderate-intensity exercise** in their free time that causes an increase in breathing or heart rate, like brisk walking or cycling?

VARIABLE



alter_mvpa

INTERVIEWER SCRIPT

13

Alter relationships: difficult and weight loss

SUBJECT



Person

VARIABLES

alter_difficult, alter_weightloss



PROMPTS

1. In the past 6 months, who made it **difficult for you** to have a healthy lifestyle, eat healthy foods, or be active?

VARIABLE



alter_difficult

2. Of the people you named, who is **actively trying to lose weight**, to the best of your knowledge?

VARIABLE

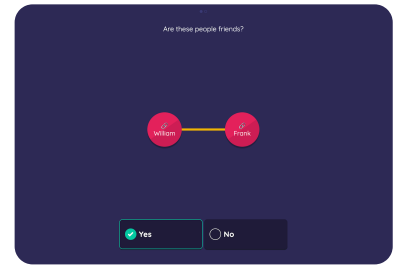


alter_weightloss

INTERVIEWER SCRIPT

14

Alter-alter connections



INTRODUCTION PANEL

Connections between important people

These next questions ask about whether or not each of the people you named **know each other**.

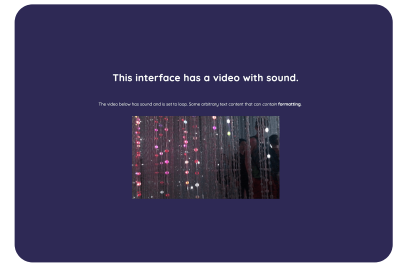
PROMPTS

1. Do these two people know each other?

CREATES EDGE

 `alter_knows`

INTERVIEWER SCRIPT



PAGE HEADING

Seeing your network

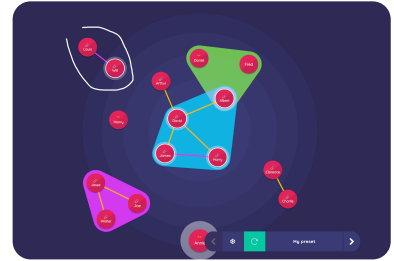
ITEMS

BLOCK SIZE	SMALL
TYPE	Text
CONTENT	In the last part of this survey, I will show you some images of your social network. I will ask a few last questions about your experience of these people and relationships.

INTERVIEWER SCRIPT

16

Visualize network with health supporters



SUBJECT



Person

VARIABLES

alter_closeness, alter_healthsupport

BEHAVIOURS

FREEDRAW ENABLED

FALSE

REPOSITIONING ENABLED

TRUE

HELP WITH HEALTH

1.

LAYOUT VARIABLE



alter_closeness

SHOW EDGES

o



alter_knows

GROUP VARIABLE



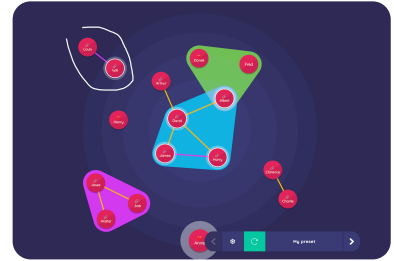
alter_healthsupport

HIGHLIGHT ATTRIBUTES

INTERVIEWER SCRIPT

17

Visualize network with difficult people



SUBJECT



Person

VARIABLES

alter_closeness, alter_difficult

BEHAVIOURS

FREEDRAW ENABLED

FALSE

REPOSITIONING ENABLED

TRUE

MAKE IT DIFFICULT

1.

LAYOUT VARIABLE



alter_closeness

SHOW EDGES

o



alter_knows

GROUP VARIABLE



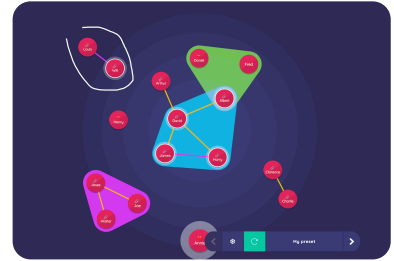
alter_difficult

HIGHLIGHT ATTRIBUTES

INTERVIEWER SCRIPT

18

Visualize network with people trying to lose weight



SUBJECT



Person

VARIABLES

alter_closeness, alter_weightloss

BEHAVIOURS

FREEDRAW ENABLED

FALSE

REPOSITIONING ENABLED

TRUE

TRYING TO LOSE WEIGHT

1.

LAYOUT VARIABLE



alter_closeness

SHOW EDGES

o



alter_knows

GROUP VARIABLE



alter_weightloss

HIGHLIGHT ATTRIBUTES

INTERVIEWER SCRIPT

Ego

Name	Type	Used In
 ego_dob	datetime	Participant DOB



Person

Name	Type	Used In										
alter_activitywith	categoryal <table><tr><th>VALUE</th><th>LABEL</th></tr><tr><td>1</td><td>DID physical activities with this person</td></tr><tr><td>2</td><td>DID NOT do physical activities with this person</td></tr></table>	VALUE	LABEL	1	DID physical activities with this person	2	DID NOT do physical activities with this person	Alter relationships				
VALUE	LABEL											
1	DID physical activities with this person											
2	DID NOT do physical activities with this person											
123 alter_age	number	Alter demographics										
alter_closeness	layout	Alter closeness Visualize network with health supporters Visualize network with difficult people Visualize network with people trying to lose weight										
alter_contactfreq	ordinal <table><tr><th>VALUE</th><th>LABEL</th></tr><tr><td>1</td><td>Less than once a month</td></tr><tr><td>2</td><td>1 to 3 times a month</td></tr><tr><td>3</td><td>1 to 3 times a week</td></tr><tr><td>4</td><td>Daily or almost daily</td></tr></table>	VALUE	LABEL	1	Less than once a month	2	1 to 3 times a month	3	1 to 3 times a week	4	Daily or almost daily	Alter demographics
VALUE	LABEL											
1	Less than once a month											
2	1 to 3 times a month											
3	1 to 3 times a week											
4	Daily or almost daily											

Name	Type	Used In																		
 alter_diet	ordinal <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>Most of the time</td></tr><tr><td>2</td><td>Sometimes</td></tr><tr><td>3</td><td>Rarely or never</td></tr><tr><td>99</td><td>Don't know</td></tr></tbody></table>	VALUE	LABEL	1	Most of the time	2	Sometimes	3	Rarely or never	99	Don't know	Alter diet and activity								
VALUE	LABEL																			
1	Most of the time																			
2	Sometimes																			
3	Rarely or never																			
99	Don't know																			
 alter_difficult	categorical <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>DID make it difficult</td></tr><tr><td>2</td><td>DID NOT make it difficult</td></tr></tbody></table>	VALUE	LABEL	1	DID make it difficult	2	DID NOT make it difficult	Alter relationships: difficult and weight loss Visualize network with difficult people												
VALUE	LABEL																			
1	DID make it difficult																			
2	DID NOT make it difficult																			
 alter_eatwith	categorical <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>DID eat with this person</td></tr><tr><td>2</td><td>DID NOT eat with this person</td></tr></tbody></table>	VALUE	LABEL	1	DID eat with this person	2	DID NOT eat with this person	Alter relationships												
VALUE	LABEL																			
1	DID eat with this person																			
2	DID NOT eat with this person																			
 alter_ethnicityrace	categorical <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>Hispanic or Latino</td></tr><tr><td>2</td><td>Black or African American</td></tr><tr><td>3</td><td>White</td></tr><tr><td>4</td><td>Asian</td></tr><tr><td>5</td><td>Native American</td></tr><tr><td>6</td><td>Pacific Islander</td></tr><tr><td>7</td><td>Other</td></tr><tr><td>99</td><td>Don't know/prefer not to say</td></tr></tbody></table>	VALUE	LABEL	1	Hispanic or Latino	2	Black or African American	3	White	4	Asian	5	Native American	6	Pacific Islander	7	Other	99	Don't know/prefer not to say	Alter demographics
VALUE	LABEL																			
1	Hispanic or Latino																			
2	Black or African American																			
3	White																			
4	Asian																			
5	Native American																			
6	Pacific Islander																			
7	Other																			
99	Don't know/prefer not to say																			

Name	Type	Used In																				
 alter_figurerating	ordinal <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>1</td></tr><tr><td>2</td><td>2</td></tr><tr><td>3</td><td>3</td></tr><tr><td>4</td><td>4</td></tr><tr><td>5</td><td>5</td></tr><tr><td>6</td><td>6</td></tr><tr><td>7</td><td>7</td></tr><tr><td>8</td><td>8</td></tr><tr><td>9</td><td>9</td></tr></tbody></table>	VALUE	LABEL	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	Alter figure
VALUE	LABEL																					
1	1																					
2	2																					
3	3																					
4	4																					
5	5																					
6	6																					
7	7																					
8	8																					
9	9																					
 alter_gender	ordinal <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>male</td></tr><tr><td>2</td><td>female</td></tr><tr><td>3</td><td>other</td></tr></tbody></table>	VALUE	LABEL	1	male	2	female	3	other	Alter demographics												
VALUE	LABEL																					
1	male																					
2	female																					
3	other																					
 alter_healthsupport	categorical <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>DID help or encourage me</td></tr><tr><td>2</td><td>DID NOT help or encourage me</td></tr></tbody></table>	VALUE	LABEL	1	DID help or encourage me	2	DID NOT help or encourage me	Alter relationships Visualize network with health supporters														
VALUE	LABEL																					
1	DID help or encourage me																					
2	DID NOT help or encourage me																					
 alter_healthtalk	categorical <table><thead><tr><th>VALUE</th><th>LABEL</th></tr></thead><tbody><tr><td>1</td><td>DID discuss health with this person</td></tr><tr><td>2</td><td>DID NOT discuss health with this person</td></tr></tbody></table>	VALUE	LABEL	1	DID discuss health with this person	2	DID NOT discuss health with this person	Alter relationships														
VALUE	LABEL																					
1	DID discuss health with this person																					
2	DID NOT discuss health with this person																					

alter_mvpa

ordinal

VALUE	LABEL
1	Regularly (3+ times/week)
2	Sometimes (<3 times/week)
3	Rarely or never
99	Don't know

Alter diet and activity

alter_residence

ordinal

VALUE	LABEL
1	Same household
2	Same neighborhood
3	Same town or city
4	Same state
5	Another state
6	Another country
99	Don't know/prefer not to say

Alter demographics

alter_role

categorical

VALUE	LABEL
1	Spouse/romantic partner
2	Sibling
3	Parent
4	Child
5	Aunt/ Uncle
6	Friend
7	Neighbor

Alter role

Name	Type	Used In								
 alter_role_other	text	Alter role								
 alter_weightloss	categorical<table><tr><th>VALUE</th><th>LABEL</th></tr><tr><td>1</td><td>IS trying to lose weight</td></tr><tr><td>2</td><td>IS NOT trying to lose weight</td></tr><tr><td>99</td><td>Don't know</td></tr></table>	VALUE	LABEL	1	IS trying to lose weight	2	IS NOT trying to lose weight	99	Don't know	Alter relationships: difficult and weight loss Visualize network with people trying to lose weight
VALUE	LABEL									
1	IS trying to lose weight									
2	IS NOT trying to lose weight									
99	Don't know									
 name	text	Name generator								



alter_knows

Name	Type	Used In
------	------	---------

No variables to display.

Resource Library

Image

NAME	Figure rating scale_4cat.png		
TYPE	Image		
PREVIEW	