

Behavioral Environment Perceptions Survey (BEPS)

<u>1 = strongly disagree and 5 = strongly agree</u>
<u>Physical Activity (PA)</u>
Q1. There are sports (intramural or club) available to play on campus
Q2. There are plenty of opportunities on campus to be moderately or vigorously active
Q3. I feel welcome to use the recreation center on campus
Q4. I see people being physically active on campus
<u>Healthful Eating (HE)</u>
Q5. It is easy to find healthy foods on campus
Q6. It is easy to find fruits and vegetables on campus
Q7. There are a variety of healthy foods available on campus
Q8. My campus makes it easy to eat healthy
Q9. It is easy to live a healthy lifestyle while living on campus
<u>Mental Health (MH)</u>
Q10. There are programs on campus that offer stress management
Q11. My campus has a system of support for emotional or psychological problems
Q12. There are resources on campus for a person who needs help managing stress
Q13. There are resources on campus for a person who is in an abusive relationship
Q14. I can get an appointment with a mental health professional

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<u>Barriers to Healthful Eating (BHE)</u>
Q15. My class schedule makes it easy to eat healthy meals
Q16. It is hard to eat healthy because of all the stress at school*
Q17. I do not have enough time to pack healthy snacks for myself*
Q18. I cannot afford to eat healthy*
<u>Peer Influence (SI)</u>
Q19. The people I eat with make it easy to choose healthy foods
Q20. Friends motivate me to workout
Q21. Friends have a positive influence on my physical activity
*Reverse scored (1=Strongly Agree, 5=Strongly Disagree) Likert Scale 1=Strongly Disagree, 5=Strongly Agree Overall mean BEPS Score = $[(\sum \text{scale means})/\#\text{scales}]$