

## Link to Stanford's Online Prescreening Questionnaire:

[https://stanforduniversity.qualtrics.com/SE/?SID=SV\\_6A0JnfmJ9vBxraB](https://stanforduniversity.qualtrics.com/SE/?SID=SV_6A0JnfmJ9vBxraB)

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Welcome!

Thank you for your interest in the "Vitamin D and Type 2 Diabetes Study (D2d Study)"

The three steps involved in this screening questionnaire are:

- 1) reading a brief overview of the study;
- 2) reading the consent to be screened; and
- 3) if you agree to the consent, completing the online questionnaire to determine whether you are eligible to attend an in-person screening visit.

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### Step 1 - D2d Study Overview:

The D2d Study will investigate whether, in people with pre-diabetes, taking a daily vitamin D supplement will reduce the rate of progression from pre-diabetes to diabetes.

Participants will be randomly assigned (like flipping a coin) to take either a vitamin D supplement (4,000 IU/day) or a placebo. If you participate in the study, you will be given information on the current lifestyle recommendations for prevention of diabetes, as well as the results of important tests at no charge.

### Step 2 - Consent to be screened:

A purpose of this screening is to determine if you are eligible to attend a clinical screening visit where final eligibility for the study will be determined. Another purpose is to find out if you would like us to keep your contact information so we can let you know about future studies, or if you would like us to destroy your contact information and not be contacted about future studies.

This screening questionnaire could take up to 20 minutes to complete. There are a total of 38 questions. However, most people will not need to answer all the questions. You can leave the survey anytime and click on the same e-mail link to return to the survey at the point where you left it. Your information will be kept as confidential as possible as required by law. This survey is encrypted for additional security. You do not have to answer any questions that make you feel uncomfortable. You can choose to stop participating at any time by selecting "Exit this survey" at the top right-hand corner of the screen.

This screening questionnaire is not designed to ask you for sensitive personal information, but it is possible that some people may feel uncomfortable answering these questions. If you are eligible to take part in the study and are interested in taking part in it or in future research studies, then we will record your name and information; this will be kept confidential, but there is a small risk that people outside of the research team could learn this information. If you are not interested in the study, then we will destroy the personal information you give me.

There are no benefits to you to taking part in this screening interview. However, it is possible that the information from the study that we will be doing may help researchers to learn more about diabetes prevention and may benefit others in the future.

The benefit to you of being in our database is that you will hear about studies in the future in which you may be interested.

You will not be paid for answering questions in this interview since it is only to see whether you qualify to take part in the study, and whether you want to be part of a database of people who are contacted about future studies.

If you have any questions, concerns or complaints about this questionnaire, contact the project coordinator, Josephine Hau, at (650) 723-1301. If you want to talk to someone separate from the research team about a concern or complaint or your rights as a possible research subject, feel free to contact the Stanford Institutional Review Board (IRB) at (650) 723-5238 or toll free at 1-866-680-2906.

After reading the screening consent, do you still wish to continue?

- Yes
- No

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Step 3 - Questionnaire  
Question 1-2 of 35

1. How did you learn about the study?

- E-mail notification
- Notification by personal letter
- Physician referral
- Personal contact (friend, family, colleague)
- Radio Ad
- Palo Alto Daily
- Other newspaper source
- Other

2. Are you interested in being contacted for future research studies?

- Yes
- No

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Questions 3-5 of 35

3. Are you currently enrolled as a participant in any other study?

- Yes
- No

 

4. May we contact the project coordinator of the study you are enrolled in?

- Yes
- No

5. Please list the name of the study you are enrolled in and the contact information for the project coordinator so that we can check if you may participate in our study as well.

Questions 6-9 of 35 - Contact Information

6. Please fill out the following contact information fields:

Name (first, last):	<input type="text"/>
Email address:	<input type="text"/>
Cell phone number	<input type="text"/>
Home phone number	<input type="text"/>
Work phone number	<input type="text"/>

7. Which method of communication do you prefer?

- Email address
- Cell
- Home
- Work

8. At what time would you prefer that we contact you by phone? (Example: morning, noon, afternoon)

9. Please enter your mailing address.

Street:	<input type="text"/>
City:	<input type="text"/>
Zip code:	<input type="text"/>

 

Questions 10-15 of 38 - Demographic Information

10. What is your date of birth? (Month/Day/Year, Example: 09/14/1971)

11. Are you 30 years old or older?

- Yes
- No

 

12. Please check one:

- Male
- Female

13. What is your current marital status?

- Married/Partnered
- Single/Never married
- Widowed
- Separated
- Divorced

14. Choose the total number of years of school that you have completed:

Grade School (1-8)	<input type="button" value="v"/>
High School (1-4)	<input type="button" value="v"/>
College (1-4)	<input type="button" value="v"/>
Graduate/Professional School (1-4+)	<input type="button" value="v"/>

15. What is your current employment status?

- Working full-time
- Working part-time
- Unemployed
- Retired

 

Questions 16-17 of 38 - Demographic Information (continued)

16. How would you best describe your ethnic background? Please select one:

- Hispanic
- Non-Hispanic

17. How would you best describe your racial background? Please select one:

- White
- Black/African American
- Asian
- Native Hawaiian/Pacific Islander
- American Indian/Alaskan
- Other/Unknown

 

Question 18-26 - Health History

18. Are you pregnant, planning to become pregnant in the next 4 years, lactating, or have you given birth in the past 6 months?

- Yes
- No

 

19. What is your height in feet and inches?

Feet

Inches

20. What is your weight in pounds? (Please round any fractions of pounds up or down to a whole number)

 

21. Based on your answer, your body mass index (BMI) is 28.4

According to this calculated value, your BMI is:

- Below 24
- Between 24 and 42 OR between 22.5 and 40 for Asians
- Higher than 42

22. Do you have any history (in the past 1 year) of substance abuse or unstable psychiatric disorder (except for depression on a stable dose of medication/s)?

- Yes  
 No

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23. Do you currently take or have you taken in the specified time frame ANY of the following medications?

- Currently take weight loss medication (prescription or over-the-counter)
- Currently take thiazide diuretics (a type of blood pressure medication) at a total dose greater than 37.5 mg/day
- Have taken pre-diabetes, diabetes, or polycystic ovarian syndrome medications in the past year
- Started anticonvulsant medication in the past 6 months of screening (stable regimen of anticonvulsants for longer than 6 months is OK)
- Have taken glucocorticoids or "steroids" (like prednisone or hydrocortisone) by mouth or by injection in the past 6 months
  - Epidural or intra-articular glucocorticoid injections are OK
  - Physiologic doses of glucocorticoids to treat adrenal insufficiency are also OK

- Yes  
 No

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24. Do you have any of the following diseases:

- Diabetes
- Any type of cancer (in the past 5 years) except for basal/squamous cell skin cancer. Prostate cancer (for men over age 55) or well-differentiated thyroid cancer that are not expected to require treatment (except for suppression with thyroid hormone) over the next 4 years, are ok.
- History of heart attack or stroke in the past year
- History of gut surgery involving the stomach, small intestine, or large intestine

- Yes  
 No

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25. Do have a history of bariatric surgery or planned bariatric surgery in the next 4 years?

(Note: history of gastric banding more than 2 years ago is ok if weight is stable, that is no more than 6.6 lbs weight change in the past 6 months)

- Yes  
 No

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26. Have you had a life-threatening event in the past 30 days or are you currently planning a major surgery?

- Yes  
 No

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Question 27-31 of 35 - Diet History

27. Do you currently take supplements containing Vitamin D at total doses higher than 1000 IU/day?

- Yes  
 No

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If "Yes" is selected → Q 28.

If "No" is selected → Q 29.

28. Are you willing to limit vitamin D supplementation dosage to no higher than 1000 IU/day for the duration of the study?

- Yes
- No



29. Do you currently take supplements containing calcium at total doses higher than 600 mg/day?

- Yes
- No



If "Yes" is selected → Q 30.

If "No" is selected → Q 31.

30. Are you willing to limit calcium supplementation dosage to no more than 600 mg/day for the duration of the study?

- Yes
- No



31 Do you have a history of intolerance to vitamin D supplements?

- Yes
- No



Question 32-33 of 35 - Study Requirements

32. Do you regularly use tanning devices (for example, tanning booths)?

- Yes
- No



If "Yes" is selected → Q 33.

If "No" is selected → Q 34.

33. Are you willing to stop use of tanning devices for the duration of the study?

Yes

No



Question 34-35 of 35 - Study Requirements

34. In our study, participants will be randomly assigned to take either a vitamin D supplement (4,000 IU/day) or a placebo. Are you willing to accept random assignment? This means that you cannot choose whether you take the vitamin D or the placebo.

Yes

No



35. If you decide to participate, are you willing to take the study pills for up to 4 years?

Yes

No

