



**ProY&O**  
**Protecting You & Others**  
Community infection prevention behaviour change program

# Report

## *A Community Infection Prevention-Related Behaviours Assessment Tool*



**Co-funded by  
the European Union**



## TITLE

---

**A Community Infection Prevention-Related Behaviours Assessment Tool**

---

## AUTHOR OF THE REPORT

---

**Nevenka Kregar Velikonja, Mateja Šimec, Gorazd Laznik and Sabina Krsnik, on behalf of the PRO Y&O consortium**

---

## THE PRO Y&O CONSORTIUM

---

**Beata Dobrowolska<sup>1</sup>, Kinga Zdunek<sup>1</sup>, Magdalena Dziurka<sup>1</sup>, Patrycja Ozdoba<sup>1</sup>, Marta Szara<sup>1</sup>, Aleksandra Fornal<sup>1</sup>, Alicja Artych<sup>1</sup>, Michał Szymanek<sup>1</sup>, Edyta Religa-Szuraj<sup>1</sup>, Agata Byczyńska<sup>1</sup>, Natalia Radczuk<sup>1</sup>, Justyna Włodek<sup>1</sup>, Alvisa Palese<sup>2</sup>, Stefania Chiappinotto<sup>2</sup>, Chiara Moreal<sup>2</sup>, Monica Ronco<sup>2</sup>, Irene Mansutti<sup>2</sup>, Nevenka Kregar Velikonja<sup>3</sup>, Gorazd Laznik<sup>3</sup>, Mateja Šimec<sup>3</sup>, Sabina Krsnik<sup>3</sup>, Karmen Erjavec<sup>3</sup>, Aysel Özsaban<sup>4</sup>, Aysun Bayram<sup>4</sup>, Emrah Ayraz<sup>4</sup>, Montserrat Solà Pola<sup>5</sup>, Alba Roselló Novella<sup>5</sup>, Raül Sancho Agredano<sup>5</sup>, Llúcia Benito Aracil<sup>5</sup>, Núria Fabrellas Padrés<sup>5</sup>, Anna Escofet Roig<sup>5</sup>, Mireia Esparza Pagès<sup>5</sup>, Silvia Poveda<sup>5</sup>, Antonio Rosa<sup>5</sup>**

<sup>1</sup> Medical University of Lublin, Poland

<sup>2</sup> University of Udine, Italy

<sup>3</sup> University of Novo mesto, Slovenia

<sup>4</sup> Karadeniz Technical University, Turkey

<sup>5</sup> University of Barcelona, Spain

Find out more: [www.proyouandothers.umlub.pl](http://www.proyouandothers.umlub.pl)



Co-funded by  
the European Union

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

Co-funded by the European Union (Grant Agreement No 2023-1-PL01-KA220-HED-000155248). The views and opinions expressed are those of the authors alone and do not necessarily reflect the views of the European Union or the Erasmus+ National Agency. Neither the European Union nor the granting authority can be held responsible for them



All published content can be shared (CC BY 4.0) [creativecommons.org/licenses/by/4.0](https://creativecommons.org/licenses/by/4.0).

## PROJECT TITLE

---

**Protecting You And Others: Community Infection prevention behaviour change programme (ProY&O)**

---

**Erasmus+ Programme Action type KA220-HED: 2023-1-PL01-KA220-HED-000155248**

**Project start date: 1 December 2023**

**Reporting period: 31 July 2024 – 28 February 2025**

# Content

|                                                                                                                                   |    |
|-----------------------------------------------------------------------------------------------------------------------------------|----|
| 1. Project details .....                                                                                                          | 6  |
| 2. Project Summary .....                                                                                                          | 7  |
| 3. Participating organisations .....                                                                                              | 10 |
| 4. Chapter 1: Literature review of articles that describe tools for assessment of respiratory infection preventive behaviour..... | 11 |
| 5. Chapter 2: Development of tool for assessment of preventive behaviour in vulnerable .....                                      | 15 |
| 6. Chapter 3: Tool validation.....                                                                                                | 16 |
| 6.1. Aim of the survey .....                                                                                                      | 16 |
| 6.2. Methodology.....                                                                                                             | 16 |
| 6.3. Analysis of survey data .....                                                                                                | 24 |
| 6.4. Main findings .....                                                                                                          | 25 |
| 7. Synthesis of findings.....                                                                                                     | 26 |
| 8. Conclusions .....                                                                                                              | 26 |
| Attachment.....                                                                                                                   | 28 |

## 1. PROJECT DETAILS

|                                    |                                                                                               |
|------------------------------------|-----------------------------------------------------------------------------------------------|
| Applicant organisation:            | Medical University of Lublin                                                                  |
| OID of the applicant organisation: | E10137356                                                                                     |
| Project code:                      | 2023-1-PL01-KA220-HED-000155248                                                               |
| Project title:                     | Protecting You And Others: Community Infection prevention behaviour change programme (ProY&O) |
| Type of action:                    | KA220-HED - Cooperation partnership in higher education                                       |
| Project start date:                | 01/12/2023                                                                                    |
| Project end date:                  | 30/11/2026                                                                                    |

|                                          |                                                                         |
|------------------------------------------|-------------------------------------------------------------------------|
| The National Agency receives the report: | Narodowa Agencja Programu Erasmus+ i Europejskiego Korpusu Solidarności |
| Language of the report:                  | English                                                                 |

## 2. PROJECT SUMMARY

The COVID-19 pandemic prompted people to take some basic precautionary actions, but these were often taken inappropriately or systematically violated, endangering the health and lives of others. Hand washing, hygienic practices to prevent respiratory infections, covering the mouth when sneezing are key to preventing transmission of infections.

Misinformation spread on social networks has had a significant negative impact and played a key role in creating misunderstandings, while health institutions have faced many obstacles in disseminating science-based advice. In addition, limited access to health education activities has increased disparities worldwide. People with low literacy skills had difficulties in their daily lives in accessing, understanding, critically assessing and using the information provided by health organisations.

Infection prevention and control remains one of the basic strategies for maintaining health, both at the individual and community level, as well as for society as a whole. However, most of the available literature on educational strategies focuses on improving the behaviour of healthcare workers and controlling infections that spread in healthcare settings. In addition, most programmes/studies focus on specific diseases, such as immune compromise, or specific modes of transmission, while some areas, including respiratory infection prevention, are neglected.

*Protecting You And Others (PRO Y & O): Community infection prevention behaviour change programme* is a European project that has been developed in the current social and health context. Therefore, the aim of PRO Y&O is to promote a common culture for the prevention of respiratory infection transmission, to develop educational activities tailored to the cultural needs of individual countries, to facilitate the inclusion of vulnerable groups and to ensure the measurement of the effectiveness of such educational strategies. In addition, the project aims to develop and test an educational approach that incorporates digital and health literacy principles in relation to behaviours aimed at preventing the spread of respiratory infections.

The main results to be achieved in the five planned work packages are:

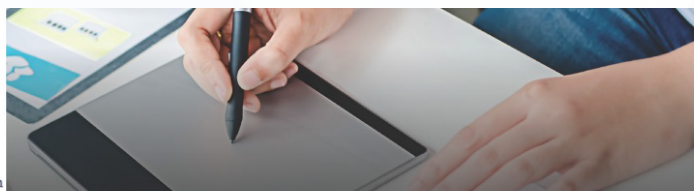
- A report on evidence-based interventions that are effective in promoting community-based self-care behaviours associated with the prevention of the spread of respiratory infections in disadvantaged populations;
- Validation of a tool to measure adherence to infection prevention behaviours in different contexts and with specific target groups;
- A multidimensional programme aimed at promoting behavioural change to prevent the spread of respiratory infections in everyday life, especially in disadvantaged populations;
- Developing a strategy to overcome barriers to health promotion by establishing a broadly inclusive approach to citizens with different levels of literacy, hearing, visual impairments, cognitive disabilities and age-related learning difficulties, taking into account different cultural, religious and ethnic values and practices;

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

- A toolkit for administrators and interested organisations working with vulnerable populations with information on how to apply the training programme in their daily work with them; and
- Dissemination of the programme and tools among interested stakeholders to ensure the long-term sustainability of the project.

The following report summarises all the results achieved through the activities of the second work package, in particular:

1. Findings from a literature review on effective public health strategies and interventions to help disadvantaged people adopt appropriate behaviours to prevent respiratory infections and their spread in the community;
2. the findings of a literature review on effective theories and techniques of behaviour change to help vulnerable people adopt appropriate behaviours to prevent respiratory infections; and
3. Findings from a qualitative study, which aimed to identify common behaviours that may increase the risk of infection transmission, barriers to adopting expected behaviours, educational needs and preferred teaching methodologies, from the perspectives of people belonging to different vulnerable groups and their caregivers.



## CONCEPT AND MAIN STEPS

### MOOC

(for carers of vulnerable individuals, with digital materials used offline by carers when working with vulnerable individuals)



- review of digital education effectiveness and effective behavioural change theories and techniques

- qualitative study

(focus group + individual interviews)

-> min n=30/country

WP2



- review of existing tools measuring behavioural change

- validation of the tool

capable to measure behaviour change in group of vulnerable individuals

WP3



- syllabus and materials preparation for MOOC

- MOOC release

- pilot study

(pre -, post- design with tool validated) among vulnerable individuals with assistance of carers -> min. n=10/country

WP4



- MOOC improvements

- implementation study

among vulnerable individuals with assistance of carers and community/public health nurses during 1 day training in each country with MOOC using and other methods-> min. n=30/country

WP5

- toolkit development for carers and stakeholders

- transnational stakeholders event



<https://proyouandothers.umlub.pl/>

[@protecting.you@umlub.pl](mailto:protecting.you@umlub.pl)

[f](#) [i](#) [t](#) [x](#) [y](#) [p](#) [r](#) [o](#) [y](#) [a](#) [n](#) [d](#) [o](#)

[in](#) [proyando-project-8400792a5](#)

### 3. PARTICIPATING ORGANISATIONS

Five partners are involved in the project: Medical University of Lublin (Poland) , University of Udine (Italy) , University of Novo mesto (Slovenia) , University of Barcelona (Spain) and Karadeniz Technical University (Turkey) .

#### *Medical University of Lublin (Poland)*



#### *University of Udine (Italy) (Slovenia)*



**UNIVERSITÀ  
DEGLI STUDI  
DI UDINE**  
HIC SUNT FUTURA

#### *University of Novo mesto*



University of Novo mesto  
Faculty of *Health Sciences*

#### *University of Barcelona (Spain)*



UNIVERSITAT DE  
BARCELONA

#### *Karadeniz Technical University (Turkey)*



#### 4. CHAPTER 1:

### LITERATURE REVIEW OF ARTICLES THAT DESCRIBE TOOLS FOR ASSESSMENT OF RESPIRATORY INFECTION PREVENTIVE BEHAVIOUR

The pandemic has increased the importance of health prevention and knowledge of strategies to prevent the spread of respiratory infectious diseases. There is considerable evidence of underlying behavioural patterns that are not adapted to vulnerable and excluded populations. A literature review was conducted on the tools available to measure behaviour change in the area of containment and prevention of respiratory infections in the community. The literature review was conducted in the following databases: PubMed, WoS, PsycNET and Scopus. Of the 1217 articles retrieved, 39 were included in the review.

The purpose for which the tool was used to assess respiratory infection prevention behaviour in each study is shown in Table 1.

**TABLE 1. Content of tools for assessing infection prevention behaviour**

| Authors                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Asked about                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>- Hashemipour et al, 2021,</li> <li>- Lee and Park, 2021,</li> <li>- Abdel-Aziz in Atia, 2022,</li> <li>- Gunawardhana et al, 2024,</li> <li>- Vandormael et al., 2021,</li> <li>- Torres et al, 2021,</li> <li>- Kopelowicz et al., 2023,</li> <li>- Zolotarova et al., 2023,</li> <li>- Bazaid et al, 2020</li> </ul>                                                                                                                                         | <p>Knowledge about measures to prevent Sars-CoV-2 infection, common symptoms and recommended behaviours outside the home, frequency of smoking, drinking alcohol, pneumococcal vaccination, flu vaccination, taking immunosuppressive vitamins</p>                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>- Caress et al., 2010,</li> <li>- Abdel-Aziz in Atia, 2022,</li> <li>- Gunawardhana et al, 2024,</li> <li>- Firouzbakht et al., 2021,</li> <li>- Srivastav et al., 2018,</li> <li>- Stebbins et al., 2011,</li> <li>- Torres et al, 2021,</li> <li>- Kopelowicz et al., 2023,</li> <li>- Zolotarova et al., 2023,</li> <li>- Baretta et al, 2023,</li> <li>- Bazaid et al., 2020,</li> <li>- Mousavi et al., 2021,</li> <li>- Meilicke et al., 2009,</li> </ul> | <p>Frequency of hand washing with soap and water, wearing tissues, avoiding crowded areas or large crowds, using hand sanitising gel, wearing a surgical mask, avoiding touching the face with hands, disinfecting the work or living area, avoiding kissing or hugging people, taking vitamins and herbal preparations, covering the nose and mouth with a mask, changing attitudes to vaccination</p> |

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

|                                                                                      |                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| - Kim et al., 2022                                                                   |                                                                                                                                                                                                                                    |
| - Zolotarova et al., 2023,<br>- Abdel-Aziz in Atia, 2022                             | Attitudes toward vaccination, prevention of respiratory infections                                                                                                                                                                 |
| - Lee and Park, 2021,<br>- Abdel-Aziz in Atia, 2022,<br>- Baretta et al., 2023       | Pre- and post-intervention assessments were done using measures of knowledge, attitudes, and practices regarding RIP: 13-item score/hand hygiene/ 4-item hand and respiratory hygiene practices                                    |
| - Phadoongmai in Jariya, 2024,<br>- Bazaid et al, 2020                               | Amount of sleep, alcohol consumption, smoking, consumption of protein- and vitamin-rich foods, amount and type of physical activity, avoidance of handling, adherence to WHO recommendations on handwashing, method of handwashing |
| - Zhang et al., 2023<br>- Hernández-Padilla et al, 2020<br>- Vandormael et al., 2021 | Compliance with preventive behaviours such as hand washing, avoiding touching eyes, nose or mouth and wearing face masks                                                                                                           |
| - Gunawardhana et al., 2024                                                          | Knowledge of symptoms and attitude towards testing and care-seeking; in terms of preventive measures hand washing and mask wearing                                                                                                 |
| - Meilicke et al., 2009                                                              | Perception of behaviour -multivariate analysis of factors associated with propensity for presenteeism and acceptance of hygiene mask                                                                                               |

## REFERENCES

- Abbasi-Kangevari M, Kolahi AA, Ghamari SH, Hassanian-Moghaddam H. Public Knowledge, Attitudes, and Practices Related to COVID-19 in Iran: Questionnaire Study. *JMIR Public Health Surveill.* 2021 Feb 23;7(2): e21415. doi: 10.2196/21415.
- Abdel-Aziz HR, Atia NS. Respiratory Infections Prevention in Rural Older Adults: An Interventional Study. *Clin Nurs Res.* 2022 Nov;31(8):1445-1453. doi: 10.1177/10547738221081981. Epub 2022 Mar 14. PMID: 35285282.
- Baretta D, Amrein MA, Bäder C, Ruschetti GG, Rüttimann C, Del Rio Carral M, Fabian C, Inauen J. Promoting Hand Hygiene During the COVID-19 Pandemic: Parallel Randomized Trial for the Optimization of the Soapp App. *JMIR Mhealth Uhealth.* 2023 Feb 3;11: e43241. doi: 10.2196/43241.
- Bazaid AS, Aldarhami A, Binsaleh NK, Sherwani S, Althomali OW. Knowledge and practice of personal protective measures during the COVID-19 pandemic: A cross-sectional study in Saudi Arabia. *PLoS One.* 2020 Dec 11;15(12): e0243695. doi: 10.1371/journal.pone.0243695.
- Caress AL, Duxbury P, Woodcock A, Luker KA, Ward D, Campbell M, Austin L. Exploring the needs, concerns and behaviours of people with existing respiratory conditions in relation to the H1N1 'swine influenza' pandemic: a multicentre survey and qualitative study. *Health Technol Assess.* 2010 Jul;14(34):1-108. doi: 10.3310/hta14340-01.
- Firouzbakht M, Omidvar S, Firouzbakht S, Asadi-Amoli A. COVID-19 preventive behaviors and influencing factors in the Iranian population; a web-based survey. *BMC Public Health.* 2021 Jan 15;21(1):143. doi: 10.1186/s12889-021-10201-4.
- Gunawardhana G, Rokonzaman SM, Islam S, Alarm N, Ferdous TE, Kirkwood EK, Raynes-Greenow C, Billah SM. Knowledge, Attitudes, and Practices Towards COVID-19 Among Pregnant and Postpartum Women in Rural Bangladesh: A Cross-Sectional Study. *Matern Child Health J.* 2024 Apr;28(4):758-766. doi: 10.1007/s10995-024-03900-y. Epub 2024 Jan 31.
- Hernández-Padilla JM, Granero-Molina J, Ruiz-Fernández MD, Dobarrío-Sanz I, López-Rodríguez MM, Fernández-Medina IM, Correa-Casado M, Fernández-Sola C. Design and Psychometric Analysis of the COVID-19 Prevention, Recognition and Home-Management Self-Efficacy Scale. *Int J Environ Res Public Health.* 2020 Jun 28;17(13):4653. doi: 10.3390/ijerph17134653.
- Kim JH, Song HY, Park JH, Kang P, Lee HJ. A Study on the COVID-19 Preventive Behaviors of Automobile Manufacturing Workers in South Korea. *Healthcare (Basel).* 2022 Sep 21;10(10):1826. doi: 10.3390/healthcare10101826.
- Kopelowicz A, Lopez SR, Molina GB, Baron M, Franco R, Mayer D. Evaluation of an Audio-Visual Novella to Improve COVID-19 Knowledge and Safe Practices Among Spanish-Speaking Individuals with Schizophrenia. *J Immigr Minor Health.* 2023 Aug;25(4):889-898. doi: 10.1007/s10903-023-01456-7.
- Lee MH, Park YH. The effectiveness of the information-motivation-behavioral skills model-based intervention on preventive behaviors against respiratory infection among community-dwelling older adults. *Patient Educ Couns.* 2021 Aug;104(8):2028-2036. doi: 10.1016/j.pec.2021.01.016.

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

- Meilicke, G., Riedmann, K., Biederbick, W. *et al.* Changes in perceptions of hygiene during the influenza A H1N1 pandemic in Germany: integrating results from two cross-sectional telephone surveys 2008-2009. *BMC Public Health* 13, 959 (2013). <https://doi.org/10.1186/1471-2458-13-959>
- Miller S, Ainsworth B, Weal M, Smith P, Little P, Yardley L, Morrison L. A Web-Based Intervention (Germ Defence) to Increase Handwashing During a Pandemic: Process Evaluations of a Randomized Controlled Trial and Public Dissemination. *J Med Internet Res.* 2021 Oct 5;23(10): e26104. doi: 10.2196/26104.
- Mousavi SH, Delshad MH, Acuti Martellucci C, Bhandari D, Ozaki A, Pourhaji F, Reza Hosseini SM, Roien R, Ramozi AA, Wafae M, Qaderi S, Delsoz M, Sigdel S, Kotera Y, Sawano T, Dhama K, Rodríguez-Morales AJ, Wang J, Tanimoto T, Yousefi AA, Sah R. Community Behavioral and Perceived Responses in the COVID-19 Outbreak in Afghanistan: A Cross-Sectional Study. *Disaster Med Public Health Prep.* 2021 May 5:1-7. doi: 10.1017/dmp.2021.135.
- Phadoongmai M, Jariya W. Tuberculosis Preventive Behaviors and their Determining Factors among Household Contacts of Tuberculosis Patients in Thailand: A Cross-sectional Study. *Open Public Health J*, 2024; 17: e18749445283184. <http://dx.doi.org/10.2174/0118749445283184240111074905>
- Srivastav A, Santibanez TA, Lu PJ, Stringer MC, Dever JA, Bostwick M, Kurtz MS, Qualls NL, Williams WW. Preventive behaviors adults report using to avoid catching or spreading influenza, United States, 2015-16 influenza season. *PLoS One.* 2018 Mar 30;13(3): e0195085. doi: 10.1371/journal.pone.0195085.
- Stebbins S, Downs JS, Vukotich CJ Jr. The effect of grade on compliance using nonpharmaceutical interventions to reduce influenza in an urban elementary school setting. *J Public Health Manag Pract.* 2011 Jan-Feb;17(1):65-71. doi: 10.1097/PHH.0b013e3181e83f42.
- Torres C, Ogbu-Nwobodo L, Alsan M, Stanford FC, Banerjee A, Breza E, Chandrasekhar AG, Eichmeyer S, Karnani M, Loisel T, Goldsmith-Pinkham P, Olken BA, Vautrey PL, Warner E, Duflo E; COVID-19 Working Group. Effect of Physician-Delivered COVID-19 Public Health Messages and Messages Acknowledging Racial Inequity on Black and White Adults' Knowledge, Beliefs, and Practices Related to COVID-19: A Randomized Clinical Trial. *JAMA Netw Open.* 2021 Jul 1;4(7): e2117115. doi: 10.1001/jamanetworkopen.2021.17115.
- Vandormael A, Adam M, Greuel M, Gates J, Favaretti C, Hachaturyan V, Bärnighausen T. The Effect of a Wordless, Animated, Social Media Video Intervention on COVID-19 Prevention: an Online Randomized Controlled Trial. *JMIR Public Health Surveill.* 2021 Jul 27;7(7): e29060. doi: 10.2196/29060.
- Zolotarova T, Dussault C, Park H, Varsaneux O, Basta NE, Watson L, Robert P, Davis S, Mercer M, Timmerman S, Bransfield M, Minhas M, Kempis R, Kronfli N. Education increases COVID-19 vaccine uptake among people in Canadian federal prisons in a prospective randomised controlled trial: The EDUCATE study. *Vaccine.* 2023 Feb 17;41(8):1419-1425. doi: 10.1016/j.vaccine.2023.01.040.

## 5. CHAPTER 2: Development of tool for assessment of preventive behaviour in vulnerable groups

From the pre-screened tools, we have summarised a selection of behaviours that the consortium members consider to be important reflections of an individual's preventive attitude. We selected 15 typical behaviours.

**FIGURE 1.** Typical behaviours related to the prevention of respiratory infectious diseases for vulnerable people identified in the behavioural assessment tools.



Figure 1 graphically illustrates the typical behaviours associated with the prevention of respiratory infectious diseases for vulnerable people identified in the behavioural assessment tools.

## 6. CHAPTER 3: Tool validation

### 6.1 Aim of the survey

The aim of this study was to develop and test the 'RESPREV score' as a tool for evaluation of preventive behaviour (behaviour to avoid respiratory infections) on different vulnerable populations. The tool could be used for self-evaluation or evaluation of behaviour by caregivers.

In the survey we asked individuals from different vulnerable groups how often they perform selected behaviours and how often they would perform them if they would feel exposed to respiratory infection.

We also collected demographic data and lifestyle data to define category of vulnerability of respondents.

### 6.2. Methodology

#### *Design*

A quantitative study has been carried out, which in the first phase included the pilot validation of the survey questionnaire made on the basis of the reviewed literature; then the validated questionnaire with the obtained data will be crucial for measuring of effectiveness of the developed MOOC program.

Questionnaire contains set of items regarding respiratory infection preventive behaviour, that will be validated to get a score, reflecting preventive behaviour ('RESPREV' score) and is referred to as a tool, that will be used for measurement of the effect of educational program (as MOOC) .

We considered that preventive behaviour involves several different aspects that should be included to obtain relevant preventive behaviour score and up to 15 items should be used to evaluate preventive behaviour similarly as used in studies of Abdel-Aziz (2022), Carres (2010) and Kim (2023).

#### *Setting and participants*

The study has been performed by ProY&O project partners and was conducted in 5 countries: Poland, Slovenia, Italy, Spain and Turkey. At the national level, each partner participated in the implementation of the project by (a) conducting the backward-forward language translation in order to prepare the tool in national language; (b) identifying the target population where the study will be conducted (e.g., population with disadvantages); (c) validating the tools and producing national data, including a sample size according to the number of the items (10 participants/each item); (d) sending to University of Novo Mesto (UNM) the national data, in order to pool them at the translational level.

#### *Inclusion criteria*

Vulnerable individuals have been invited to participate in the study (when needed assisted by their caregiver/proxy – for e.g. in case of hearing, visual impairments or cognitive/intellectual impairments). Participants have been enrolled if considered as vulnerable according to Gordon's categorization (Gordon, 2020)

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

(Cognitive or Communicative Vulnerability, Institutional Vulnerability, Differential Vulnerability, Medical Vulnerability, Economic Vulnerability, Social Vulnerability);

Other inclusion criteria were as follows:

- Accept to participate in the study process;
- Have legal capacity to make decisions to be involved in a study.

Exclusion criteria:

- Unable to give informed consent for participation in the study (children or individuals without legal capacity to decide about participation in the study);
- Refuse to participate in the study process.

Control group of participants from general population has been enrolled from each country.

*Questionnaire structure*

Before proceeding with filling out the questionnaire it was required to identify whether the questionnaire is filled in by an individual from a vulnerable group himself (answer a) or will be assisted with his/her caregiver (answer b).

In the first part of the questionnaire there were demographic questions that define gender, age, education, lifestyle, chronic diseases and previous acute seasonal infections and coping with them as well as issues, related to different forms of vulnerability, and in the second part of the questionnaire, which is crucial for the preparation of the tool, there are statements that respondents rate in a 5-points Likert Scale, that will serve for development and pilot validation of RESPREV score. Additionally all 15 items were transformed into 'would' version to ask respondents if they would perform that behavior if they would feel endangered by respiratory infection (answers Yes/No).

In the last part of the questionnaire, the caregiver gave his/her estimation of individual's preventive behavior on the thermometer scale 0-10.

Questionnaire for general population has been the same, except for the first and last question.

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

**The Questionnaire:**

---

**Validation of the Respiratory Preventive Behaviour Score (RESPREV SCORE) to evaluate preventive behaviour for protection against respiratory infections**

Dear Sir/Madam,

In the consortium of the project Protecting You & Others we are developing a tool for estimation of behaviour, that is preventing individuals from respiratory infections. We especially focus on individuals with special needs in order to develop relevant health promotion approaches.

Participation in the study is anonymous and voluntary. Your caregiver can assist you in filling out the questionnaire.

Please take a few minutes to complete the survey. Please circle the letter in front of an adequate statement or follow instructions given for individual questions.

Thank you for your cooperation!

---

Person, who is filling in the questionnaire:

- a) Individual
  - b) Caregiver
- 

**1. Gender:**

- a) Male
- b) Female
- c) Prefer not to say

**2. Age:** \_\_\_\_\_ years (please write down)

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

3. Nationality: \_\_\_\_\_ (please state which)
4. Status (please mark all what is applicable for you):
- a. I live with my spouse/partner
  - b. I live with my children
  - c. I live with my parents
  - d. I belong to ethnic/cultural minority
  - e. I am immigrant/refugee,
  - f. I communicate in different language than native citizens
  - g. I am living in nursing home
  - h. I suffer from mental health issues
  - i. I am living in special/social care home
  - j. I have visual and/or hearing problems
  - k. I live alone
  - l. I have problems with mobility
  - m. I have problems with accommodation
  - n. I am receiving support from social services
  - o. I use community food services
  - p. I have difficult/limited access to information
  - q. Other: \_\_\_\_\_ (please state which)

5. Education:
- a) None
  - b) Primary education
  - c) Secondary or professional education (including technical post-secondary schools)
  - d) Higher education (meaning, bachelors, masters and PhDs)

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

6. Have you had a severe respiratory infection in the last five years (common cold is not counting)?

- a) Yes
- b) No (please go to question number 8)

7. During most severe respiratory infection that you experienced in last five years:

- a) You were hospitalized
- b) You were under care of General Practitioner/Family doctor
- c) You were self-medicating
- d) No measures were taken to improve your health

8. Do you have any chronic diseases?

- a) Yes
- b) No (please go to question nr 10)

9. Please state which chronic diseases you have (mark all what applies):

- a) Cardiovascular disease,
- b) Diabetes,
- c) Respiratory system disease,
- d) Digestive system disease,
- e) Kidney disease,
- f) Oncological disease,
- g) Rheumatoid disease,
- h) Autoimmune disease,
- i) Neurological disease,
- j) Other: \_\_\_\_\_

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

**10.** How much are the following statements valid for you? Please mark on the scale 1-5 ( 1- I totally agree, 2 - I agree, 3 - Neither agree nor disagree, 4 – I disagree, 5 - I absolutely disagree)

| Statements                                                                                           | 1 -<br>I totally agree | 2 -<br>I agree | 3 –<br>I neither agree nor disagree | 4 –<br>I disagree | 5-<br>I absolutely disagree |
|------------------------------------------------------------------------------------------------------|------------------------|----------------|-------------------------------------|-------------------|-----------------------------|
| I take necessary preventive measures to avoid respiratory infections.                                |                        |                |                                     |                   |                             |
| I am able to cope with respiratory infections                                                        |                        |                |                                     |                   |                             |
| I feel at risk of getting respiratory infection                                                      |                        |                |                                     |                   |                             |
| I am afraid of getting respiratory infection                                                         |                        |                |                                     |                   |                             |
| I have problems in communication with people/society                                                 |                        |                |                                     |                   |                             |
| I have problems with integration in society                                                          |                        |                |                                     |                   |                             |
| I have problems with access to health service and preventive programs                                |                        |                |                                     |                   |                             |
| I feel isolated                                                                                      |                        |                |                                     |                   |                             |
| I have problems in providing adequate living conditions                                              |                        |                |                                     |                   |                             |
| I need regular support in providing food or other resources                                          |                        |                |                                     |                   |                             |
| I have difficulties in using computers and/or it is difficult for me to find information on internet |                        |                |                                     |                   |                             |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

**ASSESSMENT OF PREVENTIVE BEHAVIOUR:**

- 11. Do you take the preventive measures listed below at times of increased risk of respiratory infections (e.g. during influenza period)?** Please, rate the statements according to your behaviour in your private life and mark them on the scale from NEVER (1) to ALWAYS (5).

| Claim                                                                              | NEVER<br>(1) | RARELY<br>(2) | OCCASIONALLY<br>(3) | OFTEN<br>(4) | ALWAYS<br>/REGULARLY<br>(5) |
|------------------------------------------------------------------------------------|--------------|---------------|---------------------|--------------|-----------------------------|
| I wash my hands when I get home.                                                   |              |               |                     |              |                             |
| I disinfect my hands when I enter/leave a public place.                            |              |               |                     |              |                             |
| I cough into a tissue or sleeve.                                                   |              |               |                     |              |                             |
| When there is flu or Covid season I use a face mask when I go into public places.  |              |               |                     |              |                             |
| I avoid touching eyes, nose or mouth.                                              |              |               |                     |              |                             |
| I avoid shaking other people's hands.                                              |              |               |                     |              |                             |
| I disinfect objects and spaces where I live and work.                              |              |               |                     |              |                             |
| I avoid visiting public places and public transportation.                          |              |               |                     |              |                             |
| I protect myself when I visit public places and when I use public transportation.  |              |               |                     |              |                             |
| I avoid people I consider have an increased risk of infection.                     |              |               |                     |              |                             |
| I ventilate rooms at home or workplace.                                            |              |               |                     |              |                             |
| I take vitamins, supplements, herbal medicines or drugs to boost my immune system. |              |               |                     |              |                             |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

|                                                                                               |  |  |  |  |  |
|-----------------------------------------------------------------------------------------------|--|--|--|--|--|
| I respond to recommended vaccination (e.g. against influenza, covid-19, pneumococcus).        |  |  |  |  |  |
| I talk to relatives and colleagues about safe practices, and I inform them when I'm infected. |  |  |  |  |  |
| I'm maintaining a healthy lifestyle (diet, exercise, rest).                                   |  |  |  |  |  |

12. Please mark what behaviours you would definitely take if you would feel at risk of respiratory infection.

| Claim                                                                                         | NO | YES |
|-----------------------------------------------------------------------------------------------|----|-----|
| I would wash my hands when I get home.                                                        |    |     |
| I would disinfect my hands when I enter/leave a public place.                                 |    |     |
| I would cough into a tissue or sleeve.                                                        |    |     |
| When there is flu or Covid season I would use a face mask when I would go into public places. |    |     |
| I would avoid touching eyes, nose or mouth.                                                   |    |     |
| I would avoid shaking other people's hands.                                                   |    |     |
| I would disinfect the objects and spaces where I live and work.                               |    |     |
| I would avoid visiting public places and public transportation.                               |    |     |
| I protect myself when I visit public places and when I use public transportation.             |    |     |
| I would avoid people I consider having an increased risk of infection.                        |    |     |
| I would ventilate rooms.                                                                      |    |     |
| I would take vitamins, supplements, herbal medicines or drugs to boost my immune system.      |    |     |
| I would respond to recommended vaccination (against influenza, covid-19, pneumococcus).       |    |     |

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

|                                                                                                          |  |  |
|----------------------------------------------------------------------------------------------------------|--|--|
| I would talk to relatives and colleagues about safe practices and I would inform them when I'm infected. |  |  |
| I would take more measures for maintaining a healthy lifestyle (diet, exercise, rest).                   |  |  |

ONLY IN CASE THAT CAREGIVER IS PRESENT - THIS PART IS TO BE FILLED BY CAREGIVER

1. Caregiver's estimation of a person's preventive behaviour:

Please mark on the thermometer scale how you perceive that the person takes preventive measures to avoid respiratory infections.

Explanation: within preventive measures all measures regarding hygiene and measures that prevent spreading of infection are considered (hand hygiene, mask wearing, hand and items disinfection...), as well as healthy lifestyle and care for immune system.

Thermometer scale:

|                              |                                                               |                                 |
|------------------------------|---------------------------------------------------------------|---------------------------------|
| Takes no preventive measures | - 1-----2-----3----- 4-----5-----6-----7-----8-----9-----10 – | Applies all preventive measures |
|------------------------------|---------------------------------------------------------------|---------------------------------|

### 6.3. Analysis of survey data

Data were analysed using:

- Descriptive statistics of individual items
- Correlation analysis among individual items
- For evaluation of calculated scores, Internal consistency has been tested by Cronbach statistical method.
- Factor analysis for possible reduction of items

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*

We tested also possibilities of scores with less items, versions of the score have been correlated with the estimation of caregivers regarding persons preventive behaviour. We however remained with 15-dimension score for further use.

Cronbach alpha test showed very high consistency of both scores.

**Resprev score 15D**

Cronbach alpha: 0,907

**Wouldprev score 15D**

Cronbach alpha: 0,956

Significant difference in resprev 15D score has been observed between vulnerable and control group. Wouldprev score didn't show significant difference among these groups.

The final form of Resprev 15D score will be used as a tool for evaluation of preventive behaviour as part of the MOOC to assess behavioural change, which is also the goal of the ProY&O project work.

#### 6.4. Main findings

A 15 items score was developed, enabling estimation of preventive behaviour based on assessment of wide spectrum of behaviours related to prevention of respiratory infections.

Significant difference in resprev 15D score has been observed between vulnerable and control group. Resprev 15D score in group of vulnerable individuals is in significant but not high correlation with caregivers' estimation of preventive behaviour. However it is important to highlight, that caregivers did not have very detailed instructions, how to estimate the preventive behaviour and this score was completely subjective.

The score is also in low negative correlation with vulnerability score, meaning that more vulnerable people use less preventive measures.

Among separate categories of vulnerability, people with institutional vulnerability appear to perform more preventive practices than other vulnerable populations.

---

## 7. SYNTHESIS OF FINDINGS

---

Based on evidence analysis and research we identified 15 key behaviors for respiratory infection prevention and developed assesment tool for evaluating preventive behavior. Figure 2 graphically illustrates workflow of WP3 and results of this workpackage.

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

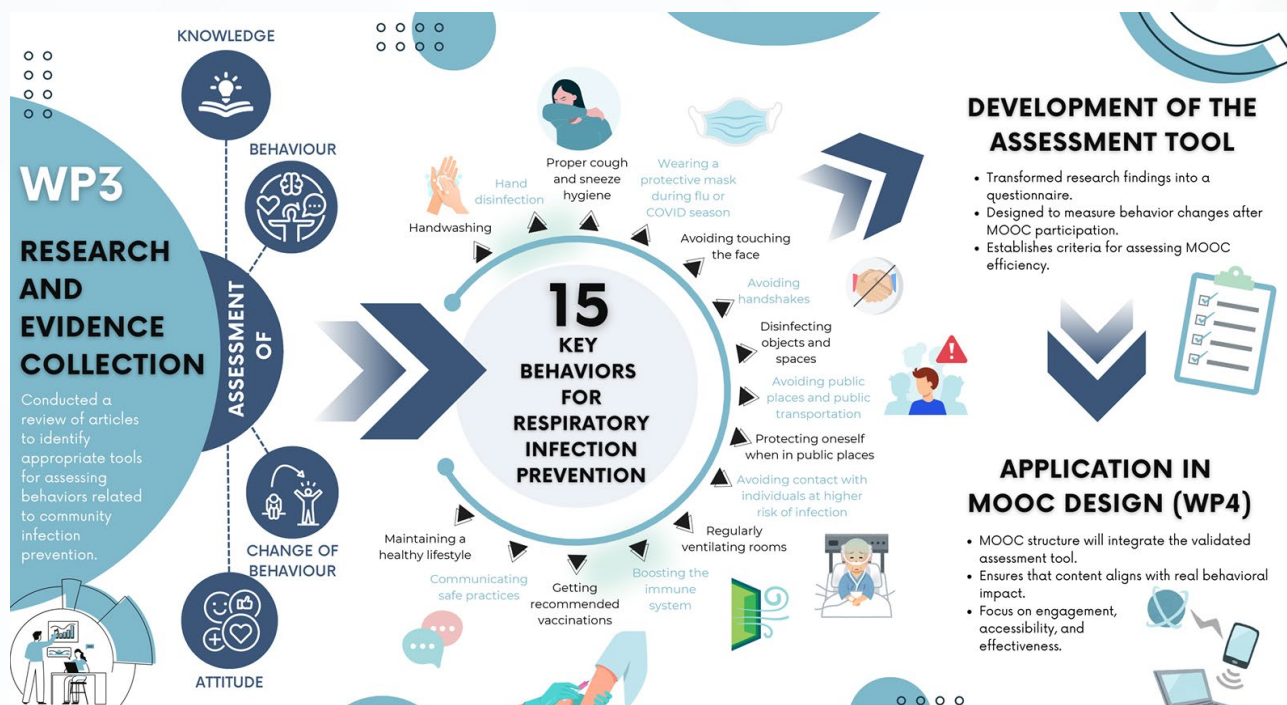


FIGURE 2. Workflow and synthesis of WP3 results

## 8. CONCLUSIONS

This report summarises the main results of the third PRO Y&O workpackage dedicated to development of tool for assesment of behaviour and attitudes for prevention of respiratory infectious diseases.

Review of existing research that utilised different tools for assesment of preventive behaviour was performed to identify the most relevant behaviours. We designed a tool measuring 15 dimensions of preventive behaviour that shoud prevent spreading respiratory infections and reflect attitude of an individual towards prevention of respiratory infections. We tested the tool on sample of various vulnerable individuals. The tool gives good estimation of different dimensions of preventive behaviour as well as possibility to calculate the score that gives general estimation of individual's behaviour.

We named the score '**ResPrev 15D score**'. Developed score showed high internal consistency.

The result of this workpackage is a valuable contribution to the development of the next work packages of this project.

The Resprev 15D tool in all languages of project partners is in attachment to this report.

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Attachment:

**RESPREV 15D SCORE IN LANGUAGES OF PROJECT PARTNERS**

English:

**ASSESSMENT OF PREVENTIVE BEHAVIOUR:**

**Do you take the preventive measures listed below at times of increased risk of respiratory infections (e.g. during influenza period)? Please, rate the statements according to your behaviour in your private life and mark them on the scale from NEVER (1) to ALWAYS (5).**

| Claim                                                                                         | NEVER<br>(1) | RARELY<br>(2) | OCCASIONALLY<br>(3) | OFTEN<br>(4) | ALWAYS<br>/REGULARLY<br>(5) |
|-----------------------------------------------------------------------------------------------|--------------|---------------|---------------------|--------------|-----------------------------|
| I wash my hands when I get home.                                                              |              |               |                     |              |                             |
| I disinfect my hands when I enter/leave a public place.                                       |              |               |                     |              |                             |
| I cough into a tissue or sleeve.                                                              |              |               |                     |              |                             |
| When there is flu or Covid season I use a face mask when I go into public places.             |              |               |                     |              |                             |
| I avoid touching eyes, nose or mouth.                                                         |              |               |                     |              |                             |
| I avoid shaking other people's hands.                                                         |              |               |                     |              |                             |
| I disinfect objects and spaces where I live and work.                                         |              |               |                     |              |                             |
| I avoid visiting public places and public transportation.                                     |              |               |                     |              |                             |
| I protect myself when I visit public places and when I use public transportation.             |              |               |                     |              |                             |
| I avoid people I consider have an increased risk of infection.                                |              |               |                     |              |                             |
| I ventilate rooms at home or workplace.                                                       |              |               |                     |              |                             |
| I take vitamins, supplements, herbal medicines or drugs to boost my immune system.            |              |               |                     |              |                             |
| I respond to recommended vaccination (e.g. against influenza, covid-19, pneumococcus).        |              |               |                     |              |                             |
| I talk to relatives and colleagues about safe practices, and I inform them when I'm infected. |              |               |                     |              |                             |
| I'm maintaining a healthy lifestyle (diet, exercise, rest).                                   |              |               |                     |              |                             |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Polish:

**OCENA ZACHOWAŃ PROFILAKTYCZNYCH:**

**Czy podejmuje Pan(i) wymienione poniżej środki zapobiegawcze w okresach zwiększonego ryzyka infekcji dróg oddechowych (np. w okresie grypy)? Proszę ocenić stwierdzenia zgodnie ze swoim zachowaniem w życiu prywatnym i zaznaczyć je na skali od NIGDY (1) do ZAWSZE (5).**

| Stwierdzenie                                                                                             | NIGDY<br>(1) | RZADKO<br>(2) | CZASAMI (3) | CZĘSTO<br>(4) | ZAWSZE/<br>REGULARNIE<br>(5) |
|----------------------------------------------------------------------------------------------------------|--------------|---------------|-------------|---------------|------------------------------|
| Myję ręce po powrocie do domu.                                                                           |              |               |             |               |                              |
| Dezynfekuję ręce po wejściu/wyjściu z miejsca publicznego.                                               |              |               |             |               |                              |
| Kaszlę w chusteczkę lub rękaw.                                                                           |              |               |             |               |                              |
| W sezonie grypowym lub pandemicznym używam maseczki, gdy wchodzę do miejsc publicznych.                  |              |               |             |               |                              |
| Unikam dotykania oczu, nosa lub ust.                                                                     |              |               |             |               |                              |
| Unikam podawania rąk innym osobom.                                                                       |              |               |             |               |                              |
| Dezynfekuję przedmioty i miejsca, w których mieszkam i pracuję.                                          |              |               |             |               |                              |
| Unikam odwiedzania miejsc publicznych i środków transportu publicznego.                                  |              |               |             |               |                              |
| Chronię się, gdy odwiedzam miejsca publiczne i korzystam z transportu publicznego.                       |              |               |             |               |                              |
| Unikam osób, które uważam za narażone na zwiększone ryzyko zakażenia.                                    |              |               |             |               |                              |
| Wietrzę pomieszczenia w domu lub miejscu pracy.                                                          |              |               |             |               |                              |
| Przyjmuję witaminy, suplementy, leki ziołowe lub leki wzmacniające mój układ odpornościowy.              |              |               |             |               |                              |
| Poddaję się zalecany szczepieniom (np. przeciwko grypie, COVID-19, pneumokokom).                         |              |               |             |               |                              |
| Rozmawiam z krewnymi i współpracownikami o bezpiecznych praktykach i informuję ich, gdy jestem zarażony. |              |               |             |               |                              |
| Prowadzę zdrowy tryb życia (dieta, ćwiczenia, odpoczynek).                                               |              |               |             |               |                              |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Italian:

**VALUTAZIONE DEL COMPORTAMENTO PREVENTIVO:**

**Adotta le misure preventive elencate di seguito nei momenti di maggior rischio di infezioni respiratorie (ad esempio durante il periodo influenzale)? La preghiamo di valutare le affermazioni in base al suo comportamento nella sua vita privata e segnare su una scala da MAI (1) a SEMPRE (5).**

| Affermazioni                                                                                                | MAI<br>(1) | RARAMENTE<br>(2) | OCCASIO-<br>NALMENTE<br>(3) | SPESSO<br>(4) | SEMPRE/<br>REGOLARMENTE<br>(5) |
|-------------------------------------------------------------------------------------------------------------|------------|------------------|-----------------------------|---------------|--------------------------------|
| Mi lavo le mani quando torno a casa                                                                         |            |                  |                             |               |                                |
| Mi disinfetto le mani quando entro/esco da un luogo pubblico                                                |            |                  |                             |               |                                |
| Tossisco in un fazzoletto o in una manica                                                                   |            |                  |                             |               |                                |
| Durante la stagione dell'influenza o del Covid uso una mascherina quando vado nei luoghi pubblici           |            |                  |                             |               |                                |
| Evito di toccarmi gli occhi, il naso o la bocca                                                             |            |                  |                             |               |                                |
| Evito di stringere la mano agli altri                                                                       |            |                  |                             |               |                                |
| Disinfetto gli oggetti e gli spazi in cui vivo e lavoro                                                     |            |                  |                             |               |                                |
| Evito di andare nei luoghi pubblici e mezzi pubblici                                                        |            |                  |                             |               |                                |
| Mi proteggero quando visito luoghi pubblici e quando uso i mezzi pubblici                                   |            |                  |                             |               |                                |
| Evito le persone che ritengo abbiano un aumentato rischio di infezione                                      |            |                  |                             |               |                                |
| Arieggio le stanze di casa o del posto di lavoro                                                            |            |                  |                             |               |                                |
| Prendo vitamine, integratori, medicinali a base di erbe o farmaci per rafforzare il mio sistema immunitario |            |                  |                             |               |                                |
| Rispondo alla campagna vaccinale raccomandata (ad es. contro l'influenza, il covid-19, lo pneumococco)      |            |                  |                             |               |                                |
| Parlo con familiari e colleghi di pratiche sicure e li informo quando sono infetto                          |            |                  |                             |               |                                |
| Sto mantenendo uno stile di vita sano (dieta, esercizio fisico, riposo)                                     |            |                  |                             |               |                                |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Slovene:

**OCENA PREVENTIVNEGA VEDENJA:**

**Ali v času povečanega tveganja za okužbe dihal (npr. v obdobju gripe) izvajate spodaj navedene preventivne ukrepe? Prosimo, ocenite trditve glede na vaše vedenje v zasebnem življenju in jih označite na lestvici od NIKOLI (1) do VEDNO (5).**

| Zahtevek                                                                                                       | NIKOLI<br>(1) | REDKO<br>(2) | OBČASNO<br>(3) | POGOSTO<br>(4) | VEDNO /<br>REDNO<br>(5) |
|----------------------------------------------------------------------------------------------------------------|---------------|--------------|----------------|----------------|-------------------------|
| Ko pridem domov, si umijem roke.                                                                               |               |              |                |                |                         |
| Razkužujem si roke, ko vstopam v javni prostor ali ga zapuščam.                                                |               |              |                |                |                         |
| Kašljam v robček ali rokav.                                                                                    |               |              |                |                |                         |
| V sezoni gripe ali covida uporabljam masko za obraz, ko grem na javna mesta.                                   |               |              |                |                |                         |
| Ne dotikam se oči, nosu ali ust.                                                                               |               |              |                |                |                         |
| Izogibam se stiskanju rok drugih ljudi.                                                                        |               |              |                |                |                         |
| Razkužujem predmete in prostore, kjer živim in delam.                                                          |               |              |                |                |                         |
| Izogibam se obiskovanja javnih krajev in javnega prevoza.                                                      |               |              |                |                |                         |
| Ko obiskujem javne kraje in uporabljam javna prevozna sredstva se zaščitim.                                    |               |              |                |                |                         |
| Izogibam se ljudi, za katere menim, da imajo povečano tveganje za okužbo.                                      |               |              |                |                |                         |
| Doma in na delovnem mestu prezračujem prostore.                                                                |               |              |                |                |                         |
| Za krepitev imunskega sistema jemljem vitamine, prehranske dodatke, zdravila rastlinskega izvora ali zdravila. |               |              |                |                |                         |
| Odzivam se na priporočeno cepljenje (npr. proti gripi, covidu-19, pnevmokoku).                                 |               |              |                |                |                         |
| S sorodniki in sodelavci se pogovarjam o zaščitnem vedenju in jih obvestim, kadar sem okužen.                  |               |              |                |                |                         |
| Ohranjam zdrav življenjski slog (prehrana, vadba, počitek).                                                    |               |              |                |                |                         |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Spanish:

**EVALUACIÓN DEL COMPORTAMIENTO PREVENTIVO:**

**¿Toma las medidas preventivas que se indican a continuación en momentos de mayor riesgo de infecciones respiratorias (por ejemplo, durante el periodo gripal)?** Por favor, valore las afirmaciones según su comportamiento en su vida privada y márkuelas en la escala de NUNCA (1) a SIEMPRE (5).

| Afirmaciones                                                                                           | NUNCA<br>(1) | (2)<br>RARAMENTE | DE VEZ EN<br>CUANDO<br>(3) | A MENUDO<br>(4) | SIEMPRE<br>/REGULARMENTE<br>(5) |
|--------------------------------------------------------------------------------------------------------|--------------|------------------|----------------------------|-----------------|---------------------------------|
| Me lavo las manos al llegar a casa.                                                                    |              |                  |                            |                 |                                 |
| Me desinfecto las manos cuando entro/salgo de un lugar público.                                        |              |                  |                            |                 |                                 |
| Toso en un pañuelo o en la manga.                                                                      |              |                  |                            |                 |                                 |
| En época de gripe o Covid uso mascarilla cuando voy a lugares públicos.                                |              |                  |                            |                 |                                 |
| Evito tocarme los ojos, la nariz o la boca.                                                            |              |                  |                            |                 |                                 |
| Evito dar la mano a otras personas.                                                                    |              |                  |                            |                 |                                 |
| Desinfecto los objetos y espacios donde vivo y trabajo.                                                |              |                  |                            |                 |                                 |
| Evito visitar lugares y medios de transporte públicos.                                                 |              |                  |                            |                 |                                 |
| Me protejo cuando visito lugares públicos y cuando utilizo el transporte público.                      |              |                  |                            |                 |                                 |
| Evito a las personas que considero que tienen un mayor riesgo de infección                             |              |                  |                            |                 |                                 |
| Ventilo las habitaciones de mi casa o lugar de trabajo.                                                |              |                  |                            |                 |                                 |
| Tomo vitaminas, suplementos, hierbas medicinales o fármacos para reforzar mi sistema inmunitario.      |              |                  |                            |                 |                                 |
| Sigo las pautas de vacunación recomendadas (por ejemplo, contra la gripe, el covid-19 o el neumococo). |              |                  |                            |                 |                                 |
| Hablo con familiares y compañeros sobre prácticas seguras, y les informo cuando estoy infectado.       |              |                  |                            |                 |                                 |
| Mantengo un estilo de vida saludable (dieta, ejercicio, descanso).                                     |              |                  |                            |                 |                                 |

Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025

Turkish:

**KORUYUCU DAVRANIŞIN TANILANMASI:**

**Solunum yolu enfeksiyonu riskinin arttığı zamanlarda (örneğin grip döneminde) aşağıdaki koruyucu tedbirleri alıyor musunuz? Lütfen özel hayatınızdaki davranışlarınıza göre aşağıdaki ifadeleri ASLA (1) ile HER ZAMAN (5) arasında puanlayınız.**

| İfadeler                                                                                                            | ASLA<br>(1) | NADİREN<br>(2) | BAZEN (3) | SIK SIK<br>(4) | HER ZAMAN/DÜZENLİ<br>OLARAK<br>(5) |
|---------------------------------------------------------------------------------------------------------------------|-------------|----------------|-----------|----------------|------------------------------------|
| Eve geldiğimde ellerimi yıkarım.                                                                                    |             |                |           |                |                                    |
| Halka açık bir yere girdiğimde/çıktığımda ellerimi dezenfekte ederim.                                               |             |                |           |                |                                    |
| Mendil veya koluma öksürürüm.                                                                                       |             |                |           |                |                                    |
| Grip veya Covid riskinin arttığı dönemlerde halka açık yerlere gittiğimde yüz maskesi kullanırım.                   |             |                |           |                |                                    |
| Gözlerime, burnuma veya ağızma dokunmaktan kaçınırım.                                                               |             |                |           |                |                                    |
| Başkalarının ellerini sıkmaktan (tokalaşmaktan) kaçınırım.                                                          |             |                |           |                |                                    |
| Yaşadığım ve çalıştığım yerlerdeki nesneleri ve alanları dezenfekte ederim.                                         |             |                |           |                |                                    |
| Halka açık yerleri ve toplu taşıma araçlarını kullanmaktan kaçınırım.                                               |             |                |           |                |                                    |
| Halka açık yerleri ziyaret ettiğimde ve toplu taşıma araçlarını kullandığımda kendimi korurum.                      |             |                |           |                |                                    |
| Enfeksiyon riskinin yüksek olduğunu düşündüğüm insanlardan uzak dururum.                                            |             |                |           |                |                                    |
| Ev veya iş yerinde odaları havalandırırım.                                                                          |             |                |           |                |                                    |
| Bağışıklık sistemimi güçlendirmek için vitaminler, takviyeler, bitkisel ilaçlar veya tıbbi ilaçlar alırım.          |             |                |           |                |                                    |
| Tavsiye edilen aşırı (örneğin grip, covid-19, pnömokok) yaptırım.                                                   |             |                |           |                |                                    |
| Güvenli uygulamalar hakkında akrabalarım ve meslektaşlarımla konuşurum ve enfekte olduğumda onları bilgilendiririm. |             |                |           |                |                                    |
| Sağlıklı bir yaşam tarzı sürdürürüm (diyet, egzersiz, dinlenme).                                                    |             |                |           |                |                                    |

*Report #3: A Community Infection Prevention-Related Behaviours Assessment Tool, 2025*



UNIVERSITAT DE  
BARCELONA



University of Novo mesto  
Faculty of *Health Sciences*



UNIVERSITÀ  
DEGLI STUDI  
DI UDINE  
HIC SUNT FUTURA





# ProY&O

## Protecting You & Others

Community infection prevention behaviour change program

# *A Community Infection Prevention- Related Behaviours Assessment Tool*



Co-funded by  
the European Union



UNIVERSITAT DE  
BARCELONA

University of Novo mesto  
Faculty of Health Sciences

UNIVERSITÀ  
DEGLI STUDI  
DI UDINE  
HIC SUNT FUTURA

KTU  
1955

