

Survey Questionnaire used in Houghtaling et al., 2023 “Louisiana Trucking Companies and the Implementation of Workplace Health Promotion Programs: Sequential Mixed Method Case Study” in *WORK: A Journal of Prevention, Assessment & Rehabilitation*.

The first 11 questions are focused on learning more about you and your position.

1. What is the name of the trucking company where you are employed? [open-ended response]
2. What is the zip code for the trucking company location where you are employed? [insert number]
3. How many truck drivers do you estimate your company employs, including both independent and company drivers, if applicable? [insert number]
4. What freight do company drivers haul? [open-ended response]
5. Are the majority (more than 50%) of company truck drivers considered long-haul drivers (e.g., away from home for more than 2 consecutive days per week)?
 - Yes
 - No
 - I don't know
6. What is your official title at your company (e.g., job position title)? [open-ended response]
7. What are the main responsibilities of your position? [open-ended response]
8. How many years have you worked for your company?
 - Less than 1 year
 - 1-2 years
 - 3-4 years
 - More than 5 years
 - More than 10 years
9. How many years have you worked in the trucking industry?
 - Less than 1 year
 - 1-2 years
 - 3-4 years
 - More than 5 years
 - More than 10 years
10. How do you identify?
 - Male
 - Female
 - Other: [please describe]
11. What is your current age in years? [insert number]

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The next 4 questions will help us to understand your thoughts about and priorities for health promotion programs to benefit company truck drivers.

12. Rate your response to the following statement, “Offering a health promotion program to benefit company truck drivers would save the company money”

- Strongly Agree
- Agree
- Neither agree nor Disagree
- Disagree
- Strongly Agree
- Not Applicable
- I don’t know

13. To your knowledge, has your company offered any of the following health promotion programs **in the past**? [check all that apply]

- Yes, healthy eating and beverage (diet, nutrition) programs have been offered
- Yes, physical activity or exercise programs have been offered
- Yes, sleep quality programs have been offered
- Yes, smoking cessation programs have been offered
- Yes, mental health or wellness programs have been offered
- Yes, a different type of health program has been offered [please describe]
- No, none of these programs have been offered

14. To your knowledge, is your company offering any of the following health promotion programs **currently**? [check all that apply]

- Yes, healthy eating and beverage (diet, nutrition) programs are offered
- Yes, physical activity or exercise programs are offered
- Yes, sleep quality programs are offered
- Yes, smoking cessation programs are offered
- Yes, mental health or wellness programs are offered
- Yes, a different type of health program is offered [please describe]
- No, none of these programs are offered

15. If all challenges to implementing company health promotion programs could be overcome, **what types of programs would be of interest**? [check all that apply]

- Healthy eating and beverage (diet, nutrition) programs
- Physical activity or exercise programs
- Sleep quality programs
- Smoking cessation programs
- Mental health or wellness programs
- Another type of program [please describe]
- None of these health promotion programs {Please describe why} [Skip to question about follow-up interview]

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For the following 23 statements, respond based on the types of programs that you indicated may be of interest (in question 15). You will indicate how much you agree or disagree with each statement. Please answer based on your perspective as a company employee that has some level of influence on decision making or program delivery, even if there are multiple people within your company that would be responsible for offering a health promotion program.

Please indicate your level of agreement with the following statements:

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Question list	End statement	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not Applicable
16. Other company priorities get in the way of me being able to...	...offer [or help offer] health promotion programs to benefit the health and wellbeing of company truck drivers (diet/nutrition, exercise, sleep, mental health, smoking, or other health-related programs).	1	2	3	4	5	
17. There is not a good enough system in place to...		1	2	3	4	5	
18. I feel anxious if I think about having to...		1	2	3	4	5	
19. I know what the expert guidelines for positive health behaviors are to be able to...		1	2	3	4	5	
20. I fully agree with expert guidelines that would be used to...		1	2	3	4	5	
21. Training is not offered to me regularly enough to...		1	2	3	4	5	
22. It isn't my responsibility to...		1	2	3	4	5	
23. I do not find it easy to...		1	2	3	4	5	
24. It does not matter too much if I do not...		1	2	3	4	5	

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25. I regularly...	1	2	3	4	5	
26. I have the necessary resources (e.g., correct/enough equipment, staff, etc.)	1	2	3	4	5	
27. Other companies don't seem to...	1	2	3	4	5	
28. I worry if I think about having to...	1	2	3	4	5	
29. Plans in my head often get muddled when trying to...	1	2	3	4	5	
30. Training is not adequate to...	1	2	3	4	5	
31. I am clear about what my role should be in the process to...	1	2	3	4	5	
32. I have previously encountered problems when trying to...	1	2	3	4	5	
33. It will be bad for company truck drivers if I do not...	1	2	3	4	5	
34. Other guidelines conflict with trying to...	1	2	3	4	5	
35. There are justifiable reasons for why I often decide not to...	1	2	3	4	5	

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36. Verbal and written communication between company staff is clear enough for me to...	1	2	3	4	5	
37. My superiors would like me to...	1	2	3	4	5	
38. Things are too unpredictable to make plans to...	1	2	3	4	5	

The final survey question is intended to gather your overall thoughts about company health promotion programs.

39. Do you have additional thoughts or perspectives about offering health promotion programs to company truck drivers? [please describe]

Interview Questionnaire used in Houghtaling et al., 2023 “Louisiana Trucking Companies and the Implementation of Workplace Health Promotion Programs: Sequential Mixed Method Case Study” in *WORK: A Journal of Prevention, Assessment & Rehabilitation*.

Health and Wellness Programs

- Most company stakeholders we surveyed noted that health and wellness programs either have not been or are not currently being implemented. Why do you think this is? (**Probes**) What are the reasons these programs have not been a main priority? Are there obstacles to offering health and wellness programs? How do you think any obstacles could be overcome?
 - Are there certain programs regarding diet, physical activity, mental health, sleep, or smoking cessation that you think are more valuable to offer to company truck drivers over others? (**Probes**) Can you give an example and explain why? Are any of these programs not particularly important? Why? Are there certain programs company drivers would be interested in over others?
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Barriers and Facilitators

- What challenges would need to be overcome to offer the health and wellness programs that you want? (**Probes**) Please describe. What reasons can you think of for why implementing a health and wellness program for company truck drivers would fail?
 - Does your company have the resources to offer health and wellness programs to company truck drivers? (**Probes**) Why or why not? Why do you think resources are a barrier; how could this be solved (if resources are described as a barrier)?
 - Does company leadership fully support offering health and wellness programs for company truck drivers? (**Probes**) Why or why not?
 - What about your company operations would make it easy to offer health and wellness programs to truck drivers? (**Probes**) What about your company operations would make it difficult to offer these programs? Please describe.
 - Do you think your company would be able to designate staff that could devote time to offering health and wellness programs? (**Probes**) Why not (if no)? What trainings would be needed at your company to ensure staff are able to offer health and wellness programs for truck driver? Please describe.
 - Do you think the company goals are aligned with ensuring company truck drivers have access to health and wellness programs? (**Probes**) Why or why not? Are there programs or operations that are a higher priority than health and wellness programs? Is it important to offer health and wellness programs for company truck drivers? Please describe.
 - What is your role in ensuring health and wellness programs are implemented within your company? What is your role in ensuring health and wellness programs are continued over time within your company? (**Probes**) Do you think adding responsibilities to your role regarding ensuring these programs are offered would be feasible? Why or why not?
 - Could your company offer incentives to nudge truck drivers to participate in health and wellness programs? (**Probes**) Why or why not?
 - Thinking about your workforce, do you think company truck drivers want access to health and wellness programs? Do you think company truck drivers would be opposed to any of these programs? (**Probes**) Why or why not?
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Closing Question

- Do you have any other thoughts or ideas you would like to share regarding company health and wellness programs for truck drivers?
 - Is it okay if we contact you in the future for data collection requests or partnership opportunities?
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Responses to Questions following the Transtheoretical Domain Framework about Implementing Health Promotion Programs
 from Houghtaling et al., 2023 “Louisiana Trucking Companies and the Implementation of Workplace Health Promotion Programs:
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Survey Question	Theoretical Domains Framework Construct	Facilitator ¹	Barrier ¹	Strongly Agree n (%)	Agree n (%)	Neither Agree nor Disagree n (%)	Disagree n (%)	Strongly Disagree n (%)	Not Applicable n (%)
Other company priorities get in the way of me being able to offer [or help offer] health/wellness programs for company truck drivers	Motivation and goals	✓		0	2 (18%)	2 (18%)	4 (36%)	3 (27%)	0
There is not a good enough system in place to offer [or help offer] health/wellness programs for company truck drivers	Environmental context and resources			1 (9%)	4 (36%)	3 (27%)	3 (27%)	0	0
I feel anxious if I think about having to offer [or help offer] health/wellness programs for	Emotion	✓		1 (9%)	0	2 (18%)	7 (64%)	1 (9%)	0

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company truck drivers								
I know what the expert guidelines for positive health behaviors are to be able to offer [or help offer] health/wellness programs for company truck drivers	Knowledge	✓	0	6 (54%)	2 (18%)	1 (9%)	1 (9%)	1 (9%)
I fully agree with expert guidelines that would be used to offer [or help offer] health/wellness programs for company truck drivers	Knowledge		0	5 (45%)	4 (36%)	1 (9%)	0	1 (9%)
Training is not offered to me regularly enough to offer [or help offer] health/wellness programs for company truck drivers	Skills		0	3 (27%)	5 (45%)	1 (9%)	2 (18%)	0

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It isn't my responsibility to offer [or help offer] health/wellness programs for company truck drivers	Social and professional identify	✓	1 (9%)	1 (9%)	2 (18%)	5 (45%)	2 (18%)	0
I do not find it easy to offer [or help offer] health/wellness programs for company truck drivers	Beliefs about capabilities		0	5 (45%)	4 (36%)	2 (18%)	0	0
It does not matter too much if I do not offer [or help offer] health/wellness programs for company truck drivers	Beliefs about consequences	✓	0	1 (9%)	2 (18%)	7 (64%)	1 (9%)	0
I regularly offer [or help offer] health/wellness programs for company truck drivers	Memory, attention, and decision making		0	1 (9%)	4 (36%)	4 (36%)	1 (9%)	1 (9%)

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I have the necessary resources (e.g., correct/enough equipment, staff, etc.) to offer [or help offer] health/wellness programs for company truck drivers	Environmental context and resources		0	1 (9%)	6 (54%)	3 (27%)	1 (9%)	0
Other companies don't seem to offer [or help offer] health/wellness programs for company truck drivers	Social influences		1 (9%)	2 (18%)	6 (54%)	2 (18%)	0	0
I worry if I think about having to offer [or help offer] health/wellness programs for company truck drivers	Emotion	✓	0	0	3 (27%)	6 (54%)	2 (18%)	0
Plans in my head often get muddled when trying to offer [or help	Action planning	✓	0	3 (27%)	2 (18%)	5 (45%)	1 (9%)	0

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offer] health/wellness programs for company truck drivers								
Training is not adequate to offer [or help offer] health/wellness programs for company truck drivers	Skills		0	4 (36%)	4 (36%)	2 (18%)	1 (9%)	0
I am clear about what my role should be in the process to offer [or help offer] health/wellness programs for company truck drivers	Social and professional identity	✓	1 (9%)	5 (45%)	3 (27%)	2 (18%)	0	0
I have previously encountered problems when trying to offer [or help offer] health/wellness programs for company truck drivers	Beliefs about capabilities		1 (9%)	2 (18%)	5 (45%)	1 (9%)	0	2 (18%)

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It will be bad for company truck drivers if I do not offer [or help offer] health/wellness programs for company truck drivers	Beliefs about consequences	1 (9%)	1 (9%)	6 (54%)	3 (27%)	0	0
Other guidelines conflict with trying to offer [or help offer] health/wellness programs for company truck drivers	Motivation and goals	0	4 (36%)	3 (27%)	4 (36%)	0	0
There are justifiable reasons for why I often decide not to offer [or help offer] health/wellness programs for company truck drivers	Memory, attention, and decision making	1 (9%)	3 (27%)	4 (45%)	2 (18%)	0	0
Verbal and written communication between company staff is clear	Environmental context and resources	1 (9%)	2 (18%)	7 (63%)	1 (9%)	0	0

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enough for me to offer [or help offer] health/wellness programs for company truck drivers							
My superiors would like me to offer [or help offer] health/wellness programs for company truck drivers	Social influences	0	3 (27%)	7 (63%)	1 (9%)	0	0
Things are too unpredictable to make plans to offer [or help offer] health/wellness programs for company truck drivers	Action planning	2 (18%)	0	7 (63%)	2 (18%)	0	0

¹Classification of certain TDF constructs as a facilitator or barrier was based on how the majority of companies’ leadership and staff (>50%) responded. No responses were classified as a barrier; rather, were more mixed or inconclusive.