

Supplemental Content Files #1

This documents lists the supplemental content files to the article published in the *Journal of Kinesiology and Wellness*, titled “Assessing Spanish-language Patient Education Materials for Comprehension: A Pilot Feasibility Study with Implications for Physical Activity and Wellness Promotion.”

Use of this supplemental file should be acknowledged and the companion article cited in accordance with standard source attribution criteria. Below is a table of contents for the included materials.

Contents

Supplemental Content Files #1	1
Facilitation Script	2
NW Cloze Test	5
NW Open-response Comprehension-check Questions	6
MHU Cloze Test	7
MHU Open-response Comprehension-check Questions	9
Demographic & Experience Feedback Questionnaire	10

Facilitation Script

Pilot Study Facilitation Script (Crossover: NW-->PEM): Readability of Health Resource Materials in Spanish

Introduction:

Hi there everyone. Thank you for helping with our pilot study.

The focus of our study is to assess the readability of health resource materials written in Spanish.

Today's task will be to try and fill in missing words from two different passages of text. After each text passage, there will be several follow-up questions asking you to recall information from the passage of texts. Our session will end with a final online questionnaire that is very short.

This activity is expected to last about one hour.

Please feel free to help yourself to snacks at any point.

Informed Consent form:

This study will begin with you reviewing the informed consent form for the study. In the next five minutes please read through this form and sign your name. When you are finished, please wait for the next instructions.

Now we will be collecting the informed consent form. Then we will pass out the first activity handout for the study.

Again, please review this handout in the next 5 minutes. Please make sure to print your name on the handout. When you are finished, please wait for the next instructions.

First Fill in the Blank & Open response (NW Cloze Test):

We are now passing out the first activity handout.

When everyone has a paper, read instructions below

Below is a resource article in Spanish. Your task is to read the article and fill in the missing words. More than one word could work when filling in a blank space. However, write the one word you feel best completes each blank space. Also, it is okay to skip a blank space if you are

very unsure. Please write legibly (clearly). You will have 13 minutes to complete as much as you can in this activity. **As a reminder**, please **use one word** per blank space (words can be used more than once).

We will give you a 3 minute and 1 minute warning to notify you that the time for this activity is almost up. Please print your name on the handout.

Now we will be collecting the first fill in the blank material and passing out the follow-up questions based on what you read.

When everyone has a paper, read instructions below

Below are follow-up questions about the article you just read. The questions are to check what you understood about the article. You will have 10 minutes to complete as much as you can in this activity. Please answer each question based on your memory alone. If unsure of an answer, put “unsure”.

Again, we will give you a 3 minute and 1 minute warning to notify you that the time for this activity is almost up. Please print your name on the handout.

When you are finished, please wait for the next instructions.

Second Fill in the Blank & Open response (PEM Cloze Test):

Now we will be collecting the first open response questions and will be distributing the next fill in the blank material.

Below is a resource article in Spanish. Your task is to read the article and fill in the missing words. More than one word could work when filling in a blank space. However, write the one word you feel best completes each blank space. Also, it is okay to skip a blank space if you are very unsure. Please write legibly (clearly). You will have 15 minutes to complete as much as you can in this activity. **As a reminder**, please **use one word** per blank space (words can be used more than once).

We will give you a 3 minute and 1 minute warning to notify you that the time for this activity is almost up. Please print your name on the handout.

Now we will be collecting the second fill in the blank material and passing out the follow-up questions based on what you read.

When everyone has a paper, read instructions below

Below are follow-up questions about the article you just read. The questions are to check what you understood about the article. You will have 10 minutes to complete as much as you can in this activity. Please answer each question based on your memory alone. If unsure of an answer, put “unsure”.

We will give you a 3 minute and 1 minute warning to notify you that the time for this activity is almost up. Please print your name on the handout.

End & Demographic Questions:

The pilot study has now concluded.

The last thing we have for you all are a few questions about yourself and your experience (a questionnaire). We will be passing out a QR code for this last activity. Please take 5 minutes to finish the questionnaire.

Our pilot study has now concluded. Thank you everyone for helping with our pilot study.

NW Cloze Test

Copyright Note:

The handout used in the study, from Northwestern University Memorial Hospital, is under copyright restriction. The authors did not receive written permission to publish its cloze version; thus, a copy was not included here. Researchers and readers interested in reviewing the non-cloze version of the handout may obtain a copy from the material publisher's webpage. As of April 20, 2026, the URL below was functional and linked to the handout.

URL: <https://www.nm.org/patients-and-visitors/patient-education/diet-and-nutrition>

On the webpage, click the document titled, Low Fiber Diet (Español).

The instructions used for the study's cloze test of this handout are included below.

Your first and last name:

Below is a resource article in Spanish. Your task is to read the article and fill in the missing words. More than one word could work when filling in a blank space. However, write the one word you feel best completes each blank space. Also, it is okay to skip a blank space if you are very unsure. Please write legibly (clearly). You will have 13 minutes to complete as much as you can in this activity. **As a reminder**, please **use one word** per blank space (words can be used more than once).

Dieta Baja en Fibra

NW Open-response Comprehension-check Questions

Your first and last name:

Below are follow-up questions about the article you just read. The questions are to check what you understood about the article. You will have 10 minutes to complete as much as you can in this activity. Please answer each question based on your memory alone. If unsure of an answer, put “unsure”.

1. **¿De acuerdo con el texto, cuántos gramos de fibra son recomendados al día?**
2. **¿De acuerdo con el texto, cuántas comidas pequeñas aproximadamente debería comer al día?**
3. **¿De acuerdo con el texto, a quién le puede hablar sobre sus preguntas nutricionales?**
4. **¿De acuerdo con el texto, cuáles bebidas debías limitar?**
5. **¿Cuáles comidas piensas que están bajas en la fibra?**

MHU Cloze Test

Copyright Note:

Written permission was obtained from the mobile health unit's director to publish the cloze version of the handout below. The handout is an original resource material developed by the mobile health unit's staff, in consultation with credible sources of health information. The text below is the handout's cloze form version used in the study.

Your first and last name:

Below is a resource article in Spanish. Your task is to read the article and fill in the missing words. More than one word could work when filling in a blank space. However, write the one word you feel best completes each blank space. Also, it is okay to skip a blank space if you are very unsure. Please write legibly (clearly). You will have 15 minutes to complete as much as you can in this activity. **As a reminder**, please **use one word** per blank space (words can be used more than once).

La Fibra

¿Qué es la fibra?

La fibra es una sustancia que se encuentra en algunas frutas, verduras y cereales. La mayor parte de la fibra pasa por el cuerpo sin digerirse, [1] _____ puede afectar la manera [2] _____ que digiere otros alimentos [3] _____ también puede mejorar sus [4] _____.

Existen dos tipos de [5] _____. El primer tipo se [6] _____ como “fibra soluble” y [7] _____ encuentra en frutas, avena, [8] _____, frijol y arvejas. El [9] _____ tipo se conoce “fibra [10] _____” y se encuentra en [11] _____ trigo. Los dos tipos [12] _____ fibra que se consumen [13] _____ denominan “fibra dietaria”

¿Por [14] _____ es importante la fibra [15] _____ mi salud?

La fibra [16] _____ ayudar a que sus [17] _____ sean más blandas y [18] _____.
Agregar fibra y regulares. [19] _____ fibra a [20] _____ alimentación puede ayudar a
[21] _____ problemas como el estreñimiento, [22] _____ hemorroides y la diarrea. [23]
_____, puede ayudar a evitar [24] “_____”, si tiene problemas para [25] _____ sus
evacuaciones. Ingerir la [26] _____ suficiente también puede ayudar [27] _____ reducir
el riesgo de [28] _____ una enfermedad coronaria, un [29] _____ cerebrovascular
(derrame) y diabetes [30] _____. 2. Esto se debe a [31] _____ la fibra puede ayudar [32]
_____ bajar el colesterol y [33] _____ el azúcar en sangre.

¿ [34] _____ fibra necesito?

La cantidad [35] _____ de fibra es de 20 [36] _____ 35 gramos por día. La [37]
_____ de información nutricional en [38] _____ alimentos envasados indica la [39]
_____ de fibra que tiene [40] _____ porción.

¿Cómo puedo asegurarme [41] _____ que estoy consumiendo la [42] _____ suficiente de fibra?

Para [43] _____ de consumir la cantidad [44] _____ de fibra, coma muchas [45]
_____, verduras y cereales que [46] _____ fibra. Muchos cereales de [47] _____
también tienen mucha fibra. [48] _____ no puede obtener la [49] _____ suficiente de los
alimentos [50] _____ consume, puede agregar salvado [51] _____ trigo a las comidas
[52] _____ puede usar suplementos de [53] _____, los cuales vienen en [54] _____,
en obleas o en [55] _____. Entre ellos se incluyen el psilio. Si toma un suplemento de fibra,
asegúrese de leer la etiqueta para saber qué cantidad tomar. Si tiene dudas, pregunte a su médico
o enfermero.

MHU Open-response Comprehension-check Questions

Your first and last name:

Below are follow-up questions about the article you just read. The questions are to check what you understood about the article. You will have 10 minutes to complete as much as you can in this activity. Please answer each question based on your memory alone. If unsure of an answer, put “unsure”.

1. **¿De acuerdo con el texto, en cuales tipos de comidas se encuentra la fibra?**
2. **¿De acuerdo con el texto, cuantos tipos de fibra existen?**
3. **¿De acuerdo con el texto, en qué tipo de problemas ayuda fibra?**
4. **¿De acuerdo con el texto, cuántos gramos de fibra se recomienda por día?**
5. **¿De acuerdo con el texto, si tiene dudas de un suplemento, que debería hacer?**
6. **¿Cuáles son unas señas de que no estas consumiendo la suficiente cantidad de fibra?**

Demographic & Experience Feedback Questionnaire

Administered after the two comprehension assessments. For the Spanish-language confidence scale (1-5), a 3 was coded as “unsure”.

Demographic Questions

Thank you for completing our survey. This is the final questionnaire. It’s very short. Please tell us about yourself.

1. What is your first and last name? [open response]
2. What is your age? [open response]
3. Please give us feedback about your experience. Were the activity instructions clear? Please explain your response.
4. Is there anything else you would like to say about your experience? If yes, please state below. If no, put “N/A”.
5. How confident are you in your abilities to read Spanish on a scale of 1-5? 1 = not very confident. 5 = very confident.
 - 1
 - 2
 - 3
 - 4
 - 5
6. Have you taken any formal courses teaching you how to read or write in Spanish? If yes, when did you take these courses? Select all that apply.
 - Elementary School
 - Middle School
 - High School
 - College
7. Did you grow up speaking Spanish in your household?
 - Yes
 - No
8. Growing up, did your environment consist of Spanish speaking individuals outside your household?
 - Yes
 - No