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Road Safety Evaluation Question Bank

Measuring Behaviour Change Questions

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# Using the Question Bank

This is one of a series of booklets from the online question bank. The purpose of these booklets is to provide examples of questions that you can use in questionnaires when you are evaluating their road safety interventions.

This booklet contains some questions that you may ask those who took part in your intervention to gain an idea of whether their behaviour has changed as a result of your intervention. There are questions on behaviours in relation to several road safety topics, such as pedestrian safety, speed and vehicle checks. They can be adapted for other topics, such as using mobile phones while driving.

You are unlikely to want to use all of the questions, therefore, simply copy and paste the ones you wish use into your own evaluation questionnaire. You may also wish to use questions from some of the other question bank booklets in your evaluation.

You are free to use these questions in your evaluation of your intervention as you wish, without referencing that they have been taken from the question bank. However, some of the questions have been taken from existing questionnaires and surveys, and therefore the author of the questionnaire must be referenced if you choose any of these questions. Questions that require references are clearly marked with a number e.g. 12, and the source you need to cite is provided at the end of the booklet in a numbered list.

If you need any advice on sourcing existing questions appropriate to evaluate your intervention or support to formulate your own questions, please email RoSPA’s Research and Evaluation Officer at

[rneedham@rospa.com](mailto:rneedham@rospa.com).

The questions in this booklet would typically be used in a **before and after** evaluation design. This is an evaluation where those who take part in your intervention are surveyed (asking the same questions) both before and after the intervention; to measure whether there has been in a change in their behaviour. However, there are a few examples of questions you could use in a **post-then pre** evaluation design, where the respondent rates their knowledge of a topic both before and after the intervention at the end of the intervention.

To find out more about evaluation designs, visit the [‘help and guidance’](http://roadsafetyevaluation.com/helpandguidance/) section of our website.

**Behaviour Change**

The questions contained in this booklet can be used to measure whether the behaviour of respondents have changed.

# Driving Behaviour

These behaviour statements can be used to gain an overall understanding of a driver’s behaviour. You can use all of these statements, or select a couple that suit your intervention e.g. all of the statements relating to fatigue.

**Below are various things that some people do while they are driving. Thinking about your own driving, how often would you say that you typically...** *(Tick appropriate column for each statement)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very Often | Fairly Often | Occasionally | Hardly Ever | Never |
| Drive when very tired. |  |  |  |  |  |
| Park further away than convenient to avoid yellow lines. |  |  |  |  |  |
| Overtake when you think you can just make it. |  |  |  |  |  |
| Always wear a seatbelt (excluding when exemptions apply) |  |  |  |  |  |
| Drive when you feel you might be impaired by illness. |  |  |  |  |  |
| Ignore mobile phone calls on your hand-held phone while driving. |  |  |  |  |  |
| Ignore text messages on your hand-held phone while driving. |  |  |  |  |  |
| Pull out of a junction without looking properly. |  |  |  |  |  |
| Keep to the speed limit when running behind schedule. |  |  |  |  |  |
| Drive your car when you know that it is defective (e.g. bald tyres, faulty bulb). |  |  |  |  |  |
| Deliberately disregard speed limits when driving late at night. 1 |  |  |  |  |  |
| Accidentally get into the wrong lane at a junction. 1 |  |  |  |  |  |
| Take a chance and go through traffic lights that have just turned red when you could have stopped. 1 |  |  |  |  |  |
| Become impatient with a slow driver in an outer lane and overtake on the inside. 1 |  |  |  |  |  |
| Misjudge your turning space and narrowly avoid collision. 1 |  |  |  |  |  |
| Fail to notice “green arrow” at traffic signal allowing you to turn.1 |  |  |  |  |  |
| Plan your route badly and drive further than was necessary. 1 |  |  |  |  |  |
| Park on a double yellow line and risk a fine. 1 |  |  |  |  |  |
| Overtake in a situation which you realise is slightly risky. 1 |  |  |  |  |  |
| Deliberately drive close behind a slow car to speed them up. 1 |  |  |  |  |  |
| Get involved in ‘unofficial’ races with other drivers.1 |  |  |  |  |  |
| Fail to notice a stop sign.1 |  |  |  |  |  |
| Drive when you realise that you might be over the legal blood alcohol limit. 1 |  |  |  |  |  |
| Intend to reverse and find that the car is moving forwards because it is in the wrong gear. 1 |  |  |  |  |  |
| Check your speedometer and discover that you are unknowingly travelling faster than the legal limit.2 |  |  |  |  |  |
| Attempt to drive away from the traffic lights in third gear. 2 |  |  |  |  |  |
| Lock yourself out of your car with the keys still inside. 2 |  |  |  |  |  |
| Drive as fast along country roads at night on dipped headlights as you would on full beam. 2 |  |  |  |  |  |
| Drive especially close or flash the car in front as a signal for that driver to go faster or get out of the way. 2 |  |  |  |  |  |
| Distracted or preoccupied, realise that the vehicle in front of you has slowed down, meaning you have to slam on your brakes to avoid a collision. 2 |  |  |  |  |  |
| Misjudge your gap in a car park and almost or actually hit another vehicle. 2 |  |  |  |  |  |
| ‘Wake up’ to realise you have no recollection of the road along which you have just travelled. 2 |  |  |  |  |  |
| Stuck behind a slow vehicle on a dual carriageway, you are driven by frustration to overtake in risky circumstances. 2 |  |  |  |  |  |
| Intending to drive to destination A, you ‘wake up’ to find that you are driving towards destination B, where the latter is your more usual journey. 2 |  |  |  |  |  |
| Angered by another driver’s behaviour, you give chase with the intention of giving them a piece of your mind. 2 |  |  |  |  |  |
| Forget when your road tax or insurance expires, discovering that you are driving illegally. 2 |  |  |  |  |  |
| Try to overtake without looking in your mirror, and then get beeped by the car behind which has already begun its overtaking manoeuvre. 2 |  |  |  |  |  |
| Lost in thought, you forget that your lights are on full beam until you are ‘flashed’ by other drivers. 2 |  |  |  |  |  |
| On turning left, you almost hit a cyclist who has come up on your inside. 2 |  |  |  |  |  |
| In a queue of vehicles turning left onto a main road, pay such close attention to the traffic approaching from the right that you nearly hit the car in front. 2 |  |  |  |  |  |
| Have an aversion to a particular class of road user, and indicate your hostility by whatever means you can. 2 |  |  |  |  |  |
| Distracted, you fail to notice someone waiting at a zebra crossing, or a pelican crossing that has just turned red. 2 |  |  |  |  |  |
| Park on a double yellow line and risk a fine. 2 |  |  |  |  |  |
| Misjudge the speed of an oncoming vehicle when overtaking. 2 |  |  |  |  |  |
| Hit something reversing that you had not previously seen. 2 |  |  |  |  |  |
| Fail to notice someone stepping out from behind a car or bus until it is nearly too late. 2 |  |  |  |  |  |
| Plan your route badly, so that you meet traffic congestion that you could have avoided. 2 |  |  |  |  |  |
| Overtake a single line of stationary or slow-moving vehicles, only to discover they were queuing to get through a one-lane gap or roadwork lights. 2 |  |  |  |  |  |
| Overtake a slow-moving vehicle on the inside lane or hard shoulder of the motorway. 2 |  |  |  |  |  |
| Cut the corner on a right-hand turn and have to swerve to avoid an oncoming vehicle. 2 |  |  |  |  |  |
| Fail to give way to a bus signalling its intention to pull out. 2 |  |  |  |  |  |
| Ignore ‘give way’ signs, and narrowly avoid colliding with traffic having right of way. 2 |  |  |  |  |  |
| Attempt to overtake a vehicle that you hadn’t noticed was signalling its intention to turn right. 2 |  |  |  |  |  |
| Fail to check your mirror before changing lanes, pulling out etc. 2 |  |  |  |  |  |
| Deliberately drive the wrong way down a quiet one way street. 2 |  |  |  |  |  |
| Ignore red lights when driving late at night along empty roads. 2 |  |  |  |  |  |
| Drive with only ‘half-an-eye’ on the road while looking at a sat nav, changing radio station etc. 2 |  |  |  |  |  |
| Fail to notice pedestrians crossing when turning into a side street from a main road. 2 |  |  |  |  |  |
| Race oncoming vehicles for a one-car gap on a narrow or obstructed road. 2 |  |  |  |  |  |
| Brake too quickly on a slippery road or steer the wrong way in a skid. 2 |  |  |  |  |  |
| Misjudge your crossing interval when turning right and narrowly miss collision. 2 |  |  |  |  |  |
| Exceed the speed limit when the road is clear. 3 |  |  |  |  |  |
| Take your car when you know that you might be drinking alcohol. 3 |  |  |  |  |  |
| Drive your car back when you are uncertain whether you might be over the blood alcohol limit. 3 |  |  |  |  |  |
| Accelerate past traffic lights that are about to turn red. 3 |  |  |  |  |  |
| Leave your seatbelt unfastened on a short journey. 3 |  |  |  |  |  |
| Show off in front of your friends while driving. 3 |  |  |  |  |  |
| Race other vehicles away from the traffic lights. 3 |  |  |  |  |  |
| Drive at least 10mph faster than the speed limit on a 30mph road, late at night or early in the morning. |  |  |  |  |  |
| Exceed the speed limit when late for work. |  |  |  |  |  |
| Deliberately touch the brakes because the vehicle behind me is driving too close. |  |  |  |  |  |
| Try to overtake queuing vehicles before merging at the last moment on a multi-carriageway road. |  |  |  |  |  |
| Voice disapproval when another driver has been inconsiderate. |  |  |  |  |  |
| Become impatient with cyclists on the road. |  |  |  |  |  |
| Become frustrated when slowed down by a cyclist or horse. |  |  |  |  |  |
| Park in places I probably shouldn’t. |  |  |  |  |  |
| Speed up to get through the traffic lights before they turn red. |  |  |  |  |  |
| Forget to wear a seatbelt. |  |  |  |  |  |
| Give way to pedestrians who are already crossing a road I am turning into. |  |  |  |  |  |
| Stop for a short break on a long journey if I am feeling tired. |  |  |  |  |  |
| Undertake a long drive, even if I have not slept well the night before. |  |  |  |  |  |
| Follow the directions of my sat-nav, even if it goes against my own judgement. |  |  |  |  |  |
| Plan time to stop for a rest break on a long journey. |  |  |  |  |  |
| Drive home when you know that you might be just over the drink drive limit. |  |  |  |  |  |

# Pedestrian Safety

These behaviour statements can be used to gain an overall understanding of a pedestrian’s behaviour. These statements are appropriate to use for adult pedestrians, but would need to be adapted if you wanted to use them for children.

If you would like to evaluate a child pedestrian safety intervention, it may be more useful to use draw and write techniques. Information on this method can be found on our e-valu-it [website](http://roadsafetyevaluation.com/helpandguidance/doingevaluation/drawandwrite).

**As a pedestrian, how often would you say you typically...** *(Please tick the appropriate column)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very Often | Fairly Often | Occasionally | Hardly Ever | Never |
| Dash across the road when you see a slight gap in the traffic when crossing a busy main road. 3 |  |  |  |  |  |
| Follow the lead of others across the crossing without checking for oncoming traffic. 3 |  |  |  |  |  |
| Cross at the quickest point, rather than using crossing facilities. 3 |  |  |  |  |  |
| Cross on the ‘green man’ at a pedestrian crossing without first checking that vehicles are stopping. 3 |  |  |  |  |  |
| Cross at a part of the road where barriers have been placed to keep pedestrians off. 3 |  |  |  |  |  |

# Speeding

These behaviour statements and questions can be used to gain an understanding of a driver’s behaviour in relation to speeding and speed limits.

**Below are some that some people carry out while they are driving. Thinking about your own driving, how often would you say that you typically...** *(Tick appropriate column for each statement)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very Often | Fairly Often | Occasionally | Hardly Ever | Never |
| Drive at least 10mph faster than the speed limit on a 30mph road, late at night or early in the morning. |  |  |  |  |  |
| Exceed the speed limit when late for work. |  |  |  |  |  |
| Deliberately disregard speed limits when driving late at night. 1 |  |  |  |  |  |
| Exceed the speed limit when the road is clear. 3 |  |  |  |  |  |
| Knowingly drive faster than the speed limit where I think I can do so safely. 4 |  |  |  |  |  |
| Unconsciously drive faster than the speed limit. 4 |  |  |  |  |  |

**How fast do you usually drive compared to the general flow of traffic?**

Much faster

Somewhat faster

About the same

Somewhat slower

Much slower

# Seatbelts

These behaviour statements and questions can be used to gain an understanding of an individual’s behaviour in relation to seatbelts.

**How often do you wear a seatbelt when there is one available?**

Always

Often

Sometimes

Rarely

Never

**In the past 12 months, how often would you say you have not worn a seatbelt when travelling as a passenger? 5**

Very often

Fairly often

Occasionally

Once or twice

Never

**To what extent do you agree or disagree with the following statements?** *(Please tick the appropriate column)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
| I sometimes leave my seatbelt unfastened on a short journey. 3 |  |  |  |  |  |
| I always wear a seatbelt on a short journey. 6 |  |  |  |  |  |
| I always wear a seatbelt when I am sat in the back of a vehicle. 6 |  |  |  |  |  |
| I sometimes don’t wear a seatbelt in a taxi or black cab. 6 |  |  |  |  |  |
| I always wear a seatbelt (excluding when exemptions apply). |  |  |  |  |  |
| I sometimes forget to wear a seatbelt. |  |  |  |  |  |

# Vehicle Checks

These questions can be used to gain an understanding of a driver’s behaviour and confidence in relation to vehicle checks.

**When did you last check the tyre pressures of your vehicle?**

Within the last three months

More than three months ago

Never

Don’t know

**When did you last check the lights are in full working order on your vehicle?**

Within the last three months

More than three months ago

Never

Don’t know

**When did you last check the engine oil level of your vehicle?**

Within the last three months

More than three months ago

Never

Don’t know

**When did you last check the brakes and handbrake for excessive wear on your vehicle?**

Within the last three months

More than three months ago

Never

Don’t know

**When did you last check the engine coolant level on your vehicle?**

Within the last three months

More than three months ago

Never

Don’t know

**When did you last have your vehicle serviced by a qualified mechanic?**

Within the last 6 months

7- 12 months ago

13- 18 months ago

19-24 months ago

More than 24 months ago

Never

**Rate your level of confidence regarding basic car maintenance.**

Not at all confident

Not confident

Neutral

Confident

Very confident

**Cyclist Safety**

These questions can be used to gain an understanding of a cyclist’s behaviour in relation to the use of helmets and reflective clothing.

**How often would you say that you typically wear reflective clothing while cycling?**

Never

Rarely

Sometimes

Often

Always

**How often would you say that you typically wear a cycling helmet?**

Never

Rarely

Sometimes

Often

Always

# Questions Appropriate for Post-then Pre Evaluation Designs

This question is an example of a question you could use in a post-then pre evaluation design. This is where the respondent is asked to rate how they feel about a statement before and after the intervention, but they complete both of these ratings at the end of the intervention. The statements in this question would need to be tailored to your own intervention, but you are free to use other behaviour statements from this booklet and put them into this format.

**We would like to understand how you feel about some of the behaviours below. Please circle a number to rate how likely or unlikely you believe it is that you would perform the following behaviours. We would like you to do this for how you feel now, and how you felt before attending the workshop today.**

*1 means extremely likely, 5 means extremely unlikely. If the statement is not applicable to you, please circle 9 in the N/A column.*

| **Please rate how likely or unlikely you are to perform the following behaviours** | **Extremely Extremely N/A** |
| --- | --- |
| **likely unlikely** |
| **Exceed the speed limit by 10mph or more.** | **Before the workshop 1 2 3 4 5 9** |
| **After the workshop 1 2 3 4 5 9** |
| **Leave my seatbelt unfastened on a short journey.** | **Before the workshop 1 2 3 4 5 9** |
| **After the workshop 1 2 3 4 5 9** |

# References

1 Department for Transport (DfT) (1993) ‘Driver Attitude and Behaviour Questionnaire’

2 Reason et al. (1990) ‘Error and violations on the roads: a real distinction?’, *Ergonomics,* 33(10): 1315-1332.

3 Carthy, T. et al. (1993) *Risk and Safety on the Roads: Perceptions and Attitudes.* Great Britain: AA Foundation for Road Safety Research.

4 Tapp et al. (2015) ‘Support and compliance with 20mph speed limits in Great Britain’, *Transportation Research Part F: Traffic Psychology and Behaviour,* 31(1): 36-53

5 Lee, L. and Humphrey, A. (2010) *Attitudes to Road Safety: Analysis of Driver Behaviour Module, 2010 NatCen Omnibus Survey,* DfT.

6 Derby and Derbyshire Road Safety Partnership (2015) *‘Evaluation of a Young Driver Intervention Programme’*.