

Clinical Nutrition Knowledge and Attitudes Questionnaire

Please circle/ tick or highlight the correct answers

KNOWLEDGE

1. When considering nutritional support for an obese patient what would be the energy requirement?
 - a) As per patient's weight
 - b) 500 kcal less
 - c) 1000 extra kcal
 - d) 1000 less kcal

2. How important is diet in management of any disease?
 - a) Not important
 - b) Slightly important
 - c) Very important
 - d) Vital

3. What is normal weight gain in pregnancy for a healthy woman of average weight?
 - a) 5 kg
 - b) 7 kg
 - c) 12 kg
 - d) 15 kg

4. Which vitamin status should be regularly monitored in patients with ileal Crohns disease?
 - a) Folic acid
 - b) Thiamine
 - c) Vitamin B₁₂
 - d) Iron

5. How much fluid should be consumed in a day?
 - a) 1-1.5L
 - b) 2-2.5L
 - c) 3-4L
 - d) >4L

6. Daily fluid requirement includes:
 - a) Only water
 - b) H₂O + beverages
 - c) H₂O + beverages + fruit juice
 - d) H₂O + beverages + fruit juice + soup

7. What is the use of fiber in our diet?

- a) Normalize bowel movement
- b) Lowers cholesterol level
- c) Helps in weight management
- d) All the above

8. What is the calorie requirement of a normal healthy person with sedentary activity level?

- a) 1000-1500 kcal
- b) 1500-2500 kcal
- c) 2500-3000 kcal
- d) over 3000 kcal

9. Which one should be the ideal proportion of Carbohydrate:Protein:Fat in the diet?

- a) 7:2:1
- b) 6:3:1
- c) 5:3:2
- d) Do not know

10. Which type of Carbohydrate is beneficial for Diabetic Patients?

- a) Simple
- b) Complex Carbohydrate
- c) Mixture of both
- d) Do not know

ATTITUDE

11. A low-carbohydrate diet is the best option to lose weight

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly disagree

12. What opinion do you have regarding the fact that different disease condition require different diet?

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly disagree

13. What is your opinion regarding the fact that one should always have a balanced meal?

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly disagree

14. Do you think patients would value general nutritional advice from a Doctor?

- a) Not at all
- b) Not much
- c) Somewhat
- d) Very much

15. As one of tomorrow's doctors, would you feel equipped to give general nutritional advice to patients where appropriate or required?

- a) Not at all equipped
- b) Inadequately equipped
- c) Adequately equipped
- d) Very well equipped

16. Skipping breakfast can be a risk factor for obesity.

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly disagree

17. Stress, depression or anxiety can lead to metabolic syndrome.

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly disagree

18. Do you think supplementation is necessary other than daily diet for daily basis?

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

PRACTICE

19. Do you skip breakfast?

- a) Yes
- b) No

20. How often do you consume fruits and vegetables in a week?

- a) 1-2 days
- b) 3-4 days
- c) 5-6 days
- d) Every day (or 7 days)

21. How often do you exercise in a week?

- a) 1-3 days
- b) 4-6 days
- c) Every day
- d) Never

22. Do you have a habit of skipping meals? If No then do not attempt this question. If yes then specify which meal.

- a) Breakfast
- b) Lunch
- c) Evening snack
- d) Dinner

23. How often do you consume street food?

- a) Everyday
- b) 3 times a week
- c) Once a week
- d) Once in 2 weeks
- e) Once in a month
- f) Never

24. What amount of fluid intake you have every day ?

- a) 1liter
- b) 2liter
- c) 2.5 liter
- d) 3 liter
- e) other specify

Many thanks for completing this questionnaire. Are you happy for the team to contact you in future?

Yes No