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) 1 liter
   b) 2 liter
   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 ☐