Survey Questionnaire

Nutrition Education in Medical School

All information provided will be treated exclusively confidential and for research purposes only

Basic Information

1. Age

2. Nationality (country)

3. Current Year of study?

4. Medium of instruction of study.
   English ☐ Chinese ☐ Other (Specify) ☐

Perceived significance of nutrition

5. Do you agree that nutrition plays a role in maintaining good health?
   Strongly disagree ☐ Disagree ☐ Agree ☐ Strongly agree ☐

6. Do you agree that nutrition plays a role in the development of disease?
   Strongly disagree ☐ Disagree ☐ Agree ☐ Strongly agree ☐

7. Do you believe nutrition plays a role in the management of disease?
   Yes ☐ No ☐ Not sure ☐

8. On a scale of 1-5, with 1 being not important and 5 being very important, score the importance of nutrition in your medical school ☐

Country-specific Nutrition situation

9. How important is nutrition considered in your home country?
   Very Important ☐ Important ☐ Not so important ☐ Not sure ☐

10. What nutrition related diseases/conditions are prevalent in your country?
11. With your current knowledge level, can you confidently handle these cases (in 24) by the time you complete your medical education?
   Yes ☐ No ☐ Not sure ☐

12. How frequently are you asked about nutrition or nutrition related questions by people because you are a medical student?
   Very often ☐ Often ☐ Rarely ☐ Never ☐

13. Are there any specific general dietary/nutrition guidelines or recommendations in your country?
   Yes ☐ No ☐ Not aware ☐

14. Can you name any specific ones?

Nutrition component of school Curriculum

15. Do you think practitioners of your profession should have more knowledge about nutrition?
   Strongly disagree ☐ Disagree ☐ Agree ☐ Strongly agree ☐

16. How many teaching hours have you received on nutrition or nutrition related topics in the past academic year?
   None ☐ 1-2 ☐ 3-4 ☐ 5-6 ☐ 7-8 ☐ 9-10 ☐ Above 10 ☐

17. Would you say the current teaching/training you’ve received in nutrition is enough for your learning needs?
   Yes ☐ No ☐ Not sure ☐

18. Do you think you’ve been prepared enough to offer guidance/advice to your patients about nutrition and diets in relations to health and diseases?
   Strongly disagree ☐ Disagree ☐ Not sure ☐ Agree ☐ Strongly agree ☐

19. Does school offer practice training for nutrition course/topics?
   Yes ☐ No ☐

20. Is the nutrition course/topics required or elective?
21. Would you welcome more nutrition education/knowledge?
   Yes ☐   No ☐   Not sure ☐

22. What are your expectations in the area of nutrition education?

23. What kind of benefit do you want to get from nutrition education of your curriculum?

24. How do you think more teaching on nutrition can be incorporated into your curriculum/syllabus?

Perceived general nutritional knowledge

25. What general nutrition guidance/recommendations do you know about each of these categories of people?

   i. Pregnant women

   ii. Lactating mothers

   iii. Infants 0-6months

   iv. Diabetics

   v. Hypertensives

   vi. Overweight and Obesity
vii. Under-nutrition (wasting/Marasmus)

26. Please rate your overall ability and confidence to give advice/guidance about nutrition?
   Not confident at all  Not very confident  Somewhat confident  Very confident  Extremely confident

27. When you become a doctor, do you think your patients would expect you to have an understanding of nutrition?
   Yes  No  Maybe

28. Where do you see boundaries in clinical implementation of nutrition?
   Time  Awareness  Not relevant  Lack of interest  Lack of staff  others