

English translation of the Dutch questionnaire used in the article “An intervention study on the impact of nutrition education on nutritional knowledge and intentions towards nutritional counselling in Dutch medical students”.

By participating in this study you provide insights into the need and importance of nutrition and lifestyle education for medical students. Filling out this questionnaire will take about 15 minutes. The questionnaire consists of the following components:

1. Questions about background characteristics;
2. Knowledge questions about nutrition and lifestyle;
3. Assessment of statements about nutrition and lifestyle.

Which medical faculty do you study at?

- AMC
- VUmc
- Another medical faculty
- I don't study at a medical faculty

Do you currently take the nutrition elective Diometer Keuzetraject Voeding developed by the AMC?

- No
- Yes

Do you currently take the SELF course developed by Stichting Student en Voeding?

No

Yes

What is your gender?

Male

Female

Other

What is your year of study?

1

2

3

4

5

6

Otherwise, namely: _____

Do you already know your preferred medical specialization?

- No
- Yes

Of yes, what is your preferred medical specialization?

- Physician for mentally disabled
- Occupational physician
- General practitioner
- Public health physician
- Medical specialist
- Geriatric physician
- Insurance physician

Do you remember having any nutrition or lifestyle education during medical school in the past? Either (a):

	No	Yes	I don't know
Separate nutrition / lifestyle course	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lectures on nutrition / lifestyle concepts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practical's on nutrition / lifestyle concepts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Otherwise, namely:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How relevant do you find the topic nutrition and lifestyle for future medical practice?

- Highly irrelevant
- Irrelevant
- Neutral
- Relevant
- Highly relevant

How much do you think you will benefit from additional nutrition education in the medical curriculum?

- Highly irrelevant
- Irrelevant
- Neutral
- Relevant
- Highly relevant

The following questions are focused on specific knowledge about nutrition and lifestyle. Choose that answer that best fits the question. If you don't know the answer please choice the "I don't know" option. It is not allowed to use any external help in answering the questions, for example the internet.

Periodical restriction of protein in mice:

- Activates growth factors and stimulates apoptosis of healthy cells
- Diminishes growth factors and stimulates growth of healthy cells
- Activates growth factors and stimulates apoptosis of cancer cells
- Diminishes growth factors and stimulates apoptosis of cancer cells
- I don't know

Breastmilk has benefits for both mother and child. Beneficial effects include:

- Mother: decreased risk of lung cancer, child: decreased risk of infection in the first year
- Mother: decreased risk of lung cancer, child: decreased risk of celiac disease
- Mother: decreased risk of ovarian cancer, child: decreased risk of infection in the first year
- Mother: decreased risk of ovarian cancer, child: decreased risk of celiac disease
- I don't know

The current recommended daily amount of fruit and vegetables for adults according to the Dutch Schijf van Vijf are, in respective order:

- 200 grams of vegetables and 2 portions of fruit
- 250 grams of vegetables and 2 portions of fruit
- 200 grams of vegetables and 3 portions of fruit
- 250 gram of vegetables and 3 portions of fruit
- I don't know

What percentage of the Dutch hospital population is malnourished?

- Approximately 5%
- Approximately 10%
- Approximately 15%
- Approximately 20%
- I don't know

Which patient characteristics should a physician assess to screen for malnutrition?

- Chewing and swallowing problems
- Malabsorption and maldigestion
- Weight loss and appetite
- Fatigue and functioning
- I don't know

The low-FODMAP diet is mainly used in patients with irritable bowel syndrome (IBS). For patients with inflammatory bowel disease (IBD) the low-FODMAP diet can also reduce symptoms. Which symptoms are improved especially?

- Obstipation
- Abdominal pains
- Bloating
- Fatigue
- I don't know

Which substrate causes the cascade of training effects after a sprint interval training?

- Glycogen from the liver
- Glycogen from the muscle
- Lactate from muscle
- Low blood glucose levels
- I don't know

Which psychiatric disorder has the strongest evidence for a relationship with diet?

- Anxiety disorders
- Mood disorders
- Psychotic disorders
- Developmental disorders
- I don't know

During a volleyball training a hypoglycaemia occurs in a patient with type 2 diabetes. His blood sugar is 2,5 mm/L. He drinks a bottle of AA high energy drink with 46 grams of carbohydrates/sugars. How long will it take before he can start training again?

- 2 minutes
- 5 minutes
- 15 minutes
- It is better to stop the training with a blood sugar below 3 mmol/L
- I don't know

For an optimal metabolic response, a patient who requires 100 grams of protein per day should:

- Consume preferably plant-based proteins and spread the consumption of 100 grams protein throughout the day
- Consume preferably animal-based proteins and spread the consumption of 100 grams protein throughout the day
- Consume preferably plant-based proteins and spread the consumption of 100 grams protein in four portions of 25 grams
- Consume preferably animal-based proteins and spread the consumption of 100 grams protein in four portions of 25 grams
- I don't know

What is the current general advice on the use of dietary supplements to prevent cancer?

- Supplements do not decrease the risk of cancer
- Take supplements if you can't follow current healthy eating guidelines on fruit and vegetables
- Take vitamin D supplements to decrease the risk of colon and breast cancer
- Take beta-carotene supplements to decrease the risk of lung cancer
- I don't know

The World Health Organization (WHO) classified processed meats as carcinogenic to humans, in the same category as tobacco smoking and asbestos. What does this mean?

- Processed meat consumers have the same relative risk to develop cancer as tobacco smokers
- Processed meat consumers have the same absolute risk to develop cancer as tobacco smokers
- The strength of scientific evidence about processed meats being a cause of cancer is similar to the strength of scientific evidence about tobacco smoking being a cause of cancer
- Processed meats and cigarettes contain the same concentration carcinogenics
- I don't know

To what extent do you agree with the following statements? Choose the answer that best fits you.

All physicians, regardless of their specialisation, should counsel high-risk patients about relevant dietary and lifestyle changes

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Physicians can have an effect on a patient's dietary and lifestyle behaviour if they take the time to discuss this with patients

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

As a physician, it is essential to regularly ask about the progress of previously agreed dietary and lifestyle changes to maintain and improve the results achieved by patients

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

A physician should pay attention to the nutritional status of the patient

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

It is important that a physician recommends dietary and lifestyle changes before initiating drug therapy if relevant for the patient's disease

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

It is important that a physician refers patients with diet-related problems to registered dietitians or other qualified nutritional staff

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Most obese patients are not motivated to lose weight

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Attention of a physician for nutrition and lifestyle is important in every phase in the lifecycle

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Physicians should tailor their dietary and lifestyle advice towards the patient's socioeconomic and ethnic backgrounds.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Fellow medical students stimulate me to address nutritional and lifestyle topics systematically in future medical practice

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

Medical academic staff stimulate me to address nutritional and lifestyle topics systematically in future medical practice

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have enough contacts within my medical training to consult experts if I want to know more about nutrition and lifestyle.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to provide general recommendation to patients about healthy nutrition and a healthy lifestyle.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to explain the health consequences of overweight of obesity to my patients. provide general recommendation to patients about healthy nutrition and a healthy lifestyle.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to stimulate patients to change their dietary and lifestyle patterns.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge about the role of a dietician to refer patients when necessary.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to differentiate nutritional facts from fiction.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to discuss maternal and infant benefits and challenges anticipated with breast-feeding with patients.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to provide a general nutrition and lifestyle advice to patients with diabetes type 2.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to provide a general nutrition and lifestyle advice to patients recently diagnosed with cancer

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree

I have sufficient basic knowledge to explain the consequences of a vitamin deficiency to older patients.

- Strongly disagree
- Disagree
- Undecided
- Agree
- Strongly agree