## استبیان | Questionnaire

تقييم استخدام المكملات الغذائية بين طلاب جامعة الإمام عبد الرحمن بن فيصل، المملكة العربية السعودية

Assessing dietary supplements use among undergraduate students of health and nonhealth colleges at Imam Abdulrahman Bin Faisal University, Saudi Arabia

شكرًا لك لقبولك للمشاركة في هذا الاستبيان Thank you for consenting to participate in the survey. We would like to know about the use انحن نود أنّ نبحث عن استخدام المكملات! of dietary supplements among undergraduate students. Please note that this questionnaire does not ask about your personal information الغذائية لدى الطلاب. علم الشخصية الاستبيان لا يسألك عن معلوماتك الشخصية and you are free to decide your participation. نأمل منك ألم المشاركة . نأمل منك عرية الاختيار في المشاركة . We hope that you would take out some time to fill this form honestly

ملئ هذه الاستمارة عصداقية،

شكراً لك !

! Thank you!

SECTION 1	I: Demographic information	ن : معلومات اجتماعية	القسم الأول: معلومات اجتماعية		
Your age	oyears	٥ عام	1. العمر:		
College of study	0 ———	٥ كلية	2. الكلية :		
Gender	o Male	o ذ <b>ک</b> ر			
	o Female	۰ - التي ا التي	3. الجنس:		
		_			
Marital status	o Single	o عاز ب/ة	4. الحالة		
	o Married	o متزوج/ة o غير ذلك	الاجتماعية:		
	o Other	و غير ذلك			
	○ 1 – 2 children				
	o 3 or more children	<ul> <li>متزوج/ة بدون أطفال</li> </ul>			
Number of children	Married without children	۲-۱ مطفل	5. عدد الأطفال:		
	<ul><li>Not applicable to me (for</li></ul>	<ul><li>٣ أو أكثر</li></ul>			
	single)*	<ul> <li>لا ينطبق علي (عازب/ة)</li> </ul>			
	single)				
	<ul> <li>Preparatory Year</li> </ul>	<ul> <li>السنة التحضيرية</li> </ul>			
	o 2nd Year	o السنة الثانية o			
**	o 3rd Year	<ul> <li>السنة الثالثة</li> </ul>	" 1 to". to -		
Year of Study	o 4th Year	<ul> <li>السنة الرابعة</li> </ul>	6. السنة الدراسية:		
	o 5th Year	<ul> <li>السنة الخامسة</li> </ul>			
	o 6th Year	<ul> <li>السنة السادسة</li> </ul>			
	o 7th Year	<ul> <li>السنة السابعة</li> </ul>			
	○ Between 1 – 2 siblings	۰ بین ۱-۲			
	○ Between 3 – 5 siblings				
Number of siblings	○ Between 6 – 8 siblings		7. عدد الأشقاء:		
	<ul> <li>More than 8 siblings</li> </ul>	أسد ،	ا. عدادساء.		
	<ul> <li>No siblings</li> </ul>	<ul><li>اكتر من ٨</li><li>لا أملك</li></ul>			
	<ul> <li>Living with family</li> </ul>				
Resident status	Living alone (University)	<ul> <li>أسكن مع العائلة</li> <li>مستقل</li> </ul>	8. الحالة السكنية:		
	accommodation)	مستقل			
	○ Yes, I suffer from				
Do you suffer from any	o res, r surrer from	<ul><li>نعم، أعاني من</li></ul>	9. هل تعانى من أي		
illness?	o No, I do not suffer from any	<ul> <li>لا أعاني من أي مرض</li> </ul>	9. هل تعاني من أي مرض ؟		
	illness		5 5		
		القسم الثاني: مدى شيوع استخدام المكملات الغذائية			
Please indicate if you	O Daily.	<ul> <li>بصورة يومية</li> </ul>	10. كم مرة		
use any dietary	O Weekly.	<ul><li>بصورة أسبوعية</li></ul>	أستخدمت فيها		
supplements in the last	O Once a month.	<ul> <li>بصورة شهرية</li> </ul>	أحد أنواع		
month?	O Never.	<ul> <li>لم أستخدم ابدا</li> </ul>	المكملات		
O I am not sure if I used dietary		<ul> <li>لست متأكد اذا أستخدمتها في</li> </ul>	الغذائية خلال		
supplements in the last month.		الشهر السابق	الشهر السابق؟		
TT 1 1'	الث: تكاليف المكملات الغذائية				
How much your dietary	SAR	قد كلفتني ريال	11. كم كلفتك ال كريت		
supplement cost you in		at a significant employee	المكملات النظائية غ		
the last month?		كم كلفتك المكملات الغذائية في الشهر	الغذائية في الشيد السابة		
(Not applicable if not		السابق؟ * (لا ينطبق إذا لا تستخدم المكملات	الشهر السابق		
used)*		" (لا ينطبق إدا لا تستحدم المحمدات الغذائية) *	( لا ينطق اذا كنت م <i>من</i> لا		
		الغدانية)	حلت مم <i>ن لا</i> يستخدمون		
			يستحدمون المكملات		
			العدائية )		
			(		

النو القالية التي المنافذة					
Agriculture   Company	Which dietary	<ul> <li>Generic</li> </ul>		0	
Asstmonth   Color   How   Color   Color   How   Color   Color   How   Color	supplement you used	<ul> <li>Brand</li> </ul>	مكملات عالمية الصنع	0	الغذائية التي
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In the last month did you experience any side effects that were related to govern the supplement use?  O Yes, I suffered from deverse event but not sure if it was related to dietary supplement use on No. I did not suffer from any adverse effect on Not applicable to me as I did not use any dietary supplement was any dietary supplement on use any dietary supplement on the suffer from any adverse effect on the sufficient of the supplement on use any dietary supplement on the sufficient of the su		<ul> <li>Not applicable to me as I did</li> </ul>	لا بنطيق على لانني لست	0	<u>.</u>
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to your dietary supplements use?  o No, I did not suffer from any adverse effect o Not applicable to me as I did not use any dietary supplement  Reason for taking dietary supplements?  o General health and well being o Boost immunity o Detor's recommendation o Enhance memory o Increase performance/sports	•		اقد مانیت بین مرحنی باند	_	
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Adverse effect	•				
Not applicable to me as I did not use any dietary supplement   September	supplements use?	•			
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Reason for taking dietary supplements?   (You may select more than one)*				0	
Reason for taking dietary supplements?  O General health and well being Boost immunity  Weight gain  Doctor's recommendation  Enhance memory  Increase performance/sports  Increase endurance/ body building  Joint care  I have a poor diet  Energy soure  Other reason  Ginseng  Gingko biloba  Gingco Sinseng  Gingko biloba  Gingcosamine / Omega 3 fatty acids  Whey protein  Evening Primrose oil  Other  Fersion  Other  Gingco Agree  I don't know  Disagree  O Yes, I always recommend  Ves, only when doctors  Fersion  O Yes, only when doctors  Find Autivitation  O Ginecount of the following of the fallow of the fallo					
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dietary supplements?					القسم الخامس: اسباب استخدام ا
Boost immunity     Weight gain     Doctor's recommendation     Enhance memory     Increase performance/sports     Increase performance/sports     Increase endurance/body building     Joint care     I have a poor diet     Energy source     Other     reason		•			
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1. ما هو سبب   1. ما هو الإداء الرياشي   1. ما هو الإداء الرياشي   1. مصدر طاقة   1. مصدر طاق				0	
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Which of the following dietary supplement you used in particular?   Other		o Joint care	العناية بالمفاصل	0	
Which of the following dietary supplement you used in particular?   Conter reason		<ul> <li>I have a poor diet</li> </ul>	نظامي الغذائي غير كافي	0	العدانية :
Which of the following dietary supplement you used in particular?   Cing ko biloba   Cin				0	
Which of the following dietary supplement you used in particular?       2. (You may select more than one)* <ul> <li>I did not use</li></ul>		= -	اخرى (إذكر ها)	0	
dietary supplement you used in particular?   O Multivitamins		reason			
dietary supplement you used in particular?   O Multivitamins					
dietary supplement you used in particular?   O Multivitamins		_			
dietary supplement you used in particular?   O Multivitamins	Which of the following	2. (You may select more than one)*	اختيار أكثر من واحد )	( بإمكانك	
used in particular?  o Multivitamins o Ginseng o Gingko biloba o Glucosamine / omega 3 fatty acids o Whey protein o Evening Primrose oil o Other	9	•			
o Ginseng o Gingko biloba o Glucosamine / omega 3 fatty acids o Whey protein o Evening Primrose oil o Other			,	-	
o Gingko biloba o Glucosamine / omega 3 fatty acids o Whey protein o Evening Primrose oil o Other Whey protein o Evening Primrose oil o Other Evening Primrose oil o Other Disagree  Is dietary supplement good for health?  Do you encourage the use of dietary supplements?  Po you encourage the use of dietary supplements?  O Gingko biloba O Glucosamine / Omega O Whey protein O Evening Primrose oil O Verica Agree O I don't know O Disagree O I don't know O Disagree O Yes, I always recommend O Yes, only when doctors recommend O I Agree O I A	F			_	
o Glucosamine / omega 3 fatty acids o Whey protein o Evening Primrose oil o Other			الحنكة ( حنكو ييلويا )		
Whey protein     Evening Primrose oil     Other		•		_	
o Evening Primrose oil o Evening Primrose oil o Evening Primrose oil o اخرى (اذكرها) o اخرى المكملات الغذائية o القسم السادس: آراء واعتقادات حول المكملات الغذائية o القسم السادس: آراء واعتقادات حول المكملات الغذائية o القضم السادس: آراء واعتقادات حول المكملات الغذائية o الفضم الفذائية o المكملات الغذائية o o o o o o o o o o o o o o o o o o o			_ ~ _	O	
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supplements? recommend الطبيب					17. هل تشجع على
o Not at all		•		J	استخدام
O Not at all	supplements?				المكملات الغذائية
		O INOU AL ALL	لا انت!	O	?

Your opinion about dietary supplements	supplements prevents	<ul> <li>ضرورية لكل الأعمار</li> <li>غير مضرة بالصحة</li> <li>الاستخدام المنتظم للمكملات الغذائية يقي من الأمراض المزمنة</li> <li>المكملات الغذائية قد تقي من مرض السرطان</li> </ul>	18. ما هو اعتقادك حول المكملات الغذائية ؟
How do you rate your experience with dietary supplement use?	WORST $\leftarrow 0 - 1 - 2 - 3 - 4 - 5 \rightarrow BEST$	ممتازة $\leftarrow 5 - 4 - 2 - 1 - 2 - 1 - 0$ سيئة	19. ماهو تقييمك الى تجربتك مع المكملات الغذائية ؟
What is your major source of information regarding dietary supplement use?	<ul> <li>Friends, family, relatives</li> <li>Doctors and pharmacists</li> <li>Internet</li> <li>Newspaper and magazines</li> <li>Other</li> </ul>	<ul> <li>الأصدقاء ، العائلة ، الأقارب</li> <li>الأطباء والصيادلة</li> <li>الإنترنت</li> <li>الجرائد والمجلات</li> <li>أخرى</li> </ul>	20. ما هو المصدر الرئيسي للمعلومات المتعلقة باستخدام المكملات الغذائية؟

