

# Questionnaire on knowledge, attitude and behaviour of university students regarding salt and iodine

Gender:  male  female

Age:

University: \_\_\_\_\_

Department: \_\_\_\_\_

If you are an Erasmus or foreign student, please tick here:

Date of questionnaire completion:     \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Day   Month   Year

Height: \_\_\_\_\_cm

Weight: \_\_\_\_\_kg

Have you attended any courses/lectures on nutrition, while being a student?

yes                    no

1. Are you generally interested in nutrition?

Not at all

Very interested

1	2	3	4	5	6	7	8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. Do you add salt or sauce to your food on the plate at the table (home and out-of-home)? (tick appropriate box in each column)**

	Salt	Soya sauce	Other types of ready-made sauce/dressing*
always	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than half of the times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less than half of the times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never/ extremely rarely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* If you have indicated above other types of sauce/dressing, please specify:

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**3. Do you add salt, stock cubes or sauce when cooking or preparing snacks? (tick appropriate box in each column)**

	Salt	Stock cubes	Soya sauce	Other types of ready-made sauce/marinade*
always	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than half of the times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Less than half of the times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Never/ extremely rarely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* If you have indicated above other types of sauce/marinade, please specify:

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I never cook or prepare food/meals

**4. Is the salt you are using most of the times: (tick one answer)**

- I do not know
- Non-iodised table salt
- Iodised table salt
- Low-sodium salt
- Rock salt (e.g. Himalayan)
- Salt with added fluoride, iodine & folic acid
- Other type of salt:

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- I do not use salt

**5. Do you know the amount of salt that the experts recommend to be consumed by adults per day?**

- yes
- no

**6. If yes, how much is it per day? (either in grams or number of teaspoons)**

\_\_\_\_\_g

*or*

\_\_\_\_\_teaspoons

**7. Children should consume:**

- more salt than adults
- The same amount of salt as adults
- Less salt than adults
- I do not know

**8. Is salt reduction important for you?**

Not at all		Very important	
1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**9. Do you know if a diet high in salt is related to any of the following diseases:**

	Yes	No	Do not know
Kidney stones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stomach cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**10. Do you find the recommendations by experts regarding salt:**

- Clear and undisputable
- Confusing and/ or contradictory
- I do not know any recommendations

**11. Are you deliberately and consciously trying to follow a diet low in salt?**

- Never/extremely rarely → please, go directly to question 13
- sometimes
- always

**12. If you answered “always” or “sometimes” in question 11, which of the following are you doing? (You may tick more than one)**

- (a) Not purchase salt from supermarkets/shops
  - (b) Not purchase ready-made sauces from supermarkets/shops
  - (c) Remove salt shaker or ready-made sauce (e.g. soy sauce etc.) from table at home
  - (d) Not add salt or ready-made sauce (e.g. soy sauce etc.) on my plate
  - (e) Not add salt or ready-made sauce (e.g. soy sauce etc.) during cooking/preparation of meals
  - (f) Read the labels and buy foods with less or no salt
  - (g) Substitute salt with herbs and spices
  - (h) Rinse thoroughly canned foods in brine before consuming them
  - (i) Other. Please specify:
- 

**13. Which of the following is the most important source of salt in the diet of adults? (tick one answer)**

- Salt added during cooking
- Ready-made sauce/stock cubes added during cooking
- Salt added on the plate
- Ready-made sauce (e.g. soy sauce etc.) added on the plate
- Salt in all types of processed foods (e.g. bread, cheese etc.)
- Salt naturally occurring in foods

**14. Do you find the food served out of home (e.g. in restaurants or canteens) usually:**

- Contains less salt for my preference
- Contains the right amount of salt
- Contains more salt for my preference
- I have not thought about it – I do not take care

**14. Do you know if Himalayan salt, as far as its iodine content is concerned, is:**  
(tick one box)

- Better sources of iodine than iodised salt
- Poorer sources of iodine than iodised salt
- Neither better nor worse
- I do not know - I have never heard of Himalayan salt

**16. Do you check the nutrition information on the food packages for salt content?**

- Yes, always
- Yes, sometimes
- Rarely/never

**17. Are any of the items below, in your opinion, good sources of iodine in the diet?**

(You may tick more than one box)

- |                                       |                                      |  |
|---------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> (a) Fish     | <input type="checkbox"/> (b) Seaweed | <input type="checkbox"/> (c) Iodised salt  |
| <input type="checkbox"/> (d) Red meat | <input type="checkbox"/> (e) Fruits  | <input type="checkbox"/> (f) Soya sauce    |
| <input type="checkbox"/> (g) Milk     | <input type="checkbox"/> (h) Nuts    | <input type="checkbox"/> (i) I do not know |

**18. Do you know if any of the following population groups require additional iodine or are at risk of becoming deficient in iodine? (You may tick one or more answers)**

- Athletes
- Elderly people
- Pregnant women
- Lactating women
- Vegetarians
- Vegans
- I do not know

**19. A diet low in iodine increases the risk for/is related to:**

	<b>Yes</b>	<b>No</b>	<b>Do not know</b>
Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor cognitive development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin rash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thyroid disorders/ disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thank you for your participation!**