

Online Questionnaire on Iron Deficiency Anemia (IDA)

[Informed Consent Form]

Study Title:

Knowledge and Attitudes toward Iron Deficiency Anemia and Diet among College Staff and Students in Saudi Arabia: A Cross-Sectional Survey Study

You are invited to participate in a research study about Iron Deficiency Anemia (IDA) among staff and students in paramedical colleges in Saudi Arabia. Participation is voluntary. All information will be kept confidential and used solely for research purposes.

By completing this questionnaire, you consent to participate in the study.

If you have any questions about the study, you may contact the principal investigator via the email or mobile number provided below.

Contact Information (Optional):

Name: _____
Email: _____
Mobile: _____

Please proceed only if you have read and understood the above and agree to participate.

Online Questionnaire on Iron Deficiency Anemia (IDA)

Section 1: Demographic Characteristics

1. Full Name (Optional): _____

2. Age:

- ☐ <20
- ☐ 20–29
- ☐ 30–39
- ☐ 40–49
- ☐ 50–59
- ☐ ≥60

3. Gender:

- ☐ Male
- ☐ Female

4. Name of College: _____

5. Name of Department: _____

6. (Staff only) Job Type:

- ☐ Administrative
- ☐ Teaching

7. (Students only) Academic Level:

- ☐ Level 1
- ☐ Level 2
- ☐ Level 3
- ☐ Level 4
- ☐ Level 5
- ☐ Level 6
- ☐ Level 7
- ☐ Level 8

Section 2: Knowledge About Iron Deficiency Anemia (IDA)

1. Have you ever heard about anemia?

- ☐ Yes
- ☐ No

2. Which types of anemia have you heard of? (Select all that apply)

- ☐ Iron Deficiency Anemia
- ☐ Thalassemia
- ☐ Sickle Cell Anemia

3. What are the common signs and symptoms of anemia? (Select all that apply)

- ☐ Headache and dizziness
- ☐ Palpitations/tachycardia
- ☐ Insomnia
- ☐ Vomiting
- ☐ Pallor
- ☐ Diarrhea

4. What are the common causes of anemia? (Select all that apply)

- ☐ Iron deficiency
- ☐ Bleeding
- ☐ Vitamin deficiency

5. Which of the following foods are rich in iron? (Select all that apply)

- ☐ Meat and chicken
- ☐ Fish
- ☐ Milk
- ☐ Vegetables and fruits
- ☐ Nuts
- ☐ Tea and coffee
- ☐ Soft drinks (e.g., Pepsi)

Section 3: Attitudes and Dietary Practices Related to IDA

6. Have you ever had iron deficiency or iron deficiency anemia?

☐ Yes

☐ No

7. If you had IDA, was your diagnosis confirmed by a consultant physician based on lab tests (e.g., hemoglobin, ferritin) and clinical symptoms?

☐ Yes

☐ No

8. If yes, how long have you had IDA?

☐ Less than 6 months

☐ 6 months to 1 year

☐ 1–2 years

☐ 2–3 years

9. Have you followed up with a healthcare provider?

☐ Yes, with a doctor

☐ Yes, with a dietitian

☐ No

10. Do you follow any special diet to treat your IDA?

☐ Yes

☐ No

11. Do you regularly take supplements that contain iron?

☐ Yes

☐ No

12. How often do you consume the following food items?

Food Item	Daily	4–6 times/week	1–3 times/week	1–2 times/month	Never
Red meat (beef/lamb)	☐	☐	☐	☐	☐
Chicken	☐	☐	☐	☐	☐
Fish	☐	☐	☐	☐	☐
Legumes (beans, lentils)	☐	☐	☐	☐	☐
Green leafy vegetables	☐	☐	☐	☐	☐
Citrus fruits	☐	☐	☐	☐	☐
Whole grain bread	☐	☐	☐	☐	☐
Tea and coffee	☐	☐	☐	☐	☐

Signature

Date:

AMIR IQBAL

Principal investigator

King Saud University