

Sources of Nutrition Information and Nutrition Competence of Healthcare Professionals Questionnaire

[Eligibility]

1. By checking on the “yes” button below, you are consenting to taking this survey.
选择下方“是”选项，即表示您同意参加本次调查。

Yes 是

No 否

2. Are you currently a healthcare professional?
您目前是否为医务人员？

Yes 是

No 否

3. Do you currently work in a healthcare facility?
您目前是否在医疗卫生机构工作？

Yes 是

No 否

[NUTCOMP 1] Confidence in Knowledge about Nutrition and Chronic Disease

4. The section is aimed at assessing self-perceived knowledge about nutrition and diseases.
Please use the left and right arrow to navigate questions if it does not automatically advance to the next one.
该部分旨在评估对营养与疾病相关知识的自我认知。如果问题没有自动跳转到下一题，请点击左右箭头浏览问题。

Please rate how confident you are in your knowledge of ... (1 to 5 points)

请评价您对以下知识掌握的自信程度 (1 到 5 分)。

(1-not confident at all, 2-not very confident, 3-somewhat confident, 4-very confident, 5-extremely confident)

(1 分-完全不自信, 2 分-不太自信, 3 分-有点自信, 4 分-比较自信, 5 分-十分有信心)

- a. How different body systems are affected by foods and nutrients (e.g., protein and muscle, micronutrient and immune system)
食物和营养成分如何影响身体的不同系统 (例如蛋白质与肌肉, 微量元素与免疫系统)
- b. How foods and nutrients influence the development and management of chronic disease
食物和营养成分如何影响慢性疾病的发展与治疗管理
- c. How an individual's body composition (including size, shape, weight) can impact on the development of chronic disease
个体的身体成分 (包括体型、体形、体重) 如何影响慢性疾病的发生发展
- d. The Dietary Guidelines for Chinese Residents, including recommended amounts of food groups and serving sizes for different ages and genders
中国居民膳食指南, 包括对不同年龄段及性别人群的各种食物种类的推荐摄入量
- e. Guidelines for the nutrition-related management of specific chronic diseases (including type 2 diabetes and cardiovascular disease)
各种慢性疾病 (包括糖尿病及心血管疾病) 的营养治疗管理指南
- f. How foods and nutrients interact with medications
食物和营养成分如何与药物相互作用
- g. The most recently published peer-reviewed evidence regarding nutrition and chronic disease
新发表的经过同行评议的营养与慢性疾病相关研究证据

[NUTCOMP 2] Confidence in Nutrition Skills

5. The section is aimed at assessing self-perceived competence in nutrition skills. Please use the left and right arrow to navigate questions if it does not automatically advance to the next one.
该部分旨在了解对营养相关技能的自我认知。如果问题没有自动跳转到下一题, 请点击左右箭头浏览问题。

Please rate how confident you are in your ability to ... (1 to 5 points)

请评价您对掌握以下能力的自信程度 (1 到 5 分)。

(1-not confident at all, 2-not very confident, 3-somewhat confident, 4-very confident, 5-extremely confident)

(1 分-完全不自信, 2 分-不太自信, 3 分-有点自信, 4 分-比较自信, 5 分-十分有信心)

- a. Interpret data about height, weight and body composition against reference ranges
对照参考范围解读身高、体重和身体成分数据
- b. Interpret an individual's biological data (e.g. blood pressure, cholesterol levels) against reference ranges
对照参考范围解读个人的生理数据 (如血压、胆固醇水平)
- c. Collect information on the food that an individual usually eats (e.g. diet history, food frequency questionnaire)
收集个体日常饮食信息 (例如: 饮食史、食物频率问卷)
- d. Use the Dietary Guidelines for Chinese Residents to evaluate the appropriateness of an individual's food intake
使用《中国居民膳食指南》评估个体的饮食摄入的合理性
- e. Determine appropriate food or nutrition goals for an individual with chronic disease
为慢性疾病患者定制合适的饮食或营养目标
- f. Formulate a meal plan for an individual with chronic disease
为慢性疾病患者定制膳食食谱
- g. Recommend changes in food choices for an individual with chronic disease
为慢性疾病患者提供食物选择方面的调整建议
- h. Monitor and evaluate changes over time regarding the food an individual usually eats
监测并评估个体日常饮食随时间发生的变化
- i. Maintain clear and concise records regarding the nutrition-related assessment and advice you provide to individuals
清楚准确地记录营养相关评估结果及您提供给个体的建议
- j. Access the most recently published peer-reviewed evidence regarding nutrition and chronic disease
获取关于营养与慢性疾病的经同行审议后发表的最新证据
- k. Provide nutrition care that results in improvements in the food that an individual usually eats
提供营养治疗以改善个体的日常饮食习惯

[NUTCOMP 3] Confidence in Communication and Counseling about Nutrition

6. The section is aimed at assessing self-perceived competence in communication and counseling about nutrition. Please use the left and right arrow to navigate questions if it does not automatically advance to the next one.

该部分旨在评估营养沟通和咨询能力的自我认知。如果问题没有自动跳转到下一题，请点击左右箭头浏览问题。

Please rate how confident you are in your ability to ... (1 to 5 points)

请评价您对掌握以下能力的自信程度 (1 到 5 分)。

(1-not confident at all, 2-not very confident, 3-somewhat confident, 4-very confident, 5-extremely confident)

(1 分-完全不自信, 2 分-不太自信, 3 分-有点自信, 4 分-比较自信, 5 分-十分有信心)

- a. Clearly describe what patients/clients can expect from their discussions with you about food or nutrition (e.g., help your patients/clients understand what they can expect from meeting with you)
清楚地描述患者/客户在和您讨论食品或营养时的预期获得的内容 (例如向患者/客户解释清楚他们能从与您的对话中得到什么样的体验或帮助)
- b. Check a patient's/client's understanding of the influence of food and nutrients on their health
检查患者/客户对食物和营养成分对其健康影响的理解程度
- c. Work with patients/clients to identify possible ways to improve the food they usually eat
与患者/客户共同探讨改善其日常饮食的可行方法
- d. Demonstrate genuine empathy to patients/clients about their food-related experiences and goals (e.g., listening and respond with sincerity and understanding, respecting their struggles and hopes)
例如对患者/客户的饮食相关的经历和目标表现出真诚的同情 (以真诚和理解的态度倾听并回应, 尊重他们的困难和期望)
- e. Maintain a non-judgmental attitude in discussions with patients/clients about the food they eat (e.g., avoid criticizing, blaming, or making them feel guilty about their food choices)
在与患者/客户讨论其饮食时保持中立不带偏见的态度 (例如避免批评、指责患者/客户或让他们因自己的饮食而感到内疚)
- f. Communicate with clients about food and nutrition using culturally appropriate language (which means respecting cultural food traditions and beliefs and speaking in a way that's understandable)

使用符合当地文化的语言与顾客沟通食物和营养问题 (即尊重文化饮食传统和信仰, 并用通俗易懂的方式进行沟通)

- g. Consider how personal, social, cultural, psychological, and economic factors may influence the foods that a patient/client eats
考虑到个人、社会、文化、心理和经济方面的因素如何影响患者/客户的饮食
- h. Identify individuals who need additional support from other health professionals or services regarding the food they eat
识别出哪些个体在饮食方面需要其他医疗卫生人员或服务机构提供额外支持
- i. Communicate with other health professionals about the discussions you've had with patients/clients regarding food
就您与患者在饮食方面的讨论, 与其他医疗卫生人员进行沟通

[NUTCOMP 4] Attitudes towards Nutrition Care

7. The section is aimed at assessing self-perceived attitudes towards nutrition care. Please use the left and right arrow to navigate questions if it does not automatically advance to the next one.

该部分旨在评估对于营养治疗的自我认知态度。如果问题没有自动跳转到下一题, 请点击左右箭头浏览问题。

Please rate your agreement with the following statements:

请评价您对以下陈述的同意程度:

(1-completely disagree; 2-somewhat disagree; 3-neither agree nor disagree, 4-somewhat agree; 5-completely agree)

(1分-完全不同意; 2分-有点不同意; 3分-既不同意也不反对; 4分-有点同意; 5分-完全同意)

- a. It is important that all individuals usually eat healthy foods regardless of age, body weight and physical activity levels
重要的是无论年龄、体重和运动强度如何, 所有人都应以健康饮食为主
- b. If the topic arises, it is important that I encourage my patients/clients to eat healthy foods
如果提到了这个话题, 重要的是我应鼓励我的患者/客户选择健康饮食
- c. It is important that I take every opportunity possible to encourage my patients/clients to eat healthy foods

重要的是我应该抓住每一个潜在机会鼓励我的患者/客户选择健康饮食

- d. Encouraging my patients/clients to eat healthy foods is an effective use of my professional time
鼓励我的病人/客户健康饮食，是对我的工作时间的有效利用
- e. Providing specific nutrition recommendations to my patients/clients that can assist with managing their chronic disease is an effective use of my professional time
向我的患者/客户提供具体的营养建议以帮助管理慢性疾病，是对我的工作时间的有效利用
- f. Encouraging my patients/clients to eat healthy foods is within my scope of practice
鼓励我的患者/客户健康饮食属于我的执业范围内
- g. Providing specific nutrition recommendations to my patients/clients that can assist with managing their chronic disease is within my scope of practice
向我的患者/客户提供具体的营养建议以帮助管理慢性疾病，属于我的执业范围内
- h. It is important that I encourage my patients/clients to seek support from other health professionals if I am unable to meet their nutrition-related needs
重要的是当我无法满足患者/客服营养方面的需求时，我应该鼓励他们向其他医疗卫生人员寻求帮助

[Sources of Nutrition Information]

The following questions are aimed at collecting information on sources of nutrition information among healthcare professionals.

以下问题旨在收集医务人员获取营养信息的渠道的相关信息。

8. In the past 30 days, have you accessed any nutrition information?

在过去的 30 天内，您是否获取过营养相关信息？

Yes 是

No 否

9. In the past 30 days, where did you get nutrition information? **(Select all that apply)**

在过去的 30 天内，您从哪些途径获取了营养信息？ **(可多选)**

- a. Colleagues (e.g., doctor, dietitian, nurse)

同事 (例如医生、营养师、护士)

- b. Governmental agencies or professional websites (e.g., CDC, WHO, Chinese Nutrition Society)

政府机构及专业组织网站 (例如疾控中心, 世界卫生组织, 中国营养学会)

- c. Social media (e.g., Sina Weibo, Douyin, Xiaohongshu, Kuaishou, Wexin Official Accounts)

社交媒体 (例如新浪微博、抖音、小红书、快手、微信公众号)

- d. Peer-reviewed publications and guidelines

经过同行审议的发表文献及指南

- e. Friends or family members

朋友或家庭成员

- f. Academic webinars, professional conferences, or continuing education

学术网络研讨会、专业会议或继续教育

- g. Large Language Model Artificial Intelligence (e.g., ChatGPT, DeepSeek, Claude, Gemini)

大语言模型人工智能 (例如 ChatGPT, DeepSeek 深度求索, Claude, Gemini)

- h. Other (please specify)

其他 (请详细说明) _____

10. What kind of nutrition information did you obtain? (Select all that apply)

您获取了哪些种类的营养信息? (可多选)

- a. General dietary recommendations (e.g., healthy eating patterns, vegetarian diet)

一般膳食建议 (例如: 健康饮食模式、素食饮食)

- b. Weight management

体重管理

- c. Disease-specific nutrition recommendations (e.g., diabetic diet, diet for chronic kidney disease, diet for oncology patients)

针对不同疾病的营养建议 (例如糖尿病饮食, 慢性肾脏疾病饮食, 肿瘤患者饮食)

- d. Nutrition support (e.g., enteral and parenteral nutrition)

营养支持 (例如肠内及肠外营养)

- e. Nutrition supplements (e.g., multivitamins, minerals, protein powders, glucosamine, fish oil, lutein)

营养补充剂 (例如多重维生素, 矿物质, 蛋白粉, 氨基葡萄糖, 鱼油, 叶黄素)

- f. Other (please specify)
其他 (请详细说明) _____

11. How often have you accessed nutrition information from each source in the past 30 days?

Please select the frequency of accessing information from the following sources.

在过去 30 天内，您从各个来源获取不同营养信息的频率如何？请选择不同来源营养信息的获取频率。

[Options for each item: rarely (1-2 times in the past 30 days), occasionally (about once per week), sometimes (2-3 times per week), frequently (4-5 times per week), always (>5 times per week or daily)]

[选项：几乎没有(过去 30 天内 1-2 次), 偶尔(大约每周 1 次), 有时(每周 2-3 次), 经常(每周 4-5 次), 总是(每天或每周大于 5 次)]

- a. Colleagues (e.g., doctor, dietitian, nurse)
同事 (例如医生、营养师、护士)
- b. Governmental agencies or professional websites (e.g., CDC, WHO, Chinese Nutrition Society)
政府机构及专业组织网站 (例如疾控中心, 世界卫生组织, 中国营养学会)
- c. Social media (e.g., Sina Weibo, Douyin, Xiaohongshu, Kuaishou, Wexin Official Accounts)
社交媒体 (例如新浪微博、抖音、小红书、快手、微信公众号)
- d. Peer-reviewed publications and guidelines
经过同行审议的发表文献及指南
- e. Friends or family members
朋友或家庭成员
- f. Academic webinars, professional conferences, or continuing education
学术网络研讨会、专业会议或继续教育
- g. Large Language Model Artificial Intelligence (e.g., ChatGPT, DeepSeek, Claude, Gemini)
大语言模型人工智能 (例如 ChatGPT, DeepSeek 深度求索, Claude, Gemini)
- h. Other (please specify)
其他 (请详细说明) _____

12. How often have you incorporated nutrition information from these sources into patient care in the past 30 days? (e.g., sharing advice during appointments or patient chats, adding to notes or prescriptions, modifying diet orders)

在过去 30 天内，您将这些来源的营养信息应用于患者治疗的频率如何？（例如：在就诊或与患者交流时提供建议，记录在病历或处方中，调整饮食处方）

[Options for each item: rarely (1-2 times in the past 30 days), occasionally (about once per week), sometimes (2-3 times per week), frequently (4-5 times per week), always (>5 times per week or daily)]

[选项：几乎没有(过去 30 天内 1-2 次), 偶尔(大约每周 1 次), 有时(每周 2-3 次), 经常(每周 4-5 次), 总是(每天或每周大于 5 次)]

- a. Colleagues (e.g., doctor, dietitian, nurse)
同事 (例如医生、营养师、护士)
- b. Governmental agencies or professional websites (e.g., CDC, WHO, Chinese Nutrition Society)
政府机构及专业组织网站 (例如疾控中心，世界卫生组织，中国营养学会)
- c. Social media (e.g., Sina Weibo, Douyin, Xiaohongshu, Kuaishou, Wexin Official Accounts)
社交媒体 (例如新浪微博、抖音、小红书、快手、微信公众号)
- d. Peer-reviewed publications and guidelines
经过同行审议的发表文献及指南
- e. Friends or family members
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- f. Academic webinars, professional conferences, or continuing education
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- g. Large Language Model Artificial Intelligence (e.g., ChatGPT, DeepSeek, Claude, Gemini)
大语言模型人工智能 (例如 ChatGPT，DeepSeek 深度求索，Claude，Gemini)
- h. Other (please specify)
其他 (请详细说明) _____

[Demographics]

You are almost done. The final questions will gather some demographic information. Your answers are anonymous and will only be used for the purpose of analysis in this project.

您即将完成问卷。最后几个问题将收集一些人口学信息。您的回答是匿名的，并且仅将用于本项目的数据分析。

13. What is your profession?

您的职业是？

- a. Physician 内科医生
- b. Surgeon 外科医生
- c. Traditional Chinese Medicine Doctor 中医医生
- d. Nurse 护士
- e. Dietitian 营养师
- f. Technician/allied health professional (e.g., radiology, physical therapy)
技师/辅助医疗专业人员 (例如：放射科、物理治疗)
- g. Pharmacist 药剂师
- h. Other (please specify) 其他 (请详细说明) _____

14. What level of hospital are you working in?

您所在的医院属于哪个级别？

- a. Primary/community hospital 基层/社区医院
- b. Secondary hospital 二级医院
- c. Tertiary grade B/C hospital 三级乙等/丙等医院
- d. Tertiary grade A hospital 三级甲等医院
- e. Other 其他

15. How many years have you been working in this profession?

您从事这个职业多少年了？

- a. Less than 5 years 5 年以下
- b. 6 - 10 years 6 到 10 年
- c. 11 - 15 years 11 到 15 年
- d. 16 - 20 years 16 到 20 年
- e. More than 20 years 超过 20 年

16. Have you ever participated in any professional development (e.g., obtaining nutrition-related certification) or continuing education on the topic of nutrition?

您是否曾参与过任何与营养相关的专业发展培训（例如：获得营养相关认证）或继续教育课程？

Yes 是

No 否

17. Which of the following best describes your previous nutrition education?

下列哪项最适合描述您先前接受的营养教育？

a. I have completed a Certificate or other non-degree course that included some nutrition content

我完成了一项涵盖部分营养内容的证书课程或其他非学位课程

b. I have completed a Certificate or other non-degree course that was predominantly focused on nutrition (e.g., courses related to the registration examination for dietitians)

我完成了一项以营养学为主要内容的证书课程或其他非学位课程（例如注册营养师资格证相关培训课程）

c. I have completed a degree that included some nutrition content

我完成了的学位包含部分营养学内容

d. I have completed a degree that was predominantly focused on nutrition

我完成了一个以营养学为主的学位

18. What is your age in years? (Please enter your age in years)

您的年龄是多少岁？（请直接填写数字）

19. What is your highest level of education? 您的最高学历是？

a. Associate's degree 专科

b. Bachelor's degree 本科

c. Master's degree 硕士研究生

d. Doctorate 博士研究生

e. Other 其他

20. What is your gender? 您的性别是?

- a. Male 男性
- b. Female 女性
- c. Prefer not to say 不愿透露