

Control ☐

Omega-3 ☐

Nutrition ☐

Patient name: _____

Phone: _____

Address: _____

Today's Date: _____

SOCIODEMOGRAPHIC CHARACTERISTICS

1. Year of birth: _____

2. Gender: ☐ Male ☐ Female

3. Marital Status: ☐ Single ☐ Married ☐ Widowed ☐ Divorced

4. Religion: ☐ Muslim ☐ Christian ☐ Yezidi ☐ Others-----

5. Level of education:

- ☐ No formal education
- ☐ Able to write and read
- ☐ Primary School
- ☐ Intermediate School
- ☐ Secondary school
- ☐ Diploma(Institute)
- ☐ Bachelor degrees (college)
- ☐ Postgraduate (Master or PhD) degrees

6. Occupation:

- ☐ Unemployed
- ☐ Employee
- ☐ Student
- ☐ Housewife
- ☐ Retired
- ☐ Self-business
- ☐ Worker/hand worker
- Others.....

7. Nature of Work:

- ☐ Employed full time
- ☐ Employed part time

8. Residential area: ☐ Urban ☐ Suburban ☐ Rural

9. Family income:

☐ **Below average** (≤ 500000 ID)

☐ **Average** (>500000 - 100000 ID)

☐ **Above average** (>1000000 ID)

10. Past Medical History:

☐ Non

☐ Hypertension

☐ Type 2 Diabetes mellitus

☐ PCOS

☐ Dyslipidemia

☐ Hypothyroidism

☐ cardiovascular disease

☐ Others:

11. Which medications do you currently take?

☐ Non

☐ Aspirin intake

☐ Statin intake(Exclude)

☐ Insulin intake

☐ Biguanide intake (Metformin)

☐ Others.....

12. Do you currently take any supplements:

☐ Yes

☐ No

If yes which supplements, do you take.....

13. Smoking status:

Do you currently smoke?

☐ Yes ☐ No

If yes type?

☐ Cigarette ☐ Waterpipe ☐ Vape

Ex-smoker

☐ Yes ☐ No

If yes, when did you stop smoking

14. Do you have any particular food allergies?

☐ Yes ☐ No

If yes please specify it.....

ANTHROPOMETRIC MEASUREMENT AND BIOCHEMICAL PARAMETER

Anthropometric measurements	Baseline	End
Hight (cm)		-----
Weight (kg)		
BMI		
Waist circumference		
Hip circumference		
Waist to hip ratio (cm)		

Biochemical Parameters:	Baseline	End
Lipid profile		
Triglyceride		
Cholesterol		
LDL		
HDL		
Liver enzymes		
AST		
ALT		
ALP		
Liver ultrasound grade		
Grade I		
Grade II		

Lifestyle Questionnaire:**Part I: INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (IPAQ)****Types 3: Walking physical activities.**

Minute/ days:

Frequency per week

Type 2: Moderate physical activities (doubles tennis, gardening, bicycling at peace, swimming, hiking).

Type:

Minute/ days:

Frequency per week

Type 1: Intensive (vigorous) physical activities like (heavy lifting, aerobics (running), or fast bicycling).

Type:

Minute/ days:

Frequency per week

Part II: Dietary Habits

Code	Items	Never (0wk)	Rarely (1wk)	Sometimes (2-3wk)	Often (4-5wk)	Always (+6)
1	Eating at home					
2	Eating outside					
3	I eat regular meals					
4	Eating Breakfast					
5	Eating fast					
6	Eating between meals					
7	Eating before bedtime					
8	Eating fruit before bedtime					
9	I often feel hungry					
10	Drinking tea directly after meals					
11	I eat fatty food					
12	When I see or smell food that I like, it makes me want to eat.					

Part III: DIETARY PATTERN

A short food frequency questionnaire for assessing dietary intakes of non-alcoholic fatty liver disease patients:

Food	Frequency				
	Never	Daily	weekly	2-3/week	Monthly
Meat					
Lamb Meat	☐	☐	☐	☐	☐
Beef Meat	☐	☐	☐	☐	☐
Sea food					
Fish	☐	☐	☐	☐	☐
Shellfish	☐	☐	☐	☐	☐
Chicken	☐	☐	☐	☐	☐
Eggs					
Fried	☐	☐	☐	☐	☐
Boiled	☐	☐	☐	☐	☐
Omelet	☐	☐	☐	☐	☐
Refined grain					
White Bread	☐	☐	☐	☐	☐
White Rice	☐	☐	☐	☐	☐
Whole Grain					
Wheat flour	☐	☐	☐	☐	☐
Brown rice	☐	☐	☐	☐	☐
Bulgur	☐	☐	☐	☐	☐
Oat	☐	☐	☐	☐	☐
Dairy Product					
Milk	☐	☐	☐	☐	☐
Yoghurt	☐	☐	☐	☐	☐
Cheese	☐	☐	☐	☐	☐
Fried food	☐	☐	☐	☐	☐
Fast food (Pizza,	☐	☐	☐	☐	☐

Burger.....)					
Vegetables	☐	☐	☐	☐	☐
Boiled vegetables(broccoli, zucchini,.....)	☐	☐	☐	☐	☐
Fresh Vegetables(cucumber,...)	☐	☐	☐	☐	☐
Fruits	☐	☐	☐	☐	☐
Cooking fats & oil					
Olive oil	☐	☐	☐	☐	☐
Sunflower oil	☐	☐	☐	☐	☐
Animal butter	☐	☐	☐	☐	☐
Plant butter	☐	☐	☐	☐	☐
SWEETS (Baklava, cakes, Jam,.....)	☐	☐	☐	☐	☐
Legumes (Beans, chickpea, lentils....)	☐	☐	☐	☐	☐
BEVERAGES	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐
Packaged fruit juices	☐	☐	☐	☐	☐
Fresh fruit juices	☐	☐	☐	☐	☐
Sweetened beverages (sweetened tea...)	☐	☐	☐	☐	☐
Fizzy drinks	☐	☐	☐	☐	☐
Alcohol (less than 20 g/day in men and 10 g/day in women).	☐	☐	☐	☐	☐
NUTS and Seeds	☐	☐	☐	☐	☐