

Research Study: Nutritional Awareness as Reflected by Key Body Compositional Parameters Among Clinical Nutrition Undergraduates at Qassim University

Participant Information

- **Research Title:** Nutritional Awareness as Reflected by Key Body Compositional Parameters Among Clinical Nutrition Undergraduates at Qassim University
- **Principal Investigator:** Dr. Fahad Alhodieb
- **Co-Investigators:** Faiyaz Ahmed, Naif Almujaideh, Ghala Al-Watban and Jenan Fahad
- **Institution:** Qassim University
- **Contact Information:** F.Alhodieb@qu.edu.sa

Ethical Consent Statement:

You are invited to participate in this research study, which aims to assess nutritional awareness as reflected by key body composition parameters among clinical nutrition undergraduates at Qassim University. Your participation is voluntary, and all responses will remain confidential and used solely for academic purposes.

Thank you for your time and cooperation.

Do you agree to participate?

- ☐ Yes
- ☐ No

Section 1: Demographic Information

1. Age:

- ☐ Under 20
- ☐ 20-24
- ☐ 25 and above

2. Gender:

- ☐ Male
- ☐ Female

3. Academic Level:

- ☐ Preparatory Year Program (PYP)
- ☐ Bachelors
- ☐ Masters

4. Do you have any known health conditions? (e.g., diabetes, hypertension, obesity)

- ☐ Yes (please specify): _____
- ☐ No

Section 2: Nutritional Awareness and Dietary Habits

5. How would you rate your nutritional awareness?

- ☐ Poor
- ☐ Fair
- ☐ Good
- ☐ Excellent

6. Do you track your daily food intake or monitor your calorie consumption?

- ☐ Yes, using a mobile app
- ☐ Yes, manually
- ☐ No

7. **How often do you consume the following food groups?** (Mark the appropriate frequency)

	Daily	3-5 times a week	1-2 times a week	Rarely
Soft drinks	☐	☐	☐	☐
Arabic sweets	☐	☐	☐	☐
Fruits/salads	☐	☐	☐	☐
Fresh Fruits	☐	☐	☐	☐
Fruit Juice	☐	☐	☐	☐
Fresh vegetables	☐	☐	☐	☐
Cooked vegetables	☐	☐	☐	☐
Dairy Products	☐	☐	☐	☐
Red Meat	☐	☐	☐	☐
Chicken	☐	☐	☐	☐
Fish	☐	☐	☐	☐
Legumes/beans	☐	☐	☐	☐
Whole grains cereals/baked Foods	☐	☐	☐	☐
Fast Foods	☐	☐	☐	☐
Ready to eat foods (Processed Foods)	☐	☐	☐	☐

8. **Do you consciously alter your diet based on your health goals?**

- ☐ Yes, regularly
- ☐ Sometimes
- ☐ No

9. Have you ever received professional nutrition guidance?

- ☐ Yes, from a dietitian/nutritionist
- ☐ Yes, from online sources
- ☐ No

Section 3: Body Composition and Health Parameters

10. Do you regularly monitor your body composition (e.g., BMI, fat percentage, muscle mass)?

- ☐ Yes, using a professional device (e.g., InBody, DEXA, etc.)
- ☐ Yes, using a home scale or mobile app
- ☐ No

11. Do you monitor your lean body mass (LBM) or skeletal muscle mass?

- ☐ Yes, regularly
- ☐ Occasionally
- ☐ No

12. Do you track your body water percentage?

- ☐ Yes, regularly
- ☐ Occasionally
- ☐ No

13. Do you monitor your bone density levels?

- ☐ Yes, regularly
- ☐ Occasionally
- ☐ No

14. Height _____

15. Weight _____

16. Fat % _____

17. Fat Mass _____
18. FFM _____
19. Muscle Mass _____
20. TBW _____
21. TBW % _____
22. Bone Mass _____
23. BMR _____
24. Visceral Fat Rating _____
25. BMI _____
26. Physique Rating _____

Section 4: Physical Activity and Lifestyle

27. How often do you engage in physical activity per week?

- ☐ None
- ☐ 1-2 times
- ☐ 3-4 times
- ☐ 5 or more times

28. What type of physical activity do you engage in most frequently?

- ☐ Cardio (Running, cycling, swimming)
- ☐ Strength training (Weightlifting, resistance exercises)
- ☐ Yoga/Pilates
- ☐ No regular exercise

Section 5: Perception and Recommendations

29. Do you believe that tracking body composition can improve dietary behaviors?

- ☐ Yes
- ☐ No
- ☐ Not sure

30. Would you recommend body composition monitoring for nutrition students?

- ☐ Yes
- ☐ No
- ☐ Maybe

31. What challenges do you face in maintaining a healthy diet? (Check all that apply)

- ☐ Lack of time
- ☐ High cost of healthy food
- ☐ Lack of awareness about nutrition
- ☐ Social influences (friends, family habits)
- ☐ Other (please specify): _____

32. What suggestions do you have for improving nutrition awareness among university students? _____

Thank You for Your Participation!

Your responses are highly valuable in assessing the role of nutritional awareness in body composition among clinical nutrition students at Qassim University.