

STROBE Checklist (Cross-Sectional Study)

Nutritional awareness as reflected by key body compositional parameters among clinical nutrition undergraduates at Qassim University

Section	Item	STROBE Recommendation	Reported in Manuscript
Title/Abstract	1	Indicate study design	Yes – Cross-sectional study mentioned in abstract
Introduction	2	Background/rationale	Yes – Comprehensive background provided
Introduction	3	Objectives	Yes – Clearly stated objective
Methods	4	Study design	Yes – Cross-sectional design described
Methods	5	Setting	Yes – Qassim University, timeline specified
Methods	6	Participants	Yes – Inclusion/exclusion criteria defined
Methods	7	Variables	Yes – Nutrition knowledge, diet, body composition
Methods	8	Data sources/measurement	Yes – GNKQ, anthropometry, BIA
Methods	9	Bias	Partially – Mentioned limitations of dietary assessment
Methods	10	Study size	Yes – Sample size described (n=117)
Methods	11	Quantitative variables	Yes – Statistical handling explained
Methods	12	Statistical methods	Yes – SPSS, tests described
Results	13	Participants	Yes – Flow and final sample reported
Results	14	Descriptive data	Yes – Tables 1–4
Results	15	Outcome data	Yes – Anthropometric and dietary results
Results	16	Main results	Yes – Statistical significance reported
Results	17	Other analyses	Yes – BMI associations analyzed
Discussion	18	Key results	Yes – Summarized
Discussion	19	Limitations	Yes – Cross-sectional and self-report bias
Discussion	20	Interpretation	Yes – Compared with literature
Discussion	21	Generalisability	Yes – Discussed limitations
Other	22	Funding	Yes – Declared