Additional file: ACL Patient Questionnaire

(English translation of the original Dutch questionnaire; question numbering matches the original)

Dear Sir/Madam,

We invite you to complete a short questionnaire about the role of nutrition in the rehabilitation process following anterior cruciate ligament (ACL) reconstruction. Your participation is important because we want to expand our knowledge about the role of nutrition in ACL rehabilitation. Based on the results of this questionnaire, we can conduct more targeted follow-up research and/or adapt or develop practical guidelines. Ultimately, this will hopefully lead to further improvement in the treatment of ACL injuries. Your answers will be processed anonymously and strictly confidentially and will only be used for research purposes. Completing the questionnaire takes approximately 10 minutes.

Thank you in advance for your cooperation!

Kind regards, on behalf of the research team

Prof. dr. J. Zwerver, Sports and Exercise Medicine Physician, Gelderse Vallei Hospital, Sportvallei, Ede, and University Medical Center Groningen, Center for Human Movement Sciences, Groningen; Wybren van der Wal, MD, Sports Orthopedic Surgeon specialized in knee surgery, Gelderse Vallei Hospital, Sportvallei, Ede; Dr Marco Mensink, Assistant Professor of Nutrition and Health, Wageningen University; Dr Wouter Welling, Exercise Scientist, Pro-F Physiotherapy Enschede; Ir Daan Broersma, Nutrition Scientist

---

1. Are you …

- ■ Male
- ■ Female
- ■ Non-binary
- ■ I prefer not to answer

2. What is your age? (in years)

_____

3. Do you currently have an anterior cruciate ligament (ACL) injury? That is, an injury for which you are currently still being treated.

- ■ Yes, I currently have an ACL injury
- ■ No, I do not currently have an ACL injury (I may have had one longer ago; that will be addressed in the following questions)

4. Have you had an ACL injury in the past 3 years, i.e. an ACL injury for which you are no longer being treated, regardless of whether you still experience symptoms from it?

- ■ Yes, I have had an ACL injury in the past 3 years
- ■ No, I have not had an ACL injury in the past 3 years (I may have had one longer ago; that will be addressed in the following question)

5. Have you had an ACL injury/injuries in the past (before that)? That is, longer than 3 years ago, regardless of whether you currently have, or have had in the last 3 years, another injury.

- ■ Yes
- ■ No

6. Have you ever undergone surgery ('reconstruction') for the ACL injury?

- ■ Yes
- ■ No

6.1. How many months/years ago was the most recent ACL surgery performed?

- Months (if ‘months’ is selected, enter the number of months below)
- Years (if ‘years’ is selected, enter the number of years below)
- Not applicable

_____

7. Was/is this your first ACL reconstruction, or have you undergone multiple ACL reconstructions in the past?

- First ACL reconstruction
- Second ACL reconstruction
- Third ACL reconstruction
- More than 3 reconstructions

8. Are you currently undergoing the rehabilitation process following an ACL reconstruction?

- Yes
- No

8.1. Since when have you been undergoing the ACL reconstruction rehabilitation process?

- Months (if ‘months’ is selected, enter the number of months below)
- Years (if ‘years’ is selected, enter the number of years below)

_____

9. How would you describe your general state of health?

- Excellent
- Good
- Average
- Poor
- Very poor

10. Do you think nutrition has played, or could play, a role in your rehabilitation?

- Yes
- No
- I don't know

11. Did you receive advice about nutrition and nutritional supplements during your (current or most recent) recovery period?

- Yes
- No

11.1 From whom did you receive nutritional advice? (you can select more than one option)

- General practitioner
- Dietitian
- Physiotherapist
- Sports physician
- Orthopedic surgeon
- Personal trainer
- Friends or family
- Other, please specify...

11.2 If yes, what kind of nutritional advice did you receive?

_____

11.3 Do you follow the nutritional advice you received?

- Yes, always
- Mostly
- Sometimes
- No, almost never

11.4 At what point did you start (or were you advised to start) adjusting your diet in relation to your recovery?

- Before the surgery/treatment
- Immediately after the surgery/treatment
- During the recovery process
- I have not adjusted my diet
- Other, please specify...

11.5 What effect do you think nutrition has on your recovery process? (you can select more than one option)

- Improvement of general health
- Faster recovery from the procedure
- Faster recovery from the injury
- Better physical performance
- No effect
- Other, please specify...

11.6 What are the biggest challenges you experience in following nutritional advice during your recovery? (you can select more than one option)

- Lack of specific information
- Difficult to apply the advice
- I have too little knowledge of nutrition to apply it
- Financial costs
- Lack of motivation
- I don't believe nutrition has an effect
- No challenges
- Other, please specify...

12. May we possibly contact you for further research on the importance of nutrition in the recovery process of ACL injuries?

- Yes
- No

[If yes:] Please enter your e-mail address below

_____

Powered by Qualtrics

If you have any additional comments, you can share them below. If not, this is the end of the questionnaire. Thank you for your cooperation!

_____