فقرات الاستبيان

Demographic details	Classification
Sex	Male
	Female
Age group (years)	20-25
	26-30
	31-35
	>35 years
Academic college name	Medicine and general surgery
	anesthesia
	Pharmacy
	Dentistry
	Medical laboratory
	Nursing
	Midwifery
Level of education	First year
	Second year
	third year
	Fourth year
	Fifth year
	Sixth year
Marital status	Single
	Married
	Divorced
Have you ever measured your vitamin D level?	Yes
	No
If you measure your vitamin D. level. (How good is his level)	Yes
	No
Do you have vitamin D. deficiency?	Yes
	No
	I don’t know
Source of information	Mass media, Newspaper, Radio
	Books, Magazine
	Personal from Health care
	Family and friends

Knowledge				
No.	Parameter	Yes	No	I don't know
1	People who spend most of their time indoors are more likely to develop vitamin (D) deficiency			
2	Taking vitamin D in amounts higher than the recommended level may cause health problems.			
3	Older adults are at greater risk of vitamin D deficiency.			
4	Poor nutrition increases the chance of vitamin D deficiency.			
5	The need for vitamin D supplements varies depending on age.			
6	Pregnant and breastfeeding women are at higher risk of vitamin D deficiency.			
7	Most vitamin D in the body is produced through direct exposure to sunlight.			
8	Vitamin D deficiency is one of the most common health problems today.			
9	Bone pain and fatigue may be symptoms of vitamin D deficiency.			
10	Both men and women are at risk for vitamin D deficiency.			
11	Fatty fish are an important dietary source of vitamin D.			
12	Dairy products are major sources of vitamin D.			
13	Eggs are a dietary source of vitamin D.			
14	Meat and poultry contain vitamin D.			
15	Some fruits contain vitamin D.			

Attitudes						
No.	Parameter	Strongly	Agree	Neutral	Disagree	Strongly Disagree
1	Increased construction in cities makes the chances of exposure to sunlight less, reducing the production of vitamin (D) in the body.					
2	The lack of parks and open spaces for outdoor activities makes people not spend enough time in the sun.					
3	Working long hours inside buildings prevents getting enough sunlight.					
4	Lack of health awareness of the importance of sunlight reduces vitamin D production.					
5	The unpleasant taste of some seafood prevents people from consuming it as a source of vitamin D.					
6	Supplements are more effective than food or sunlight in treating vitamin D deficiency.					
7	Frequent use of sunscreen on the face and hands reduces vitamin D production.					
8	The high cost of vitamin D-rich foods is a barrier to their consumption.					
9	Supplements are necessary to treat vitamin D deficiency but not for prevention.					
10	Taking vitamin D supplements without a doctor’s advice is wrong.					

Practice						
No.	**Parameter**	**Always**	**Often**	**Sometimes**	**Rarely**	**Never**
1	I do outdoor physical activities to get sunlight.					
2	Make sure to drink milk fortified with vitamin D.					
3	I eat fish at least twice a week as a source of vitamin D.					
4	I get direct sunlight exposure every day.					
5	I sometimes get sunlight through glass.					
6	I wear hats to reduce excessive sun exposure.					
7	I use sunscreen on my face.					
8	I use sunscreen on my hands.					
9	I take vitamin D supplements regularly.					