**Supplementary Material – Study Questionnaire**

[***A survey to assess knowledge of iodine nutrition among women of childbearing age***](https://www.surveymonkey.net/MySurvey_EditPage.aspx?sm=sSSDSXQnPwvawifW%2byjBVDSkOkxC7xF2EVBPV2O%2bX3ZERjRLHeX%2fQpgjhQLtRqM7&TB_iframe=true&height=450&width=650)

My name is [student’s name] and I am undertaking this research as part of my BSc Hons Human Nutrition final year project at Ulster University*.*

As part of this project we wish to find out how much women of childbearing age know about iodine in relation to nutrition and health.
You have been invited to take part as you have responded to the recruitment email and are a female between 18 and 45 years of age.

The aim of this study is to identify the knowledge and practices of women of childbearing age in relation to iodine nutrition.

There are 3 parts to this questionnaire:
i) General characteristics
ii) Iodine nutrition: Knowledge
iii) Iodine nutrition: Practice

The survey should only take about 15 minutes of your time to complete. By completing this online questionnaire you are giving consent for us to use this information within our study. You are free to withdraw at any time by not completing the questionnaire. All data collected will be held anonymously and securely.

This study has been approved by the Ulster University, School of Biomedical Sciences Ethics Filter Committee.

If you require any further information on this study, please contact:
[Study team contact details]

Thank you for taking the time to read this information

Part i) General Characteristics

**1. What age group do you fit into?**

* 18-25
* 26-30
* 31-35
* 36-40
* 41-45 years of age

**2. What is the highest level of education qualification you have ACHIEVED to date?**

* Secondary Education: GCSE or equivalent
* Secondary Education: A-level or equivalent
* Further Education: BTEC or equivalent
* Higher Education: Undergraduate degree (BSc)
* Higher Education: Postgraduate degree (MSc, PhD)
* Other (please specify)

**3. What is your current employment status?**

* Work part-time
* Work full-time
* Unemployed
* Student
* Self-employed
* Retired
* Other
* If other, please specify:

**4. If you are currently enrolled in a higher education programme at Ulster University****please indicate your course of study
OR
If employed, please provide your job title**

**5. What country are you from?**

* Northern Ireland
* Republic of Ireland
* Scotland
* Wales
* England
* Other
* If other, please specify:

**6. Do you smoke?**

* Yes
* No

**7. What ethnic group best describes you?**

* Caucasian - British/Irish
* Caucasian - Other
* Asian - Chinese
* Asian - Other
* Black
* Other
* If other, please specify:

**8. Have you ever been diagnosed with any medical condition affecting the thyroid gland (for example Graves’ disease, hyperthyroidism or hypothyroidism)?**

* Yes
* No
* Not sure

**9. Are you currently pregnant?**

* Yes
* No
* Not Sure

**10. Are you currently breastfeeding?**

* Yes
* No
* Please add any additional comments if you wish:

**Part ii) Iodine nutrition: Knowledge**

**11. Are you aware of the nutrient iodine?**

* Yes
* No
* Vaguely aware

**12. Which of the following do you think is the RICHEST food source of iodine in the UK/Ireland?**

* Fruit
* Vegetables
* Eggs
* Meat and meat products
* Salt
* Milk and Dairy
* Bread
* Fish and seafood
* Nuts and seeds
* Breakfast cereals
* Don’t know

**13. What do you understand to be the main health problem/s associated with not having enough iodine in the diet? (tick all that apply)**

* Weak bones and teeth
* Heart conditions
* Impaired physical development during childhood
* Neural Tube Defects
* Allergy
* Malformations in pregnancy (Birth defects)
* Don’t know
* Blindness
* Goitre
* Weak immune system
* Mental Retardation
* Arthritis
* Other (please specify)

**14. Based on your understanding, at which stage of the life cycle do you think iodine is most important?**

* Babies and young children
* Teenagers
* Adults
* Elderly adults
* Pregnant and breastfeeding women
* Don’t know

**15. Do you think iodine deficiency is a common health problem in the UK and Ireland at the moment?**

* Yes
* No
* Don't know

**16. Do you think that your present diet provides you with enough iodine?**

* Yes
* No
* Not sure

**17. Have you ever received any information related to iodine and health?**

* Yes
* No
* Not sure

**18. Please indicate the source of information**

* Healthcare professional
* Media outlet
* Education
* Friends, family or colleagues
* Not sure

**Part iii) Iodine nutrition: Practice**

**19. Are you currently taking an iodine-containing food supplement?**

* Yes
* No
* Not sure

If yes, Please give details on frequency and brand name below:

**20. For how long have you been taking these supplements?**

* Less than 3 months
* 3-6 months
* 6-9 months
* 9-12 months
* Longer than 12 months
* Not sure

**21. Why did you start taking this supplement?**

**22. If you drink milk, how often and how do you drink it?
Select one column for each food (per day, per week, per month or never)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Per day (servings) | Per week (servings) | Per month (servings) | Never |
| With tea / coffee |  |  |  |  |
| In breakfast cereals |  |  |  |  |
| In chocolate, cappuccino, Horlicks drinks |  |  |  |  |
| Just as it is (glass / cup of milk) |  |  |  |  |

**23. How often do you consume organic milk?**

* Never
* Sometimes
* Often
* Always

**24. How often do you consume eggs? Select one column for each food (per day, per week, per month or never)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Per day (servings) | Per week (servings) | Per month (servings) | Never |
| Boiled |  |  |  |  |
| Fried |  |  |  |  |
| Scrambled |  |  |  |  |
| Poached |  |  |  |  |
| Omelette |  |  |  |  |

**25. Please indicate below how often you consume the following foods? Select one column for each food (per day, per week, per month or never)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Per day (servings) | Per week (servings) | Per month (servings) | Never |
| Oil-rich fish (eg salmon, mackerel, sardine, tuna, herring) |  |  |  |  |
| White sea-fish |  |  |  |  |
| Seafood other than fish (inc. prawns, shellfish, seaweed) |  |  |  |  |
| Cheese (hard or soft) |  |  |  |  |
| Cheese-based dishes (i.e pizza, sandwich, cauliflower cheese) |  |  |  |  |
| Yoghurts |  |  |  |  |
| Milk or cream-based puddings (eg custard, ice cream) |  |  |  |  |
| Broccoli |  |  |  |  |
| Cabbage, Brussels sprouts, cauliflower, kale |  |  |  |  |
| Turnip, pak choi, swede |  |  |  |  |
| Beansprouts, sweet potatoes |  |  |  |  |
| Soya products (i.e tofu, soya milk, veggie burgers) |  |  |  |  |

**26. At the table do you:**

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| Generally add salt to food without tasting first |  |  |
| Taste food and then generally add salt |  |  |
| Taste food but only occasionally add salt |  |  |
| Rarely or never add salt at the table |  |  |

**27. Do you buy iodized salt for use at home?**

* Yes
* No
* Not sure

Please specify type or brand of salt if known.

**28. How did you hear about this survey?**

* Email
* Facebook
* Twitter
* Website
* Friend/family/colleague
* Other

If other, please specify:

**29. Would you be willing to be contacted about taking part in future research studies being conducted by Ulster University****in a related area?**

* Yes
* No

If yes, please provide your name and e-mail address in the box below