Ok, this document talks you through my questionnaire. I have put the questions and possible answers in black, and the purple writing is an explanation where I feel one may be needed.

The questionnaire is split into 4 sections.

For all questions that have got only yes /no as possible answers, if possible please put a number 1 by the box/circle to check yes, and a number 2 by the box/circle to check no (easier for data capturing). If you can't do that and a drop down menu with yes or no is easier then that is fine. The same applies to any other answers throughout where they have a list of things to choose from-if you can have the number as part of the option that would be great.

A note about the 1s and 2s. You won't get the completed results back in the form of this document filled out, I trust you realise that. All the answers will be captured in a database, and we'll have to decide how to deal with that.

Section 1: SOCIODEMOGRAPHIC CHARACTERISTICS

1. What is your age

Here people can actually write their age, or you can use a drop down menu, whatever is easiest

Okay, I'll consider. A drop down may have too many options to be convenient.

2. What is your gender

Here people can actually write their gender, or you can use a drop down menu, whatever is easiest

3. What year did you qualify as a dietician? Drop down/text box

4. At which university did you obtain this qualification? Text box

5. Do you have any post-graduate qualifications? Yes/No

6. If you answered yes to question 5, please indicate which of the following post-graduate qualifications you have:
    1. Post-graduate/hospital diploma in dietetics
    2. Post-graduate diploma in another discipline
    3. Honors in Dietetics
    4. Honors in another discipline
    5. Masters in dietetics

6. Masters in another discipline
7. PhD in Dietetics
8. PhD in another discipline
9. Other

If you answered other, please elaborate

7. Please indicate whether your current job is in the government or the private sector   drop down /option to tick gov or pvt Is it possible to be working in both? Or must I just give one option? 💬

8. Does your current job involve counseling patients Yes/No

9. Please indicate the number of years' experience you have in counselling patients (either one-on-one or group sessions) in your time as a dietician

   1. 0 – 1 year
   2. 1 – 5 years
   3. 5 – 10 years
   4. Over 10 years

10. Using the list of conditions below, please rank which patient types you have experience in counselling in, from your time as a dietician. 1 = most experience, 8 = least experience
I'm slightly confused by this one. So let's say they have the most experience with cancer, would they put a one next to number 3, or put 3 next to one? Surely having the list and indications both as numbers could end up messing with things? How do you know which way the person fills it out.
1. Chronic diseases of lifestyle (obesity, diabetes, hypertension, cardiovascular diseases, dyslipidemia etc.)
                                                                    💬
2. HIV/AIDS and TB
3. Cancer
4. Paediatric nutrition
5. Renal diseases
6. Liver diseases
7. Sports nutrition
8. Disorders of the gastrointestinal tract (IBD, surgery etc.)

1		2		3		4		5		6		7		8	

11. Please indicate your main area of interest (please choose ONLY one)   people don't tend to listen to instructions, is it possible here to create it so that if they try and choose more than one it automatically unchecks the previous one the checked (wow not sure if that makes sense)

    Easily done, no worries

    1. Sports nutrition

2. Paediatric nutrition
3. Chronic diseases of lifestyle management
4. HIV/AIDS and TB
5. Oncology
6. Allergies
7. Eating disorders
8. Intensive care/surgery/immuno-nutrition
9. Other

If you choose other please elaborate

Section 2: CHRONIC DISEASES OF LIFESTYLE MANAGEMENT

1. You are counselling a patient who is obese, has type 2 diabetes mellitus and dyslipidemia. He has family history of heart disease. Please jot down the main dietary aspects that you feel are the most important to convey to the patient in the time that you are seeing him.

   This would obviously need a text box….they don't need masses of space as they should just be jotting down main themes. Probably equal to the length of this paragraph (black and purple).

   From here on out (for this section), I take it it is just like multiple choice, they should only be able the give 1 answer?

2. A weight reduction diet should focus on a reduction of total energy intake

   1. Strongly disagree   _____

   2. Disagree   _____

   3. Neutral   _____

   4. Agree   _____

   5. Strongly agree   _____

3. A diet high in saturated fat and cholesterol can cause atherosclerosis and cardiovascular disease

   1. Strongly disagree   _____

2.Disagree   _____

3. Neutral   _____

4. Agree   _____

5. Strongly agree   _____

4. All type 2 diabetics should follow a diet which provides 50 – 60% of unrefined carbohydrates, 25 – 30 % fat (with ≤10% as saturated fat) and the remainder as protein

1. Strongly disagree   _____

2. Disagree   _____

3. Neutral   _____

4. Agree   _____

5. Strongly agree   _____

5. A dietician is the most qualified person to advise patients with obesity and related diseases (such as insulin resistance, type 2 diabetes mellitus, dyslipidaemia or cardiovascular disease) on dietary choices

1.Strongly disagree   _____

2. Disagree   _____

3.Neutral   _____

4.Agree   _____

5.Strongly agree   _____

6. It is important for dieticians to remain up to date regarding both the prevention and management of obesity and chronic diseases of lifestyle

1.Strongly disagree _____

2. Disagree   _____

3.Neutral   _____

4.Agree   _____

5.Strongly agree   _____

7. Dieticians should offer patients a range of options for the management of obesity, insulin resistance, type 2 diabetes and dyslipidaemia?

1.Strongly disagree _____

2. Disagree   _____

3.Neutral   _____

4.Agree   _____

5.Strongly agree   _____

8. Reduced-calorie diets result in weight loss, regardless of which macronutrients they emphasize.

1. Strongly disagree _____

2. Disagree   _____

3. Neutral   _____

4. Agree   _____

5. Strongly agree   _____

Section 3: THE USE OF A LOW CARBOHYDRATE, HIGH FAT DIET IN PATIENT MANAGEMENT

The following statement needs to be at the beginning of this section, very noticeable:

The questions in this section refer to a low carbohydrate, high fat (LCHF) diet. This type of diet provides ≥ 60 % of the total energy as fat, ≤ 20 % of the total energy as carbohydrates and the remainder of energy as protein.

1. Have you ever advised a patient on a LCHF diet? Yes/No

Now, if they answered YES to question 1, they need to answer questions 2, 3, 4 and 5. If they answered NO, then they need to skip to question 6. I am happy for you to write a simple statement indicating that, or if you can find a fancy way to let them not be able to answer questions they are not supposed to be answering that would be awesome, but not essential.

It shall be done.

2. What influenced you to use a LCHF in patient care?

1. Personal experience with a LCHF diet

2. Patient experiences with a LCHF diet

3. Advice from other dieticians

4. Advice from other health professionals (other than dieticians)

5. Academic qualifications

6. Personal research into a LCHF diet

7. Other

(if you answered other, please elaborate)

3. What types of patients have you used a LCHF diet on? This needs a text box
4. How regularly do you use a LCHF diet?

   1. Always

   2. Usually

   3. About half the time

   4. Seldom

5. How would you describe your patient's response to a LCHF diet?
   1. Successful
   2. Unsuccessful

6. Please choose the most valid/appropriate reason you have never used a LCHF diet in patient management

   1. I have never thought about it

   2. Do not feel there is enough evidence to support its use

3. My patients have always been successful on a conventional diet

4. I feel that it is an impractical diet

5. It was not what I was taught to plan/use at University

6. Other

 If you choose other please elaborate

Ok so section 4 I have attached separately. It comes straight from another study (yes I got permission) and so you can see from there how it is set up. Very simple – 24 questions each with only the option of answering "not at all", "a little", "quite a bit", "a lot" or "a great deal". I do not mind if you number the options or leave them as is. If you do number them then "not at all" must be number 1, and "a great deal" must be 5.

And that is it!