

APPENDICES CAPTIONS

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Appendix A. Consent Form



Research Topic: Evaluation of healthy habits and Nutritional knowledge on mental health management.

Principal Research: Maria Paula Goncalves

You are being invited to participate in a research study. Your participation is voluntary. This Informed Consent Form has two parts:

- General Information (to share information about the study with you)
- Certificate of Consent (for signatures if you choose to participate)

Our research is centred on the growing incidence of anxiety and depression among university students worldwide. The purpose of this study is to determine the relationship between nutrition knowledge and mental health of undergraduate students at St Mary's University/University of Reading/ Yasar University and Beykoz University.

In order to participate in this study, it is required to be enrolled in one of the mentioned universities above as an undergraduate student. Participation in this study usually takes 15-20 minutes and is strictly anonymous. Participants will be required to fill a health questionnaire (body and mind); food habits questions and a nutritional knowledge questions. The participants only have to fill out the initial questionnaires and there are no follow-up requirements.

There are no anticipated risks beyond those encountered in everyday life.

All responses are treated as confidential, and in no case will responses from individual participants be identified. Rather, all data will be pooled and published in aggregate form only. Participants should be aware.

If you have any questions or concerns about this research, you may contact Maria Goncalves (175272@live.stmarys.ac.uk) and Dr. Anne Majumdar (anne.majumdar@stmarys.ac.uk) in England or Dr. Seda Alper (sedaalper@yahoo.com) and Dr. Mahmut Genç (mahmutgenc@yahoo.com) in Turkey (e-mail contact). This project has been approved by the St. Mary's University Ethical Committee.

If you are 18 years of age or older, understand the statements above, and freely consent to participate in the study, click on the "I Agree" button to begin the experiment.

I Agree

Do Not Agree

Appendix B. Health and Nutrition Survey

Introduction – Consent Form

Previous to the survey, the students should read and sign the Consent Form. After that, they were allowed to start the survey.

SURVEY

Please answer questions in each section to the best of your knowledge. Try to be as truthful as possible as there are no penalties for wrong answers.

Section A: Demographic Questions

1. Age

Mark only one oval.

- 18 - 19
- 20 - 21
- 22 - 23
- 24 - 25
- 26 - 27
- 28 - 30
- over 30

2. Gender

Mark only one oval.

- Male
- Female

3. Weight (kg)

4. Height (m)

5. What best describe your ethnic origin? (Tick one)

Mark only one oval.

- Turkish citizen White
-
-
-

British White Irish

Other White background Black

- British
- Black Caribbean Black
- African
- Other Black background Indian
- Pakistani Bangladeshi
- Chinese
- Other Asian background White and
- Black Caribbean White and Black
- African White and Asian
- Other mixed background

6. I am an Undergraduate Student from:

Mark only one oval.

- St. Mary's University
- University of Reading Yasar
- University Beykoz University
- Other: _____

Section B - General Physical Wellbeing Status

During the past 4 weeks, how much have you been bothered by any of the following problems?

1. Stomach pain

Mark only one oval.

- Not bothered at all Bothered
- a little Bothered a lot
-

2. Back pain

Mark only one oval.

- Not bothered at all Bothered
- a little Bothered a lot
-

3. Pain in your arms, legs, or joints (knees, hips, etc.)

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

4. Menstrual cramps or other problems with your periods - WOMEN ONLY

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

5. Headaches

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

6. Chest pain

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

7. Dizziness

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

8. Fainting spells

Mark only one oval.

Not bothered at all

Bothered a little Bothered a

lot

9. Feeling your heart pound or race

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

10. Shortness of breath

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

11. Constipation, loose bowels, or diarrhea

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

12. Nausea, gas, or indigestion

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

13. Feeling tired or having low energy

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

14. Trouble sleeping

Mark only one oval.

Not bothered at all Bothered

a little Bothered a lot

Section C1: General Mental Wellbeing Status

Over the last 2 weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious or on edge

Mark only one oval.

Not at all

Several days

More than half the days

Nearly every day

2. Not being able to stop or control worrying

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

3. Worrying too much about different things

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

4. Trouble relaxing.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

5. Being so restless that it is hard to sit still.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

6. Becoming easily annoyed or irritable.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

7. Feeling afraid as if something awful might happen.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

Section C2: General Mental Wellbeing Status

Over the last 2 weeks, how often have you been bothered by the following problems?

8. Little interest or pleasure in doing things.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

9. Feeling down, depressed, or hopeless.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

10. Trouble falling or staying asleep, or sleeping too much.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

11. Feeling tired or having little energy.

Mark only one oval.

- Not at all
- Several days
-

More than half the days

Nearly every day

12. Poor appetite or overeating

Mark only one oval.

Not at all

Several days

More than half the days

Nearly every day

13. Feeling bad about yourself — or that you are a failure or have let yourself or your family down.

Mark only one oval.

Not at all

Several days

More than half the days

Nearly every day

14. Trouble concentrating on things, such as reading the newspaper or watching television.

Mark only one oval.

Not at all

Several days

More than half the days

Nearly every day

15. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual.

Mark only one oval.

Not at all

Several days

More than half the days

Nearly every day

16. Thoughts that you would be better off dead or of hurting yourself in some way.

Mark only one oval.

- Not at all
- Several days
- More than half the days
- Nearly every day

Section D: Nutritional Information

1. Do you use olive oil as the principal source of fat for cooking?

Mark only one oval.

- Yes
- No

2. How much olive oil do you consume per day?

Mark only one oval.

- None
- 1-3 table spoons
- > 3 table spoons

3. How many serving of vegetables do you consume per day? Count garnish and side servings as ½ point; a full serving is 200g. *

Mark only one oval.

- None
- 1 - 2
- > 2
-

4. How many pieces of fruit (including fresh-squeezed juice) do you consume per day?

Mark only one oval.

- None
- 1 – 2
- > 2
-

5. How many servings of red meat, hamburger, or sausages do you consume per day? A full serving is 100-150g.

Mark only one oval.

- None
- 1 - 2
- > 2

6. How many servings (12g) of butter, margarine, or cream do you consume per day?

Mark only one oval.

- None
- 1 - 2
- > 2

7. How many carbonated and/or sugar-sweetened beverages do you consume per day?

Mark only one oval.

- None
- 1 - 2
- > 2

8. Do you drink wine? How much do you consume per week? *

Mark only one oval.

- None
- 1 - 3 Glasses
- 4 - 6 Glasses
- > 6 Glasses

9. How many servings (150g) of legumes/pulses do you consume per week?

Mark only one oval.

- None
- 1 - 2
- > 2

10. How many servings of fish/seafood do you consume per week? (100-150g of fish, 4-5 pieces or 200g of seafood). *

Mark only one oval.

- None
- 1 - 2
- > 2

11. How many times do you consume commercial (not homemade) pastry such as cookies or cake per week?

Mark only one oval.

- None
-
-

1 - 2

> 2

12. How many times do you consume nuts per week? (1 serving = 30g).

Mark only one oval.

- None
- 1 - 2
- > 2

13. Do you prefer to eat chicken, turkey or rabbit instead of beef, pork, hamburger, or sausages?

Mark only one oval.

- Yes No
-

14. How many times per week do you consume boiled vegetables, pasta, rice, or other dishes with a sauce of tomato, garlic, onion, or leeks sautéed in olive oil?

Mark only one oval.

- None
- 1
- > 1

Section E - Nutritional Knowledge

For each question, please select Agree/Disagree or Don't Know. Please try to give answers to the best of your knowledge without looking it up. For questions you do not know the answer select "Do Not Know".

1 - What, when, and how you eat and drink can affect your body and mental health.

Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

2 - The type of food a student eats affects his/her mental performance.

Mark only one oval.

- Strongly Agree Agree
-
-
-

Disagree

Strongly disagree

I do not know

3 - Experts advise people to eat as a minimum of three (3) servings of fruit and vegetable a day (one serving could be, for example, an apple or a handful of chopped carrots).

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

4 - Many neurotransmitters (chemical messengers) depend on the availability of amino acids found in high quality protein foods.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

5 - The food we eat can influence our brain chemistry in a positive or negative way.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

6 - Low consumption of water affects physical wellbeing but not cognitive (learning) function.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree I do

not know

7 - The natural gut bacteria has been associated with a variety of stress-related conditions including anxiety, depression and irritable bowel syndrome.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

8 - Nuts, dark green leafy vegetables and berries are considered beneficial foods for brain health.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree I do

not know

9 - Some food nutrients may be used therapeutically to manage anxiety and depression.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

10 - Low intake of fibre does not affect mental health.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

11 - All kinds of fat, protein and carbohydrate helps body-mind function.

Mark only one oval.

Strongly Agree Agree

Disagree

Strongly disagree

I do not know

12 - The consumption of sugar, soft drink, sweeteners and processed food is related to the increasing number of mental health problems worldwide.

Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

13 - Food allergies and sensitivities have no relation with mental symptoms.
Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

14 - Caffeine (found in tea, coffee, chocolate, cola and manufactured energy drinks) may disturb your sleep and make you feel anxious and depressed.
Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

15 - Skipping breakfast or any other meal (long intervals without any food) is recommended to release anxiety.
Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

16 - Fermented foods (such as yogurt, pickles, kefir and sauerkraut) can contribute to positive mental health due to their content of beneficial bacteria.
Mark only one oval.

- Strongly Agree Agree
- Disagree
- Strongly disagree
- I do not know

17 - The human brain is mostly composed of fat and needs polyunsaturated fat, such as omega-3 found in fish oil and seeds, to performance well.

Mark only one oval.

- Strongly Agree
- Agree
- Disagree
- Strongly disagree
- I do not know

18 - Anxiety and depression may be related to the deficiency of some vitamins and minerals.

Mark only one oval.

- Strongly Agree
- Agree
- Disagree
- Strongly disagree
- I do not know

19 - We all have our own unique biochemistry and what may affect me may not affect someone else, then it is important to find the root cause of each one's health problem.

Mark only one oval.

- Strongly Agree
- Agree
- Disagree
- Strongly disagree
- I do not know

20 - Pesticides, GMOs (Genetically Modified Organisms) and environmental pollutants may be the related to adverse mental health effects.

Mark only one oval.

- Strongly Agree
- Agree
- Disagree
- Strongly disagree
- I do not know

Section F - Understanding the barriers for implementing a healthier diet

For each question, please select the best answer that suits you.

1. In general, would you say your PHYSICAL health is ...

Mark only one oval.

- Poor Fair
- Good
- Very good
- Excellent

2. In general, would you say your MENTAL health is ...

Mark only one oval.

- Poor Fair
- Good
- Very good
- Excellent

3. In relation to your current weight, would you say you are...

Mark only one oval.

- underweight normal
- weight overweight
- obese
- obese
- not sure

4. Your daily eating habit is ...

Mark only one oval.

- 3 meals without snacks
- 3 meals with snacks
- 1-2 meals without snacks
- 1-2 meals with snacks
- nibbling with no specific meals

5. How many times per week do you eat out in restaurants or takeaways?

Mark only one oval.

- None
-
-

1 - 2

3 - 5

5 - 8

More than 9

6. Would you say your weekly physical activity level is ...

Mark only one oval

- none/sedentary (less than 30 min, less than 3 times per week)
- light - (e.g.: walking leisurely, stretching - at least 3 times per week)
- moderate - (e.g.: fast walking, aerobic class, swimming gently - at least 3 times /week)
- active - (e.g.: machine, jogging or running, play sports - at least 3 times /week)

7. Your general state of PHYSICAL health and wellness is directly related to your diet.

Mark only one oval.

- Strongly agree
- Agree
- Not agree or disagree
- Disagree
- Strongly disagree

8. Your general state of MENTAL health is directly related to your diet.

Mark only one oval.

- Strongly agree
- Agree
- Not agree or disagree
- Disagree
- Strongly disagree

9. What do you consider as barrier to health eating? (mark all the answers that apply to you and/or give your own reason).

Check all that apply.

- cost
- not enough nutritional knowledge
- I do not like healthy food
- time

- family and cultural habits no
- family/friends support
- convenience/more practical
- little/no self-discipline
- little/no motivation to change
- no healthy options on campus canteen or restaurants
- I do not know how to prepare healthy foods
- Other reasons

10. Nutrition Knowledge can be a very useful tool to motivate better food habits in order to prevent diseases and to help the management of physical and mental health.

Mark only one oval.

- Strongly agree Agree
- Not agree or disagree
- Disagree
- Strongly disagree

11. If you had the opportunity to gain further nutritional knowledge by accessing paid courses/workshops to better understand nutrition and its impact on physical and mental health you would enrol.

Mark only one oval.

- Strongly agree Agree
- Not agree or disagree
- Disagree
- Strongly disagree

12. If you had the opportunity to gain further nutritional knowledge by accessing free courses/workshops to better understand nutrition and its impact on physical and mental health you would enrol.

Mark only one oval.

- Strongly agree Agree
- Not agree or disagree
- Disagree
- Strongly disagree

13. If the university had a nutrition team with expertise in nutritional psychiatry, food sensitivities and nutritional deficiencies you would be interested in their services.

Mark only one oval.

- Strongly agree Agree
-
-

Not agree or disagree

Disagree

Strongly disagree

14. Do you want to add any comments about your view on nutritional knowledge and its relevance to you? If you already know about how food affects your mood, how do you know this?

Optional

If you are interested in receiving more information about Health and Nutrition please provide your e-mail address below (this is not part of the questionnaire):

Thank you for taking part of this research. Your opinion is very important to us.

Appendix C. Mediterranean Diet Adherence Screener (MEDAS) Questionnaire.

Questions	n	%	Criteria for 1 point
1. Do you use olive oil as the principal source of fat Do you use olive oil as the principal source of fat for cooking?			
Yes	103	62.8	Yes
No	61	37.2	
2. How much olive oil do you consume per day?			
None	51	51.0	>3
1-3 table spoons	99	60.4	
>3 table spoons	14	8.5	
3. How many serving of vegetables do you consume per day?*			
None	25	15.2	≥2
1-2	97	59.1	
>2	42	25.6	
4. How many pieces of fruit do you consume per day?			
None	29	17.7	>2
1-2	92	56.1	
>2	43	26.2	
5. How many servings of red meat, hamburger, or sausages do you consume per day?***			
None	67	40.9	<1
1-2	73	44.5	
>2	24	14.6	
6. How many servings (12g) of butter, margarine, or cream do you consume per day?			
None	82	50.0	<1
1-2	69	42.1	
>2	13	7.9	
7. How many carbonated and/or sugar-sweetened beverages do you consume per day?			
None	83	50.6	<1
1-2	59	36.0	
>2	22	13.4	
8. How much wine do you consume per week?			
None	111	67.7	> 6 glasses
1-3 glasses	39	23.8	
4-6 glasses	10	6.1	
>6 glasses	4	2.4	
9. How many servings (150g) of legumes/pulses do you consume per week?			
None	73	44.5	>2
1-2	62	37.8	
>2	29	17.7	
10. How many servings of fish/seafood do you consume per week?			
None	61	37.2	>2
1-2	89	54.3	
>2	14	8.5	
11. How many times do you consume commercial (not homemade) pastry such as cookies or cake per week?			
None	64	39.0	<2
1-2	74	45.1	
>2	26	15.9	
12. How many times do you consume nuts per week?****			
None	62	37.8	>2
1-2	74	45.1	
>2	28	17.1	
13. Do you prefer to eat chicken, turkey or rabbit instead of beef, pork, hamburger, or sausages?			
Yes	103	62.8	Yes
No	61	37.2	
14. How many times per week do you consume boiled vegetables, pasta, rice, or other dishes with a sauce of tomato, garlic, onion, or leeks sautéed in olive oil?			
None	27	16.5	>1
1	60	36.6	
>1	77	47.0	

* Count garnish and side servings as ½ point; a full serving is 200g. **A full serving is 100-150g. ****1 serving = 30g.

Appendix D. Nutritional Knowledge for Mental Health Questionnaire.

Questions	n	%	Criteria for 1 point
<i>1. What, when, and how you eat and drink can affect your body and mental health.</i>			
Strongly Agree	93	56.7	Strongly Agree and Agree
Agree	58	35.4	
Disagree	4	2.4	
Strongly Disagree	3	1.8	
I do not know	6	3.7	
<i>2. The type of food a student eats affects his/her mental performance.</i>			
Strongly Agree	80	48.8	Strongly Agree and Agree
Agree	69	42.1	
Disagree	6	3.7	
Strongly Disagree	2	1.2	
I do not know	7	4.3	
<i>3. Experts advise people to eat as a minimum of three (3) servings of fruit and vegetable a day*</i>			
Strongly Agree	57	34.8	Strongly Disagree and Disagree
Agree	66	40.2	
Disagree	21	12.8	
Strongly Disagree	7	4.3	
I do not know	13	7.9	
<i>4. Many neurotransmitters (chemical messengers) depend on the availability of amino acids found in high quality protein foods.</i>			
Strongly Agree	38	23.3	Strongly Agree and Agree
Agree	70	42.7	
Disagree	5	3.0	
Strongly Disagree	2	1.2	
I do not know	49	29.9	
<i>5. The food we eat can influence our brain chemistry in a positive or negative way.</i>			
Strongly Agree	57	34.8	Strongly Agree and Agree
Agree	81	49.4	
Disagree	4	2.4	
Strongly Disagree	2	1.2	
I do not know	20	12.2	
<i>6. Low consumption of water affects physical wellbeing but not cognitive (learning) function.</i>			
Strongly Agree	46	28.0	Strongly Disagree and Disagree
Agree	32	19.5	
Disagree	28	17.1	
Strongly Disagree	41	25.0	
I do not know	17	10.4	
<i>7. The natural gut bacteria has been associated with a variety of stress-related conditions including anxiety, depression and irritable bowel syndrome.</i>			
Strongly Agree	49	29.9	Strongly Agree and Agree
Agree	43	26.2	
Disagree	9	5.5	
Strongly Disagree	0	0	
I do not know	63	38.4	
<i>8. Nuts, dark green leafy vegetables and berries are considered beneficial foods for brain health.</i>			
Strongly Agree	62	37.8	Strongly Agree and Agree
Agree	76	46.3	
Disagree	5	3.0	
Strongly Disagree	1	0.6	
I do not know	20	12.2	
<i>9. Some food nutrients may be used therapeutically to manage anxiety and depression.</i>			
Strongly Agree	41	25.0	Strongly Agree and Agree
Agree	74	45.1	
Disagree	12	7.3	
Strongly Disagree	0	0	
I do not know	37	22.6	

Questions	n	%	Criteria for 1 point
10. <i>Low intake of fibre does not affect mental health.</i>			
Strongly Agree	13	7.9	Strongly Disagree and Disagree
Agree	32	19.5	
Disagree	37	22.6	
Strongly Disagree	14	8.5	
I do not know	68	41.5	
11. <i>All kinds of fat, protein and carbohydrate helps body-mind function.</i>			
Strongly Agree	34	20.7	Strongly Disagree and Disagree
Agree	58	35.4	
Disagree	37	22.6	
Strongly Disagree	11	6.7	
I do not know	24	14.6	
12. <i>The consumption of sugar, soft drink, sweeteners and processed food is related to the increasing number of mental health problems</i>			
Strongly Agree	43	26.2	Strongly Agree and Agree
Agree	74	45.1	
Disagree	14	8.5	
Strongly Disagree	2	1.2	
I do not know	31	18.9	
13. <i>Food allergies and sensitivities have no relation with mental symptoms.</i>			
Strongly Agree	15	9.1	Strongly Disagree and Disagree
Agree	29	17.7	
Disagree	41	25.0	
Strongly Disagree	21	12.8	
I do not know	58	35.4	
14. <i>Caffeine (found in tea, coffee, chocolate, cola and manufactured energy drinks) may disturb your sleep and make you feel anxious and depressed.</i>			
Strongly Agree	71	43.3	Strongly Agree and Agree
Agree	60	36.6	
Disagree	20	12.2	
Strongly Disagree	8	4.9	
I do not know	5	3.0	
15. <i>Skipping breakfast or any other meal (long intervals without any food) is recommended to release anxiety.</i>			
Strongly Agree	18	11.0	Strongly Disagree and Disagree
Agree	30	18.3	
Disagree	38	23.2	
Strongly Disagree	53	32.3	
I do not know	25	15.2	
16. <i>Fermented foods (such as yogurt, pickles, kefir and sauerkraut) can contribute to positive mental health due to their content of beneficial bacteria.</i>			
Strongly Agree	35	21.3	Strongly Agree and Agree
Agree	61	37.2	
Disagree	8	4.9	
Strongly Disagree	4	2.4	
I do not know	56	34.1	
17. <i>The human brain is mostly composed of fat and needs polyunsaturated fat, such as omega-3 found in fish oil and seeds, to performance well.</i>			
Strongly Agree	47	28.7	Strongly Agree and Agree
Agree	66	40.2	
Disagree	5	3.0	
Strongly Disagree	3	1.8	
I do not know	43	26.2	
18. <i>Anxiety and depression may be related to the deficiency of some vitamins and minerals.</i>			
Strongly Agree	33	20.1	Strongly Agree and Agree
Agree	78	47.6	
Disagree	10	6.1	

Strongly Disagree	3	1.8
I do not know	40	24.4

Questions	n	%	Criteria for 1 point
<i>19. We all have our own unique biochemistry and what may affect me may not affect someone else, then it is important to find the root cause of each one's health problem.</i>			
Strongly Agree	67	40.9	Strongly Agree and Agree
Agree	67	40.9	
Disagree	6	3.7	
Strongly Disagree	3	1.8	
I do not know	21	12.8	
<i>20. Pesticides, GMOs (Genetically Modified Organisms) and environmental pollutants may be the related to adverse mental health effects.</i>			
Strongly Agree	38	23.2	Strongly Agree and Agree
Agree	64	39.0	
Disagree	10	6.1	
Strongly Disagree	3	1.8	
I do not know	49	29.9	

*One serving could be, for example, an apple or a handful of chopped carrots.

Appendix E. Students perception of their health, habits and how diet and nutritional knowledge could improve their wellbeing.

Questions	Total	Female	Male n (%)	UK	Turkey
<i>1. In general, would you say your PHYSICAL health is</i>					
Excellent	20 (12.2)	6 (6.25)	14 (20.6)	11 (11.1)	9 (13.8)
Very Good	39 (23.8)	21 (21.9)	18 (26.5)	26 (26.3)	13 (20.0)
Good	64 (39.0)	41 (42.7)	23 (33.8)	40 (40.4)	24 (36.9)
Fair	29 (17.7)	18 (18.8)	11 (16.2)	16 (16.2)	13 (20.0)
Poor	12 (7.3)	10 (10.4)	2 (2.9)	6 (6.1)	6 (9.2)
<i>2. In general, would you say your MENTAL health is</i>					
Excellent	14 (8.5)	4 (4.2)	10 (14.7)	6 (6.1)	8 (12.3)
Very Good	32 (19.5)	18 (18.8)	14 (20.6)	20 (20.2)	12 (18.5)
Good	59 (36.0)	34 (35.4)	25 (36.8)	39 (39.4)	20 (30.8)
Fair	38 (23.2)	26 (27.1)	12 (17.6)	22 (22.2)	16 (24.6)
Poor	21 (12.8)	14 (14.6)	7 (10.3)	12 (12.1)	9 (13.8)
<i>3. In relation to your current weight, would you say you are</i>					
Normal weight	106 (64.6)	62 (64.6)	44 (64.7)	71 (71.7)	35 (53.8)
Overweight	34 (20.7)	20 (20.8)	14 (20.6)	18 (18.2)	16 (24.6)
Obese	4 (2.4)	3 (3.1)	1 (1.5)	3 (3.0)	1 (1.5)
Underweight	17 (10.4)	10 (10.4)	7 (10.3)	6 (6.1)	11 (16.9)
Not sure	3 (1.8)	1 (1.0)	2 (2.9)	1 (1.0)	2 (1.5)
<i>4. Your daily eating habit is</i>					
1-2 meals with snacks	45 (27.4)	33 (34.4)	12 (17.6)	32 (32.3)	13 (20.0)
1-2 meals without snacks	22 (13.4)	10 (10.4)	12 (17.6)	8 (8.1)	14 (21.5)
3 meals with snacks	66 (40.2)	37 (38.5)	29 (42.6)	44 (44.4)	22 (33.8)
3 meals without snacks	26 (15.9)	14 (14.6)	12 (17.6)	14 (14.1)	12 (18.5)
Nibbling with no specific meals	5 (3)	2 (2.1)	3 (4.4)	1 (1)	4 (6.2)
<i>5. How many times per week do you eat out in restaurants or takeaways?</i>					
1-2	86 (52.4)	58 (60.4)	28 (41.2)	60 (60.6)	26 (40.0)
3-5	34 (20.7)	13 (13.5)	21 (30.9)	8 (8.1)	26 (40.0)
5-8	5 (3.0)	3 (3.1)	2 (2.9)	2 (2.0)	3 (4.6)
>9	6 (3.7)	2 (2.1)	4 (5.9)	0	6 (9.2)
none	33 (20.1)	20 (20.8)	13 (19.1)	29 (29.3)	4 (6.2)
<i>6. Would you say your weekly physical activity level is</i>					
Active	54 (32.9)	22 (22.9)	32 (47.1)	37 (37.4)	17 (26.2)
Moderate	41 (25.0)	28 (29.1)	13 (19.1)	29 (29.3)	12 (18.5)
Light	46 (28.0)	29 (30.2)	17 (25.0)	21 (21.2)	25 (38.5)
None/sedentary	23 (14.0)	17 (17.7)	6 (8.8)	12 (12.1)	11 (16.9)
<i>7. Your general state of PHYSICAL health and wellness is directly related to your diet.</i>					
Strongly Agree	52 (31.7)	24 (25.0)	28 (41.2)	30 (30.3)	22 (33.8)
Agree	68 (41.5)	42 (43.8)	26 (38.2)	41 (41.4)	27 (41.5)
Not agree or disagree	33 (20.1)	25 (26.0)	8 (11.8)	25 (25.3)	8 (12.3)
Disagree	5 (3.0)	3 (3.1)	2 (2.9)	2 (2.0)	3 (4.6)
Strongly Disagree	6 (3.7)	2 (2.1)	4 (5.9)	1 (1.0)	5 (7.7)
<i>8. Your general state of MENTAL health is directly related to your diet.</i>					
Strongly Agree	32 (19.5)	13 (13.5)	19 (27.9)	16 (16.2)	16 (24.6)
Agree	60 (36.6)	37 (38.5)	23 (33.8)	37 (37.4)	23 (35.4)
Not agree or disagree	45 (27.4)	32 (33.3)	13 (19.1)	33 (33.3)	12 (18.5)
Disagree	18 (11)	9 (9.4)	9 (9.3)	9 (9.1)	9 (13.8)
Strongly Disagree	9 (5.5)	5 (5.2)	4 (5.9)	4 (4.0)	5 (7.7)
<i>9. (Question represented as Figure 2).</i>					
<i>10. Nutrition Knowledge can be a very useful tool to motivate better food habits in order to prevent diseases and to help the management of physical and mental health.</i>					
Strongly Agree	69 (42.1)	34 (35.4)	35 (51.5)	48 (48.5)	21 (32.3)
Agree	81 (49.4)	53 (55.2)	28 (41.2)	47 (47.5)	34 (52.3)
Not agree or disagree	13 (7.9)	8 (8.3)	5 (7.4)	4 (4.0)	9 (13.8)
Disagree	1 (0.6)	1 (1.0)	0	0	1 (1.5)
Strongly Disagree	0	0	0	0	0

Questions	Total	Female	Male n (%)	UK	Turkey
<i>11. If you had the opportunity to gain further nutritional knowledge by accessing PAID courses/workshops to better understand nutrition and its impact on physical and mental health you would enrol.</i>					
Strongly Agree	30 (18.3)	15 (15.6)	15 (22.1)	17 (17.2)	13 (20.0)
Agree	59 (36.0)	31 (32.3)	28 (41.2)	31 (31.3)	28 (43.1)
Not agree or disagree	38 (23.2)	27 (28.1)	11 (16.2)	27 (27.3)	11 (16.9)
Disagree	27 (16.5)	16 (16.7)	11 (16.2)	18 (18.2)	9 (13.8)
Strongly Disagree	10 (6.1)	7 (7.3)	3 (4.4)	6 (6.1)	4 (6.1)
<i>12. If you had the opportunity to gain further nutritional knowledge by accessing FREE courses/workshops to better understand nutrition and its impact on physical and mental health you would enrol.</i>					
Strongly Agree	47 (28.7)	27 (28.1)	20 (29.4)	34 (34.3)	13 (20.0)
Agree	73 (44.5)	46 (47.9)	27 (39.7)	43 (43.4)	30 (46.2)
Not agree or disagree	33 (20.1)	17 (17.7)	16 (23.5)	17 (17.2)	16 (24.6)
Disagree	9 (5.5)	4 (4.2)	5 (7.4)	4 (4.0)	5 (7.7)
Strongly Disagree	2 (1.2)	2 (2.1)	0	1 (1.0)	1 (1.5)
<i>13. If the university had a nutrition team with expertise in nutritional psychiatry, food sensitivities and nutritional deficiencies you would be interested in their services.</i>					
Strongly Agree	49 (29.9)	24 (25.0)	25 (36.8)	31 (31.3)	18 (27.6)
Agree	77 (47.0)	46 (47.9)	31 (45.6)	44 (44.4)	33 (50.8)
Not agree or disagree	22 (13.4)	15 (15.6)	7 (10.3)	15 (15.2)	7 (10.8)
Disagree	12 (7.3)	9 (9.4)	3 (4.4)	8 (8.1)	4 (6.2)
Strongly Disagree	4 (2.4)	2 (2.1)	2 (2.9)	1 (1.0)	3 (4.6)