

Iodine knowledge questionnaire



This questionnaire is designed to tell us about a nutrient in your diet called iodine. We are currently undertaking a study looking at this in detail but we are keen to find out what pregnant women know about this nutrient.

Your answers are confidential and your personal details are not requested in this questionnaire.

Please answer every question, if you are unsure about how to answer, please do the best you can.

CONTACT INFORMATION

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1. Is this your first pregnancy? Yes No

2. How many weeks pregnant are you?

<12 13-28 >29

3. Which foods are considered good sources of iodine in the U.K diet?

Bread	<input type="checkbox"/>	Poultry	<input type="checkbox"/>	Meat	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	Seafood/fish	<input type="checkbox"/>	Salt	<input type="checkbox"/>
Dairy	<input type="checkbox"/>	Soya milk	<input type="checkbox"/>	Eggs	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	Not sure	<input type="checkbox"/>		

4. Which gland in the body needs this nutrient called iodine to produce essential hormones?

Adrenal Thyroid Ovaries
not sure other (if other, please state) _____

5. What happens to your iodine requirements during pregnancy?

Increase Decrease Stays the same
Not sure

6. What happens to your iodine requirements if you breast feed?

Increase Decrease Stays the same
Not sure

7. Are you aware of any potentially harmful effects from a lack of adequate iodine in your diet?

Yes No Not sure

If yes, what potential harmful effects are you aware of? _____

8. Can you have too much iodine in your diet?

Yes No Not sure

9. After becoming pregnant, do you feel you were given enough information about the following nutrients? (mark with X)

	Strongly disagree	Disagree	Neither	Agree	strongly agree
Calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Folic Acid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iodine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any other comments?