QUESTIONNAIRE

INSTRUCTIONS: Unless otherwise specified, please check ONE answer to each question. Pick the answer that best matches your response.

INSTITUTION _____________________________

Q1. How many patients per week do you see with known cardiovascular disease (coronary artery disease, history of myocardial infarction)?
   □ 1-5       □ 6-10       □ 11-20       □ 21-30       □ 31-40       □ 41-50       □ >50

Q2. How often do you give general dietary advice to patients with known cardiovascular disease?
   □ Almost always (>80%)       □ Often (60-80%)       □ Sometimes (40-59%)       □ Not Often (20-39%)       □ Almost never (< 20%)

Q3. How often do you discuss dietary fish intake/supplementation such as omega-3 tablets in your patients with known cardiovascular disease?
   □ Almost always (>80%)       □ Often (60-80%)       □ Sometimes (40-59%)       □ Not Often (20-39%)       □ Almost never (< 20%)

Q4. Your patient is a 65 y/o male who recently suffered from a myocardial infarction. He does not have diabetes and his LDL cholesterol is currently 79 mg/dl on medications. His blood pressure is well controlled on a beta-blocker. He asks you for a diet to reduce his chance of “another heart attack.” He is not overweight. Which diet would you recommend?
   □ Lower carbohydrate, higher protein diet (e.g. Atkins, South Beach)
   □ Low saturated fat, high fruit and vegetable diet
   □ Increased intake of fatty fish meals, at least twice a week
   □ Low sodium diet
   □ None
   □ Other_________________________________________

   FOR THE QUESTIONS BELOW, YOU MAY ONLY CHOOSE ONE

Q5a. Another patient asks your opinion about a low carbohydrate, high protein diet (e.g. Atkins, South Beach). He is similar to the patient in Q5 except he is 30 lbs overweight. How do you respond to this patient?
   □ Strongly recommend it
   □ Recommend it
   □ No opinion
   □ Advise against it
   □ Strongly advise against it

Q5b. This same patient asks for your advice regarding dietary fish or supplementation. How do you respond?
   □ Strongly recommend it
   □ Recommend it
   □ No opinion
   □ Advise against it
   □ Strongly advise against it

Q6. To your knowledge, has a diet high in fruits and vegetables been proven to lower blood pressure in hypertensive patients?
   □ Do not know of any study
   □ No, studies do not support
   □ Unclear; controversial
   □ Yes, studies support

Q7. To your knowledge, has fish oil been proven to reduce cardiovascular mortality in patients with known cardiovascular disease?
   □ Do not know of any study
   □ No, studies do not support
   □ Unclear; controversial
   □ Yes, studies support

Q8. To your knowledge, have antioxidants been proven to reduce cardiovascular mortality?
   □ Do not know of any study
   □ No, studies do not support
   □ Unclear; controversial
   □ Yes, studies support
Q9. To your knowledge, has fish oil supplementation been proven to reduce high triglycerides?
☐ Do not know of any study
☐ No, studies do not support
☐ Unclear; controversial
☐ Yes, studies support

Q10. To your knowledge, has decreasing dietary sodium been proven to lower blood pressure in hypertensive patients?
☐ Do not know of any study
☐ No, studies do not support
☐ Unclear; controversial
☐ Yes, studies support

Q11. To your knowledge, has fish oil been proven to reduce sudden cardiac death?
☐ Do not know of any study
☐ No, studies do not support
☐ Unclear; controversial
☐ Yes, studies support

Q12. Please circle the response that best describes your beliefs about nutrition.

<table>
<thead>
<tr>
<th>Belief</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Nutrition has an important part to play in the prevention of cardiovascular disease</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>b. The cardiologist has an essential role in giving dietary advice</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>c. The cardiologist has insufficient time to advise patients adequately</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>d. Advice given will impact on what people eat</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>e. Advice given will be effective in reducing cardiovascular disease</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
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</table>
13. Please check all of the settings in which you have received training or formal education in dietary interventions for cardiovascular disease
- Medical school
- Residency
- Other __________________________________________________________
- None of the above

Q14. Consider a hypothetical natural product A, formulated for Disease B. What factors would influence you to recommend product A to your patients with disease B? *Please rank in order of importance, starting with “1” for the most important factor.*

RANK (1 through 5)
- A biological and plausible mechanism of action.
- Guidelines from a well-respected medical organization associated with disease B.
- Rigorous clinical research outcome data to support product A.
- Explicit awareness of specific doses, clinical indications, and side effect profile
- Professional and personal interest in both product A and disease B.

Please answer the following questions about yourself.

Q16. I am: □ Male □ Female
Q17. What is your age (in years)? _______
Q18. Where did you attend medical school? □ Pakistan □ USA □ UK □ Other country, please specify ______

Q19. Where did you complete your residency training? □ Pakistan □ USA □ UK □ Other country, please specify ______
Q20. How would you classify your primary practice? □ Office practice □ Hospital-based □ Other ______
Q21. Are you faculty for a residency or medical school? □ No □ Full-time Faculty □ Part-time faculty
Q22. Have you subscribed, or read any medical journal on a regular basis? □ Yes □ No
If yes to Q22, which of the journals? □ Heart □ NEJM □ Circulation □ Lancet □ JPMA □ JCPSP □ others, please specify ______