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 ❑ Poultry ❑ Meat ❑
   Fruit ❑ Seafood/fish ❑ Salt ❑
   Dairy ❑ Soya milk ❑ Eggs ❑
   Vegetables ❑ Not sure ❑

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)

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Neither</th>
<th>Agree</th>
<th>strongly agree</th>
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<tbody>
<tr>
<td>Calcium</td>
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<tr>
<td>Folic Acid</td>
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<td>Iodine</td>
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<td>Iron</td>
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<td>Vitamin D</td>
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Any other comments?

