

# Vitamin D supplementation in Saudi Arabia: Mothers' perception - A cross sectional study

## Research Tools

### 1. Demographic characteristics questionnaire

<b>1.Age</b> Less than 25 ≥25<30 ≥30<35 <35	<b>7.Your youngest child in months</b> 1-12 >12<24 24 and more
<b>2. Marital status</b> Married Divorced Widower	<b>8.Living location</b> Owing house Rented house
<b>3.Educational level</b> Uneducated Primary Average Secondary BA Master's and above	<b>9.Monthly income</b> Less than 5,000 riyals per month From 5 - less than 10000 riyals per month From 10-20 thousand riyals per month More than 20 thousand riyals per month together
<b>4. Functional status</b> Employee Unemployed	<b>10.How to breastfeed the youngest children</b> Breast feeding Bottle feeding Both
<b>5.Nationality</b> Saudi Non-Saudi	
<b>6.Number of children</b> One child Two children Three kids Four children and more	

### 2. Vitamin D knowledge questionnaire

1.Have you heard of Vitamin D?		
Yes	1 point	1
No	0 points	
2.Is there vitamin D in breast milk?		
Yes	1 point	1
No	0 points	

I don't know	0 points	
<b>3.What is the source you learned about vitamin D? (You can choose more than one answer)</b>		
TV, radio, advertisements	1 point	7
Social media (Snapchat, Instagram, Facebook...)	1 point	
Friends – family	1 point	
Doctor/Nurse	1 point	
Magazines	1 point	
Books	1 point	
From studying at school/university	1 point	
Other		
<b>4.What are the benefits of vitamin D (you can choose more than one answer)</b>		
Bone health*	1 point	12
Boosts immunity*	1 point	
Helps a healthy pregnancy*	1 point	
Prevents stroke*	1 point	
Prevents diabetes*	1 point	
Prevents high blood pressure*	1 point	
Prevents arthritis*	1 point	
Prevent depression*	1 point	
Important for hair health*	1 point	
Prevents obesity and weight gain*	1 point	
Important for skin health*	1point	
Important for child health and development*	1 point	
I do not know	0 points	
<b>5. What are the sources of Vitamin D? (You can choose more than one answer) 3</b>		
The sun*	1 point	
The food*	1 point	
Food Supplements*	1 point	
I do not know	0 points	
<b>6.Where is Vitamin D found in food? (You can choose more than one answer)</b>		
Milk and dairy products*	1 point	4
Fruits	0 point	
Vegetables	0 points	
Fish*	1 point	
Yolk*	1 point	
Liver*	1 point	
I do not know	0 point	
		<b>Score 0-28</b>

### 3. Vitamin D practice related to your child questionnaire:

<b>1. I expose my child to the sun daily</b>		
Yes	1	
No	0	
<b>2. What part of the child's body exposed to the sun?</b>		
I do not expose my child to the sun	0	
Face only	1	

Hands only	1	
Feet and legs	2	
All the body*	3	
<b>3. Do you expose your child to the sun?</b>		
Directly*	1	
Indirectly (Behind the glass, for example)	0	
<b>4. What time do you expose your child to the sun?</b>		
I do not expose my child to the sun	0	
Before ten in the morning*	2	
After three in the afternoon	1	
Other times	1	
<b>5. What is the average number of hours your child is exposed to the sun per week?</b>		
I do not expose my child to the sun	0	
Less than an hour	1	
From one to two hours	2	
6 hours and more*	3	
<b>6. Do you know the appropriate dose for exposing your child to the sun?</b>		
Yes	1	
No	0	
<b>7. Do you give your child fortified doses of vitamin D (oral drops)?</b>		
Yes	1	
No	0	
<b>8. Commit to giving my child a daily fortified dose of vitamin D</b>		
Always*	3	
Sometimes	2	
Scarcely	1	
Do not apply	0	
<b>9. What are the reasons for not giving your child the supportive dose of vitamin D?</b>		
Forget	0	
Child's illness	0	
Because I expose it to the sun, there is no need to take vitamin D doses*	1	
Because the child gets a dose of vitamin D from formula or Cereal*	1	
Mother's preoccupation with other children	0	
Because the mother is busy with the job	0	
Because vitamin D doses are not necessary	0	
Other reasons (The child does not need vitamin D)	0	
		<b>0-28</b>

#### 4. Vitamin D Attitudes questionnaire:

<b>1. Do you support taking vitamin D during pregnancy?</b>		
Yes	1	
No	0	
<b>2. Do you support taking vitamin D during breastfeeding?</b>		
Yes	1	

No	0	
<b>3. Do you support a blood test to detect the level of vitamin D in the body?</b>		
Yes	1	
No	0	
<b>4. If the answer to the previous question is yes, do you suggest that it be?</b>		
Periodically*	3	
From time to time	2	
At the request of the doctor	1	
<b>5. Do you support giving your child vitamin D since birth?</b>		
Yes	1	
No	0	
<b>6. Do you support exposing your child to the sun daily?</b>		
Yes	1	
No	0	
<b>7. Do you support the use of sunscreen while exposing your child to the sun?</b>		
Yes	1	
No	0	
		<b>0-12</b>

## 5. Practices towards taking vitamin D and exposure to sunlight

<b>1. I am currently taking vitamin D supplements</b>		
Yes	1	
No	0	
<b>2. I took vitamin D supplements during my pregnancy</b>		
Always	3	
Sometimes	2	
Scarcely	1	
never	0	
<b>3. I take vitamin D while breastfeeding</b>		
Always	3	
Sometimes	2	
Scarcely	1	
never	0	
<b>4. I was concerned that the food I prepared during the week contained vitamin D</b>		
Always	3	
Sometimes	2	
Scarcely	1	
Permanently	0	
<b>5. I exposed to the sun while out of the house</b>		
Yes	1	
No	0	
<b>6. I make sure that the food I eat during the week contains vitamin D</b>		
Yes	2	
Sometimes	1	
No	0	
<b>7. I make sure to be exposed to the sun daily</b>		
Yes	1	
No	0	
<b>8. How many hours per week are you exposed to the sun?</b>		
less than an hour	0	

From one to two hours	1	
6 hours and more*	2	
<b>9. What parts of the body are exposed to the sun?</b>		
Face	1	
Hands	1	
Face and hands	2	
Face, hands, and legs*	3	
<b>10. What is the right time to be exposed to the sun?</b>		
Before ten in the morning	2	
From ten to three in the evening	1	
After three o'clock in the evening	1	
<b>11. Do you use sunscreen when you go out in the sun?</b>		
Yes	1	
Sometimes	0	
No	0	
<b>12. How often do you use sunscreen while out in the sun?</b>		
Always	3	
Sometimes	2	
Scarcely	1	
Permanently	3	
<b>13. Is there a conflict between applying sunscreen and exposure to the sun?</b>		
Yes	1	
No	0	
I do not know	0	
		<b>0-26</b>

The total score can be calculated by summing the points for each question. Higher scores indicate better practices towards vitamin D supplementation and sun exposure.