

## **Assessment of Knowledge and Perceptions towards probiotics: A Cross-sectional Study on the Saudi Public Population**

### **Age group**

- 20-25 years old
- 26-30 years old
- 31- 35 years old
- Over 36 years old

### **Gender**

- Female
- Male

### **Completed education level**

- High school or less than high school
- Diploma
- Bachelor
- Master/ PhD

### **Place of residence**

- Center of Saudi Arabia
- South of Saudi Arabia
- North of Saudi Arabia
- East of Saudi Arabia
- West of Saudi Arabia

### **Marital status**

- Married
- Unmarried (Single, Widowed, Divorced)

### **Personal monthly income**

- <5000 Saudi riyal
- 5001–10000 Saudi riyal
- 10001–15000 Saudi riyal
- 15001–20000 Saudi riyal
- > 20000 Saudi riyal

### **Occupation**

- University student
- Employee, working in the health field
- Employee, I do not work in the health field
- Retired
- Self-employment

### **Probiotics are dead microorganisms, that when administered in adequate amount, confer a health benefit to the host**

- True
- False

### **Probiotics are substances that make food taste sweeter**

- True
- False

**Probiotics are cleaning products to help kill bacteria on fruit and vegetables**

- True
- False

**Probiotics are a type of vitamin to help health**

- True
- False

**Probiotics can be used to prevent/cure viral infections**

- True
- False

**Milk might contain a probiotic**

- True
- False

**Yoghurt might contain a probiotic**

- True
- False

**Probiotics can be given to children**

- True
- False

**Consuming probiotics in all forms is safe for health**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**Dietary sources of probiotics are better than pharmaceutical supplements**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**Implementing probiotics in our daily meals improves health and reduces illness**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**There`s a minor use of probiotics by people in Saudi Arabia**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**There`s a lack of advertising probiotics and their benefits in Saudi Arabia**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**The high cost of probiotics is one reason why people are reluctant to use probiotics**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

**Have you ever taken a probiotic?**

- Yes
- No

**If you have used probiotics, which form of probiotic did you prefer to use?**

- Natural sources
- Pharmaceutical preparations\ dietary supplements
- I have no preference (both can be used)

**If you did not use probiotics, what are the main reason for not using probiotics?**

- Cost
- Possible side-effect
- I don't believe in their effectiveness
- I don't believe I need them
- I don't know much about their benefits/uses

**Are you willing to use probiotics in future?**

- Yes
- No
- I don't know

**Would you use probiotics if they were recommended by your health care provider?**

- Yes
- No
- I don't know