

# **Assessment Of Knowledge, Attitude And Practices About Nutritional Supplements Of The Staff And Students Of Universiti Kuala Lumpur -Royal College Of Medicine Perak Malaysia**

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## **Abstract**

**BACKGROUND** The rate of usage of nutritional supplement has increased tremendously over the past decades. In Malaysia, the dietary supplement market is about US \$17.30/month. **AIM** The aim of this study was to determine the association of knowledge, attitude and practice about nutritional supplements with socio-demographic factors of the respondents. **METHODS** This was a cross-sectional study, conducted in 2015 at UniKL -RCMP, Malaysia. Convenient sampling was used. The data extracted from the questionnaires, entered into the Microsoft Excel and were analysed by using the SPSS version 17. **RESULTS** Only 43.1% respondents were graded as good knowledge level on nutritional supplement, while the majority (56.9%) respondents had a poor knowledge level. The knowledge on nutritional supplement were attained by majority from friends/families, doctors/pharmacists, television, articles, newspaper, reading books, radio and journal. The majority of study respondents was having a good healthy lifestyle. Most of the staff and students were non-smokers (99%), non-alcoholic (98%), supplement users (50.8%) and do regular exercise (85.8%). The correlation between Knowledge, Attitude and Practice (KAP) of nutritional supplements with gender, occupation and marital status were statistically significant. **CONCLUSION** This study shows that majority of nutritional supplement users were female, and also demonstrated that the participants had poor knowledge regarding nutritional supplement especially regarding cost, adverse reactions and evidence-based health benefit.

**Keywords:** Nutritional Supplements, Staff and Students, UniKL RCMP, Malaysia.