

Knowledge, Attitude and Practice (KAP) of Dietary Supplements among College going Students: A Cross Sectional Study

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ABSTRACT—A dietary supplements is either intended to provide nutrients in order to increase the quantity of the consumption or to provide non – nutrient chemicals which are clean to have biological beneficial effect. Supplements as generally understood include vitamins, minerals, fibers, fatty acids or amino acids, among other substances. There are more than 50,000 dietary supplements available. They should not be used to treat any disease or as preventive health care.

Material and method

A descriptive cross sectional study was conducted among 130 respondents at DELHI NCR. A pre – formed pre tested questionnaire was used to assess the respondents; data was analyzed using standard statistical software.

RESULT

A total of 130 respondents were enrolled in this study. The mean age of the respondents was 22.2 with the lowest being 18 years and highest being 30 years. There were 40% females and male were 60%. The average knowledge, attitude and practice components were 27.59%, 36%, 37.23% respectively

CONCLUSION

Our preliminary result suggest that knowledge and attitude are low and practice component is relatively high suggesting indulgence in excessive use of dietary supplements without proper knowledge. Further research is required to study this in more detail.