

A Need for Improvement in the Knowledge, Attitudes and Practice Toward Vitamin D Among University Students

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Objective: The message delivered to the public regarding vitamin D is unclear, and contradictory; particularly regarding sun exposure; previous studies in Jordan have revealed high prevalence of low vitamin D among university students. The aim of this study was to investigate university students' knowledge, attitudes and practice regarding vitamin D.

Design: A web-based cross-sectional survey

Setting: The survey was completed by students at a Jordanian university in 2019.

Method: The survey collected sample characteristics data and information about university students' knowledge, attitudes, and practice toward vitamin D. The χ^2 test was used to assess the associations between the sample characteristics and their vitamin D knowledge and practices and to evaluate the association between participants' knowledge and practices. Binary logistic regression analysis was used to predict supplement use.

Results: 496 students completed the questionnaire. The mean knowledge score was 31.3 (\pm 11.3) out of 100. Women had significantly higher beliefs that vitamin D deficiency is an escalating health issue ($p < 0.01$). Negative practices regarding sun exposure were significantly higher in women than men ($p < 0.01$). The majority of participants recognized that insufficient sun exposure was a cause of vitamin D deficiency, but 50.7 % avoid sun exposure, and 67.6% expose only their face and hands. The consumption of fortified foods (OR 3.59; $p < 0.001$) was the only studied variable associated with vitamin D consumption.

Conclusion: There is a gap between knowledge, attitude, and practice regarding vitamin D which can be bridged by promoting Vitamin D related awareness.

Key words: Vitamin D, Supplements, Knowledge, Attitude, Practice

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