

*ijurp '13*

# BOOK OF ABSTRACTS

6TH MEETING  
OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO



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## CREDITS

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# Translation and exploratory application of a food and nutrition knowledge questionnaire

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Good nutrition knowledge would help consumers make more informed food choices. This knowledge may promote consumers health, considering that a good nutrition contributes to general well-being and disease prevention. Therefore, it is important to measure dietary knowledge by developing nutrition knowledge tools or evaluating existing nutritional knowledge questionnaires to predict nutrition knowledge accuracy and prevent nutrition-related health problems. The present study aimed to translate into Portuguese and validate a food and nutrition knowledge questionnaire, proposed by Turrell and Kavanagh [1]. This questionnaire comprises 20 statements requiring true/false answers which included a “don’t know” response option. These statements cover a diverse range of issues pertaining to food, nutrition and health, and their interrelationships, to reflect a person’s general knowledge. Correct answers were coded as “1” and incorrect and ‘don’t know’ responses to “0”. The 20 statements from the original questionnaire were independently translated into Portuguese by the investigators and a consensus version was generated. Subsequently, back translation was performed and compared with the original English version. Discrepancies were discussed and solved. A pilot study, for general interpretability was carried out with a convenience sample of 29 respondents. Since there were no doubts or questions during the administration, a final Portuguese version was established. Aiming for future validation of the translated questionnaire, it was applied to a sample of Portuguese consumers (n = 146) (64% female and 36% male), aged between 18 and 71 years old. Respondents in general, have shown a high nutrition knowledge value (mean total score  $16.6 \pm 2.3$ ), with no significant effect of gender or age. 3.4% of the sample answered correctly all the 20 questions. Concluding, the questionnaire was successfully translated into Portuguese and the exploratory administration showed that respondents had a generally high knowledge regarding food and nutrition. This study will be further developed through the application within a larger sample and repeated application to evaluate the stability and validity of the questionnaire.

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## References:

[1] Turrell G and Kavanagh AM (2006), *Socio-economic pathways to diet: modelling the association between socio-economic position and food purchasing behaviour*, Public Health Nutrition 9, 375–383.

