Consent

1. Brett Norris, Anatomy fellow, Hayden Walls, OMS-II, and Dr. Robert Rogers are inviting you to participate in this research study.

2. The title of this study is Assessing Medical Student Knowledge of Intermittent Fasting and Its Health Implications: A Multi-Institutional Survey Study. The purpose of this study is to help us better understand the current level of knowledge of the health effects associated with intermittent fasting among current medical students, and their attitudes toward learning more about them.

3. Your participation in this study will involve taking a voluntary, and anonymous survey, which will require 3-5 minutes of your time.

4. As this is an anonymous survey that does not ask for any personal information, the risks to you as a participant are minimal.

5. The results of this study may be published in scientific research journals or presented at professional conferences.

However, your name and identity will not be revealed, and your record will remain anonymous. No personal information is required to take this survey, and the results will be safely secured and disposed of after 3 years.

6. Your participation may benefit others by contributing to the current knowledge of our medical education and helping to benefit the health of our population.

7. You can choose not to participate. If you decide not to participate, there will not be a penalty to you or loss of any benefits to which you are otherwise entitled. You may withdraw from this study at any time.

8. If you have questions about this research study, you can email Brett Norris at brett.norris@kansascity.edu. If you have questions about your rights as a research participant, you can call the KCU Institutional Review Board at 816-654-7602 or researchcompliance@kansascity.edu.

Demographics

What is your current year in medical school?

- ○ OMS1 / MS1
- ○ OMS2 / MS2
- ○ OMS3 / MS3
- ○ OMS4 / MS4

What medical specialty are you currently most interested in pursuing?

- ○ Primary Care
- ○ Internal Medicine
- ○ Emergency medicine
- ○ Radiology
- ○ Surgery or surgical sub-specialty
- ○ [ ] Other
- ○ Not sure

Have you previously received a formal education in nutrition or dietary science (i.e., undergraduate degree or Master's degree)?

- ○ Yes
- ○ No

- Not sure

Do you personally practice intermittent fasting?

- Yes
- No
- Occasionally
- I'm not sure what intermittent fasting is

Current attitudes toward intermittent fasting

How confident are you in your current knowledge of the effects that intermittent fasting can have on a person's health?

- Very confident
- Somewhat confident
- Somewhat unconfident
- Very unconfident

Given your current knowledge, how beneficial or harmful do you think practicing intermittent fasting could be for a

patient?

- Very beneficial
- Somewhat beneficial
- Neutral
- Somewhat harmful
- Very harmful

Using your current knowledge, how likely would you be to discuss intermittent fasting with a patient?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely

In your opinion, how important is it for medical students to be educated about the health effects associated with intermittent fasting?

- Very important
- Somewhat important
- Not very important
- Not at all important

Content

For which of the following reasons would you consider discussing intermittent fasting with a patient (check all that apply):

- [ ] Weight loss
- [ ] Hypertension management
- [ ] Blood glucose or diabetes management
- [ ] Cholesterol management
- [ ] Improving cognitive function or mental health
- [ ] Healthy aging
- [ ] Other (please explain)
- [ ] I am not interested in discussing intermittent fasting with patients

Interest

How interested are you in learning more about the effects of intermittent fasting?

- ○ Very interested
- ○ Somewhat interested
- ○ Neutral

- Not very interested
- Not at all interested

What would be your primary motivation for learning more about the health effects associated with intermittent fasting?

- Personal health and fitness
- Academic curiosity
- Tool for helping future patients
- Other (explain)
- I have no interest in learning more about intermittent fasting

Do you believe that education over the health effects and applications of intermittent fasting should be included in our medical school curriculum?

- Yes
- No
- Unsure

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