RESEARCH QUESTIONNAIRE

Knowledge, Attitudes, and Practices Regarding Calcium Supplementation among Pregnant Women in Dongola Maternity Hospital, 2026

Participant No.: _____ **Date:** ____ / ____ / 2026

Instructions to the Participant

This questionnaire is designed to assess your **knowledge, attitude, and practice** regarding **calcium supplementation during pregnancy**. It also **aims to identify the barriers** that may prevent pregnant women from starting or continuing calcium supplements.

Consent

Do you voluntarily agree to participate in this study?

☐ Yes ☐ No

Section A: Sociodemographic Characteristics

1. Age: _____

2. Place of residence:

☐ Urban ☐ Rural

3. Highest educational level:

☐ No formal education ☐ Primary ☐ Intermediate ☐ Secondary ☐ University or higher

4. Marital status:

☐ Married ☐ Divorced ☐ Widowed

5. Occupation:

☐ Housewife ☐ Employed ☐ Freelancer ☐ Student

6. Monthly income:

☐ Low ☐ Medium ☐ Hight

Section B: Obstetric and Antenatal Care Information

7. Number of pregnancies, including the current pregnancy: _____.

8. During which month of this pregnancy did you first attend antenatal care?

Month: _____

9. Have you ever been diagnosed with high blood pressure during your pregnancies or pre-eclampsia?

☐ Yes ☐ No ☐ Do not know

10. Who provided the counseling? (Select all that apply.)

☐ Doctor ☐ Midwife or nurse ☐ Pharmacist ☐ Health educator ☐ Other: _____

Section C: Knowledge Regarding Calcium Supplementation

11. Have you heard about calcium supplements during pregnancy?

☐ Yes ☐ No

12. What are your sources of information about calcium supplementation? (Select all that apply.)

☐ Healthcare professionals ☐ Family or friends ☐ Television or radio ☐ Internet or social media ☐ Other: _____ ☐ Have not heard about calcium supplementation

13. What is the daily calcium requirement during pregnancy?

A. 300 mg/day
B. 500 mg/day
C. 1,500-2,000 mg/day
D. 3,000 mg/day
E. Don’t know

14. What is the importance of calcium intake for pregnant women?

A. It has no importance during pregnancy
B. It helps maintain the mother’s bone health and may reduce the risk of pre-eclampsia when dietary calcium intake is low
C. It increases the risk of high blood pressure
D. It replaces the need for iron supplements
E. Don’t know

15. Calcium helps the development of the baby’s bones and teeth.

A. True
B. False
C. Don’t know

16. What is the effect of calcium deficiency on women in the long term?
A. It improves bone strength
B. It may lead to weak bones, osteoporosis, and increased risk of fractures
C. It has no long-term effect
D. It increases calcium levels in the body
E. Don't know

17. What are the nutritional sources of calcium?
A. Milk, yogurt, cheese, fish with soft bones, leafy green vegetables, and calcium-fortified foods
B. Sugary drinks and fried foods
C. White rice and potatoes only
D. Carbonated soft drinks
E. Don't know

18. What are the factors that help calcium absorption in the body?
A. Drinking large amounts of caffeine
B. Smoking
C. Adequate vitamin D and exposure to sunlight
D. Eating very salty foods
E. Don't know

19. What are the types of foods or habits that hinder calcium absorption?
A. Milk and yogurt
B. Leafy green vegetables
C. Excess caffeine/soda, high salt intake, and smoking
D. Calcium-fortified cereals
E. Don't know

20. Calcium supplementation may reduce the risk of pre-eclampsia, particularly when dietary calcium intake is low.
A. True
B. False
C. Don't know

21. Pregnant women should follow their healthcare provider's instructions regarding the dose and timing of calcium supplements.
A. True
B. False
C. Don't know

22. Calcium and iron supplements can always be taken at the same time without considering the interval between them.
A. True
B. False
C. Don't know

Section D: Attitudes toward Calcium Supplementation

No.	Statement	Agree	Neutral	Disagree
23	I believe it is better to drink a cup of milk daily during pregnancy.	☐	☐	☐
24	I believe it is necessary to eat foods rich in calcium during pregnancy.	☐	☐	☐
25	I believe exposure to sunlight in the early morning or late afternoon is necessary to help vitamin D production and calcium absorption.	☐	☐	☐
26	I believe it is necessary to take calcium supplements as prescribed by the healthcare provider and not stop them on my own.	☐	☐	☐
27	I believe pregnant women should avoid excessive intake of soda, caffeine, and salty foods because they can reduce calcium absorption	☐	☐	☐
28	I believe a pregnant woman should seek medical advice when she feels muscle cramps or stiffness, especially at night.	☐	☐	☐

Section E: Practices Regarding Calcium Supplementation

29. Do you eat calcium-rich foods, such as milk, yogurt, cheese, fish with soft bones, or leafy green vegetables?
A. Yes
B. No

30. Do you expose yourself to sunlight in the early morning or late afternoon during pregnancy?
A. Yes
B. No

31. Do you take calcium supplements daily as prescribed by your healthcare provider?
A. Yes
B. No
C. Not applicable

32. How do you usually take calcium supplements in relation to iron supplements?
A. At the same time
B. At different times
C. I do not take iron supplements
D. I do not take calcium supplements
E. Not applicable

33**. Do you go to a doctor when you feel muscle cramps or spasms in your legs, especially at night?**
A. Yes
B. No

34. Do you reduce your intake of soda, tea, coffee, and salty foods during pregnancy?
A. Yes
B. No

Section F: Barriers and Support

35. What is the most important barrier that prevented you from taking calcium supplements regularly? (Select all that apply.)

☐ It was not prescribed or recommended
☐ Lack of knowledge about its benefits
☐ Forgetting doses
☐ High cost or unavailability
☐ Difficulty swallowing large tablets
☐ Side effects
☐ Too many medicines or doses
☐ Fear of harm to the baby
☐ Lack of family support
☐ No barriers
☐ Other:

Thank You for Your Participation