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EVALUATING KNOWLEDGE, ATTITUDES, AND PRACTICES (KAP) REGARDING THE POTENTIAL DANGERS OF SELF-PRESCRIBED DIETARY SUPPLEMENTS AMONG PALESTINIAN YOUTH

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Abstract:

Objectives: Although the consumption of dietary supplements has increased worldwide, there is a lack of research examining knowledge, attitudes, and practices regarding self-prescribed dietary supplements among Palestinian youth, there for their study aimed to evaluate Knowledge, Attitudes, and Practices (KAP) among Palestinian youth concerning the use of self-prescribed dietary supplements and their potential health risks and identify the personal, social, and behavioral factors that contribute to it.

Methods: A cross-sectional, questionnaire-based study was conducted among Palestinian youth using self DT.

Results: A total of 300 participants, with females constituting 56.2% of the sample, 40.7% of participants reported using dietary supplements; they demonstrated a moderate knowledge level and were aware of the potential side effects. Significant associations were found between knowledge level and gender, with higher knowledge among males ($p < 0.001$), and between knowledge and field of study, with lower knowledge reported among health-related fields ($p < 0.001$). Attitudes were significantly associated with gender, with more positive attitudes observed among females ($p = 0.002$).

Conclusion: The awareness of self-dietary supplement use at a moderate level provides evidence of the importance of continuous education and more regulation of DT.

Key Words: Keywords: Dietary Supplements; Knowledge; Attitude; Practice