

Appendix



Kuwait University
Faculty of Medicine
Department of Pathology



Questionnaire

For the study of "Assessing the risk of developing Type 2 Diabetes and Obesity in healthy young adults with family history of the disease".

The Aim of this study:

- 1) Measure the prevalence of Vitamin D deficiency in healthy young adults in Kuwait.
- 2) Investigate the effect of *FTO* gene polymorphism on the risk of developing obesity, T2D, and the metabolic syndrome in healthy young adults with a family history of T2D.
- 3) Assess the effect of *VDR* gene polymorphisms, and Vitamin D deficiency on the risk of developing obesity, T2D and the metabolic syndrome in healthy young adults with family history of T2D.

1. ID Number:
2. Age:(In Years)
3. Gender: ☐ Female ☐ Male
4. Year: ☐ 2nd ☐ 3rd ☐ 4th ☐ 5th ☐ 6th
5. GPA in 1st year (Foundation Year):
6. Have you been diagnosed with any of the following medical conditions?
☐ Diabetes ☐ Hypertension ☐ Dyslipidemia
7. Do you have a family history of any of the following medical conditions?
☐ Diabetes ☐ Hypertension
8. Do you smoke? ☐ Yes ☐ No
 How many packs per day?
☐ less than 1 pack ☐ 1 pack ☐ 2 pack ☐ more than 2 pack
9. How many days do you exercise per week? (not less than 30min daily)
☐ I don't play exercise ☐ 1-2 days per week ☐ 3-5 days per week

Appendix