

RMPP – Unit 6 – Wiki Activity – Zihaad Khan

The questionnaire is designed to assess the general timing of a person's eating habits, including the preferred times for eating events, frequency of meals and snacks, and sleeping patterns. The questionnaire is divided into four sections, A, B, C, and D, each with five questions.

The format of the questionnaire is generally appropriate, as it is easy to follow and understand. The use of multiple-choice questions is appropriate for most of the questions. However, for some questions, it may be helpful to include a response option such as "not applicable" or "unsure."

Some of the questions included in the questionnaire may be improved in terms of clarity and specificity. For example, question B2 asks what the largest meal of the day is, but it may not be clear to all respondents what is meant by "largest." Similarly, question B4 asks how often the respondent wakes up in the night to eat, but it may not be clear whether the question is referring to planned eating events or unplanned snacking.

To improve the questionnaire, the following suggestions may be considered:

1. Clarify the meaning of some questions by adding a brief explanation or examples.
2. Add response options such as "not applicable" or "unsure" where appropriate.
3. Provide more specific response options where possible. For example, instead of asking for a preferred wake-up time in section A, provide a range of times to choose from.
4. Consider adding questions related to the types of food or drinks consumed at different times of the day or meal preparation habits.
5. Consider adding questions related to physical activity and exercise habits, as these can impact eating habits and sleep patterns.

References

Allison, C, V., Kelly, C, A., Ross, D, C. & Leah, A, I. (2020) Development, validation and reliability of the Chrononutrition Profile – Questionnaire. *Chronobiology International - The Journal of Biological and Medical Rhythm Research*, 37(3): 375-394. Available from: <https://doi.org/10.1080/07420528.2019.1692349> [Accessed 01 March 2023].