

Section:1 Knowledge towards gut microbiome & its influencers
 ([✓] tick in appropriate box)

S.No	Questions	Yes	No
1.	Have you ever heard of the terms Gut microbiome / Gut dysbiosis		
2.	Are you aware of Probiotics / Prebiotics		
3.	Do you know that gut microbes are of both good and bad bacteria		
4.	Do you know bad breath is a symptom of gut dysbiosis		
5.	Are you aware that gut microbiome composition can affect overall health		
6.	Are you aware of the link between the gut dysbiosis and various diseases		
7.	Do you think that changes in the gut microbiota could be the cause of poor appetite		
8.	Do you know smoking is also associated with the gut dysbiosis		
9.	Are you aware that cardiovascular problems are associated with dysbiosis		
10.	Are you aware that by taking the antibiotics can alter the gut microbiome composition		
11.	Do you know that baby delivered through caesarean section will be more prone to gut dysbiosis		
12.	Do you believe that gut microbiome influences the immune function		
13.	Do you know that digestive issues (bloating constipation, etc) is associated with the gut health		
14.	Do you think stress can affect your gut health		
15.	Do you believe that gut microbiome can influence anxiety or depression		
16.	Are you aware that dysbiosis may cause skin and related issues		
17.	Are you aware that poor quality sleep can cause dysbiosis		
18.	Do you think improving gut health could positively impact overall health		
19.	Are you aware that Gut dysbiosis may cause blood stools		
20.	Do you know that excess caffeine (tea, coffee, drinks, chocolates, etc) intake may cause gut dysbiosis		

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Interpretations

- Yes → 1 points
- No → 0 points

S.No	Points	Observations
1.	>= 15	High Knowledge
		Intermediate Knowledge
		Poor Knowledge



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Section 2: Attitudes Towards Gut Microbiome & its influencers
 ([✓] tick in appropriate box)

S.No	Questions	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1.	How important do you think maintaining good gut health improves overall health					
2.	Probiotics / Prebiotics improves gut health					
3.	Do you believe that antibiotics affect your gut microbiome					
4.	Changes in the diet or lifestyle may improve the gut health					
5.	Gut health influences body weight					
6.	Do you believe that irregular work hours (e.g., shift work or night shifts) can disrupt your gut microbiome					
7.	Eating junk foods may cause dysbiosis					
8.	Consumption of sugar rich food may possibly cause dysbiosis					
9.	Consumption of soda / carbonated drinks can affect the gut health					
10.	Intake of fried foods can affect the gut health					
11.	Consumption of red meat may lead to dysbiosis					
12.	Impaired body weight may be associated with poor gut health					
13.	Alcohol consumption affects the gut health					
14.	Poor gut health leads to depression					
15.	Tobacco / Tobacco products affect gut health					
16.	Lack of Prebiotics (garlic, onions, oats, bananas) / Probiotics (sauerkraut, kimchi, kefir, yogurt) in your diet can lead to gut dysbiosis					
17.	Dehydration (less water intake) / (loss of water in body) can affect gut health					
18.	Lack of physical activity can lead to gut dysbiosis					
19.	Low fibre intake influences the gut health					
20.	Good gut health is associated with a better immune system					

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Total Attitude Score Calculation

- Number of statements in the attitude section: 20
- Minimum possible score = 20 (1 × 20)
- Maximum possible score = 100 (5 × 20)

Each question has five possible responses

- Strongly Agree → 5 points
- Agree → 4 points
- Neutral → 3 points
- Disagree → 2 points
- Strongly Disagree → 1 point

S.No	Points	Observations
1.	80-100	Positive Attitude
2.	60-79	Moderately positive Attitude
3.	40-59	Neutral or mixed Attitude
4.	<40	Negative Attitude

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**Section:3 Practices towards gut microbiome & its influencers
(Mark the appropriate options)**

S.No	Questions
1.	How often do you consume foods high in fibre, such as fruits, vegetables, and whole Grains a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
2.	How often do you take probiotic / prebiotic supplements? a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
3.	How often do you consume processed food / Canned / Junk food a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
4.	How often do you avoid artificial sweeteners a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
5.	How often do you perform physical exercise a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
6.	Do you get enough sleep (7-9 hours) a) Yes b) No c) Sometimes d) Daily
7.	How often do you feel dissatisfied with your life? a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
8.	How often do you consume antibiotics a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
9.	Have you ever tested your gut microbiota (e.g., through stool tests or microbiome analysis) a) Yes, I have done a detailed microbiome analysis b) Yes, I have done a basic stool test c) No, but I am aware of such tests d) No, I have never heard of or taken such a test

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10.	Do you keep a track of your gut health a) No, I don't track it at all b) Rarely c) Sometimes, when I feel unwell d) Yes, regularly
11.	How often do you smoke a) Daily b) Regularly (several times a week) c) Occasionally (1-2 times a week) d) Never
12.	How frequently do you experience heart burns a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
13.	How often do you consume fermented foods (yogurt, kefir, kimchi, sauerkraut, etc.) to support gut health a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
14.	How often do you consume alcohol a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
15.	How often do you skip meals a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
16.	Do you take time to relax or manage stress after work (e.g., meditation, hobbies, exercise) a) Never b) 1-2 times a week c) 3-4 times a week d) Daily
17.	How often do you use / consume any other tobacco products, chewable tobacco, Hookah, Gutkha, Zarda, Pan masala, Khaini, Supari, etc. a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
18.	How often do you consume caffeine a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
19.	How often do you consume red meat a) Daily b) 3-4 times a week c) 1-2 times a week d) Never
20.	How often do you fall sick a) Daily b) 3-4 times a week c) 1-2 times a week d) Never

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	b) 1-2 times a month c) Sometimes d) Never
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- Total items: 20
- Score per item: 1 to 4
- Minimum total score: 20
- Maximum total score: 80

S.No	Points	Observations
1.	65-80	Good health practices
2.	50-64	Moderate practices
3.	35-49	Poor practices
4.	20-34	Very poor / unhealthy practices

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