



# KHYBER MEDICAL UNIVERSITY

ADVANCED STUDIES & RESEARCH BOARD

BLOCK -IV, PDA BUILDING, PHASE-V, HAYATABAD,

KHYBER PAKHTUNKHWA, PESHAWAR, PAKISTAN

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## APPLICATION FORM FOR SUBMISSION OF RESEARCH PROPOSALS TO KMU-AS&RB

Serial No (for office use): \_\_\_\_\_

Date of submission: 10/01/2018

Name of the Institute: JPH & SS

Date of Registration with institute: \_\_\_\_\_ Session: \_\_\_\_\_

Program/Specialty: MPH Semester: \_\_\_\_\_

Name: FATIMA MUHAMMAD KHAN

Fathers Name: MUHAMMAD KHAN

Contact No: 03330399666 Email: fami6565@hotmail.com

Name & Designation of Supervisor: Dr. Ayesha Antier (Asst Prof)

Type of Participants: Humans  Animals \_\_\_\_\_ Others (specify): \_\_\_\_\_

Status of Submission: 1) Fresh  2) Revised: \_\_\_\_\_ Duration of Data collection: 6 months

Title of the project: Exploring the factors influencing dietary behaviours of postgraduate students in KMU

### Please tick the following checklist before submission:

Work plan/Gantt Chart attached:	Yes / No
Proposal attached as per format provided by KMU-AS&RB:	Yes / No
Approved by Graduate Committee:	Yes / No
Ethical Approval obtained:	Yes No In process
KMU dues submitted and up to date:	Yes / No
Covering Letter Attached:	Yes / No
20 copies of proposals and all supplementary documents attached:	Yes / No
Plagiarism Certificate attached	Yes / No
Course Completion certificate attached	Yes / No

Supervisor Signature and Stamp:

Candidate Signature:



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## Institute of Public Health & Social Sciences Khyber Medical University



Ref: F-131/MPH F(14)/Vol-II/KMU-IPH&SS/ 394

Dated: 04/01/2018

Director (ORIC)

Khyber Medical University

Peshawar.

Subject: COVERING LETTER

Dear Sir

With reference to the subject cited above; enclosed please find here with synopsis details of **Ms. Fatima Muhammad D/o Mr. Bilal Zaman** Student of MPH Session Fall 2014 (Morning) for onward submission to ASRB for approval.

### Graduate Student Committee

1. Dr. Hamid Hussain (Member)	2. Dr. Ayaz Ayub (Member)
3. Dr. Muhammad Naseem Khan	4. Dr. Ayesha Imtiaz (Member)
5. Dr. Waqas Mohyiddin (Member)	6. Dr. Fayaz Ahmad (Member)

Sincerely

Chairman

Graduate Student Committee

Cc:

1. Concerned student
2. Office Record



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No: \_\_\_\_\_

Date: \_\_\_\_\_

Title (not to exceed 50 words):

**Exploring the factors influencing dietary behaviors of postgraduate students in Khyber Medical University, Peshawar.**

Scholar: Fatima Muhammad Khan

Name of Supervisor: Dr.Ayesha

Co-supervisor :Dr. Brekhna Jamil

Duration of Project: 6 months

Institute: IPH&SS, KMU

Budget Required: \_\_\_\_\_

Name & Signature of Student/Scholar: Dr.Fatima Muhammad Khan

Name & Signature of the Supervisor: Dr.Ayesha Imtiaz

Name & Signature of Head of Institute: Dr.Zia ul Haq



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**1. TITLE (not to exceed 50 words):** Should reflect objective of the study.

Exploring the factors influencing dietary behaviors of postgraduate students in Khyber Medical University, Peshawar.

**2. INTRODUCTION :** ( must include problem statement, background information and rationale 250-300 words)

The habit of ill eating is key public health anguish amongst grown-ups who have switched over into university life<sup>1</sup>. During this period, they experience stress and lack of time, affecting their diet.<sup>2,3</sup> University life is also a significant transition as people can make independent decision regarding their diet. Unhealthy dietary practices along with insufficient physical activity is associated with an increase risk of obesity and non-communicable diseases, particularly cardiovascular diseases, diabetes mellitus and cancers.<sup>4,5</sup>

Young adults are nutritionally vulnerable group due to the prompt changes in physical growth and psychosocial development and unhealthy dietary practices, that fails to meet dietary needs.<sup>6,7</sup> Some common poor nutritional patterns amongst developing adults include meal missing, eating outside of the household kitchen, snacking and fast food consumption.<sup>8</sup> The bourgeoning of shopping arcades, accessible convenience stores, vendor machines and fast food chains have produced a condition and atmosphere for young individuals to exercise harmful eating lifestyles.<sup>9</sup> Period of stay in academic institutions is critical on the subject of poor consumption behaviors in pupils.<sup>10</sup>

It is well established that even though medical undergraduates have necessary information on the subject of good nutritional practices, they were unsuccessful to exercise this information into their lives.<sup>11</sup> Stress of medical education is an important factor that can adversely influence their food.<sup>12</sup> Absence of self-restraint, self-discipline, community support, product values (expenses) and restricted finances, and the limited access to good nutrition choices have been established as key influencing reasons of scholars 'consumption behaviors.<sup>13-15</sup> Most of the research work conducted, predominantly studied undergraduate pupils.<sup>16</sup> Nevertheless, the researches included pupils from all study domains as well as pupils with higher academic experiences that contributed to a widespread range of perceptions and views. Additionally, no previous studies have looked at queries in regards to recommendations for the development of various interventions and strategies directing to improve dietary habits of university scholars.<sup>10</sup>

As far as the literature exploration, no qualitative design studies have worked on determinants of eating behaviors amongst university students in Pakistan. Therefore, the current research study proposes to explore the factors influencing eating habits among post graduate scholars of Khyber Medical University.



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### 3. OBJECTIVE(S):(must be stated in measurable terms and starting with an action verb)

To explore the factors influencing dietary behaviors of postgraduate students in Khyber Medical University, Peshawar

### 4. OPERATIONAL DEFINITIONS :(All variables of study must be clearly defined in detectable terms)

**Dietary behavior:** The eating habits of students enrolled in postgraduate programs.

**Case :** Each postgraduate institute in Khyber Medical University is considered as one case.

### 5. HYPOTHESIS (If required):(only the alternate hypothesis must be clearly stated aligned with objective)

N/A

### 6. MATERIALS AND METHODS:

**6a. Study Design:** Qualitative study (Multiple case studies)

**6b. Study Settings:** The study will be conducted in the following institutes of KMU  
IPH&SS, IPMR, IBMS, IHPER

**6c. Study Duration:** 6 months

**6d. Sample Size:** (with justification of its calculations and reference used  
In depth interviews will be conducted with 5-12 participants of each institute.

**6e. Sampling Technique:** Purposive sampling

### 7. SAMPLE SELECTION:

**7a. Inclusion Criteria:** (What type of subjects or material is to be included in the study)  
Students of final semester/year of postgraduate programs of KMU.

**7b. Exclusion Criteria:** N/A

### 8. DATA COLLECTION PROCEDURE:

**Guiding questions for interview** adapted from study<sup>17</sup> will be used to collect a data. The question guide consisted of opening and introductory questions which allowed participants to get acquainted and feel connected, and to start the discussion of the topic.

The expert's reviews are taken from three experts. The questions are piloted on students.

**Data Collection Procedure:** After approval from ASRB and ethical board of KMU, the permission will be granted from principals of colleges. After permission, the purpose of the study will be explained to the students and consent will be taken for collecting data.

### 9. DATA ANALYSIS PROCEDURE:

The interviews will be transcribed in the following way

**Step 1: Labeling/ coding relevant information;** Discussion points will be transcribed from dicta phone. Moderator and assistant moderator will review all the transcripts after each session and coded the data under various headings.

**Step 2: Axial Coding;** Categorizing the data initial codes

**Step 3;** Thematic Analysis (Thematic analysis to create meaningful patterns and highly refined themes)

**Step 5;** Linking the categories and redefining themes

**Step 6;** Sharing the results with the supervisor, co-supervisor and participants to ensure triangulation.



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## 10. BIBLIOGRAPHY: In Vancouver style.

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2. Rubina A, Shoukat S, Raza R, Shiekh MM, Rashid Q, Siddique MS, Panju S, Raza H, Chaudhry S, Kadir M: Knowledge and practice of healthy lifestyle and dietary habits in medical and non-medical students of Karachi, Pakistan. *J Pak Med Assoc* 2009, 59(9):650–655.
3. Webb E, Ashton CH, Kelly P, Kamah F: An update on British medical students' lifestyles. *Med Educ* 1998, 32:325–331.
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14. LaCaille LJ, Dauner KN, Krambeer RJ, Pedersen J: Psychosocial and environmental determinants of eating behaviors, physical activity, and weight change among college students: a qualitative analysis. *J Am Coll Health* 2011, 59(6):531–538.
15. Nelson MC, Kocos R, Lytle LA, Perry CL: Understanding the perceived determinants of weight-related behaviors in late adolescence: a qualitative analysis among college youth. *J Nutr Educ Behav* 2009, 41(4):287–292.
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## Questionnaire

### Opening and introductory questions

- Introduction 1. Describe a healthy person.
- Transition 2. Thinking of ‘health in university students’, what comes to your mind?
- The Participants will complete a worksheet on which they recorded what they ate over the previous 24 -hour’s period and their reasons for choosing the foods that they ate.

<b>Worksheet for study research</b>			
	<b>What have u eaten in past 24 hours?</b>	<b>With whom you were present in each eating occasion?</b>	<b>Why you have selected each food?</b>
<b>Breakfast</b>			
<b>During university the previous day</b>			
<b>After university Until bed time the previous day</b>			

### Interview Questions

- What are the factors you think influence your dietary behavior? How
- Mention one of the factors as influencing your food choices particularly strong? Does this change from one time to another? In what situation does the reason you eat sometimes change.
- I hear you talking a lot about fast foods. Why do you like to eat fast food?
- People are different. Our Ethnicity, religion, or family traditions may influence what we eat. Do these things influence what you eat? If so, how?
- Here is a list of some national guidelines for how we should eat (write on flip chart increase fruits and vegetables intake, increase daily food intake, decrease fat intake.) why don’t people eat like this? What makes it hard to eat like this? What makes it easier to eat like this?
- Do you take meals with your family? Why or why not
- If you eat more meals with your family, would you eat more healthfully? Why or why not?



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- Think back of the last year(s) being a university student. Did your dietary behavior change since you entered university?
- Which factors have caused these changes (or which factors influence current health behaviors)? Which of the factors have had the greatest influence?
- What barriers and enablers of healthy behavior can you identify?
- Can you give us some advice on how to promote healthy eating behavior's in students?





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STUDY PLAN: GANTT CHART						
ACTIVITY (IN MONTHS)	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
Literature Search	←————→					
Proposal Development & Approval	←————→					
Printing Of Questionnaire		↔				
Pilot Study		↔				
Data Collection			←————→			
Data Entry & Analysis					←————→	
Dissertation Writing & Printing					←————→	
Submission & Approval						↔



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Turnitin Originality Report

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