ASR SURVEY QUESTIONS

| **YEAR 1 - 2019** | | |
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| Intro copy | **ARE YOU A HEALTH CARE PROFESSIONAL?**  **How well do you know your *Agaricus bisporus*?**  **Nutrition Research Australia & Australian Mushroom**s are working together on a **fun**(gi) piece of research to understand what you already know... or want to know more of... about the nutritional properties & health benefits of mushrooms.  Please spare **5-10 minutes** to complete our short survey for a chance of winning one of two $100 major supermarket gift cards to spend on something delicious! | |
| NO. | QUESTION | ANSWER |
| Q1 | Before we begin, are you: | * Male * Female * Prefer not to disclose |
| Q2 | Age bracket: | * 18-24 * 25-34 * 35-44 * 45-54 * 55-64 * 65+ * Prefer not to disclose |
| Q3 | What Australian state are you based in? | * ACT * NT * NSW * QLD * SA * TAS * VIC * WA * Outside Australia (if selected, ends here) |
| Q4 | What is your primary profession? | * General Practitioner (GP) * Dietitian * Nutritionist * Naturopath * Fitness professional (e.g. personal trainer) * Other health professional (e.g. nurse, physiotherapist, social worker) * Other food professional (e.g. chef, home economist) * Other |
| Q5 | If nutritionist / naturopath / dietitian, please select your qualification level. | * Certificate * TAFE/College * Degree |
| Q6 | How familiar are you with the **health benefits** of consuming mushrooms (e.g. bone, gut, heart health)?  Please select the statement that best applies to you. | * Not familiar at all * Familiar with some health benefits but cannot specify them * Familiar and can specify their health benefits * Very familiar as I have attended events / seminars / read resources * Academic knowledge and actively seek more information |
| Q7 | How familiar are you with the key **nutritional properties** of mushrooms (e.g. nutrient content, bioactive components)?  Please select the statement that best applies to you. | * Not familiar at all * Familiar with some nutritional properties but cannot specify them * Familiar and can specify their nutritional properties * Very familiar as I have attended events / seminars / read resources * Academic knowledge and actively seek more information |
| Q8 | In your opinion, what are the key nutritional properties of mushrooms (e.g. nutrient content, bioactive components)? | Choose as many as you like   * Selenium * Dietary fibre * Prebiotics * Cholesterol free * Vitamin D * Omega-3 * Folate * Vitamin E * Potassium * Ergothionine * Don't know * Other |
| Q9 | How important do you think mushrooms are in supporting overall health? | * Very important * Somewhat important * Not important * Don't know |
| Q10 | How strongly do you agree / disagree with the following statement: "mushrooms have unique health benefits and nutritional properties"? | * Strongly agree * Agree * Undecided * Disagree * Strongly Disagree |
| Q11 | How much value do you place on mushrooms compared to vegetables? | * More value * Equal value * Less value * Don't know |
| Q12 | Which statement best describes your opinion on the availability of resources to healthcare professionals on the health benefits and nutritional properties of mushrooms? | * I don't know of any resources * I have seen resources but don't have or want any of them * I have resources and they are not very useful * I have resources and they are useful |
| Q13 | (If no) Why aren't the resources useful to you? | Open answer |
| Q14 | (If yes) What do you find useful in these resources? | * Health information * Nutritional information * Expert opinion * Recipes * Cooking guides * Storage tips * Other |
| Q15 | How often do you personally consume mushrooms? | * Never * Once every few months * Once a month * Once per week * A few times a week * Daily |
| Q16 | (If no) Why don't you consume mushrooms? | * The taste * The texture * I forget to buy them * Too expensive * I don't cook * I don't have recipes with mushrooms * Other |
| Q17 | How often do you specifically recommend mushrooms to your clients or patients? | * Don't recommend, but I do see patients/clients * Rarely recommend * Occasionally recommend * Regularly recommend * Does not apply as I don't see patients/clients |
| Q18 | (If no) Why don’t you recommend mushrooms?  Select all that apply. | Choose as many as you like   * Not familiar with their health benefits * Not familiar with their nutritional properties * Clients or patients do not like mushrooms * Clients or patients do not have cooking skills * I have no time to discuss mushrooms specifically * I do not think about mushrooms specifically * I do not believe mushrooms are unique * Other |
| Q19 | (If yes) Why do you recommend mushrooms? | Choose as many as you like   * For their health benefits (e.g. heart health) * For their nutritional properties (e.g. low in kJ) * The majority of my clients or patients like mushrooms * They make meals healthier * They are easy to cook * They add extra flavour to meals * Vegetarian meal option * Mushrooms are unique * Other |
| Q20 | Have you visited the Australian Mushrooms website: [www.australianmushrooms.com.au](http://www.australianmushrooms.com.au) for health or nutritional information? | * Yes * No |
| Q21 | Do you give your clients or patients recipes or cooking materials? | * Yes * No * Doesn’t apply as I don't see patients/clients |
| Q22 | Where do you generally find inspiration for recipes to give to your clients or patients? | Choose as many as you like   * Family and friends * Blogs * Social media * Google * Magazines * TV shows * Celebrity chefs * Industry websites * Other |
| End Message | Thank you for completing the survey! We really appreciate your time and understand how busy you are.  To be in the running for one of two major supermarket $100 gift vouchers please submit your email below. Please note that your survey responses remain anonymous even if you submit your email for the draw. If you'd prefer not to enter, simply click OK and leave the email blank.  We will notify the winner via email on **24 July 2019.**  *\*By entering the draw, you are subscribing to the Australian Mushrooms healthcare professional newsletter. You can unsubscribe at any time. Licence Type: Lottery-Trade Promotion-Single Promotion*  *Licence Number: LTPS/19/35646*  **Good luck!**  **<email input here>** | |

| **YEAR 2 - 2020** | | |
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| Intro copy | **ARE YOU A HEALTH CARE PROFESSIONAL?**  How well do you know your ***Agaricus bisporus*** mushrooms?  Nutrition Research Australia & Australian Mushrooms have been working together on a fun(gi) research stream over the past 18 months. It has focused on the nutritional properties & health benefits of mushrooms, with a particular focus on vitamin D. We'd love to hear from you about what you have learnt.  Please spare **5-10 minutes** to complete our short survey for a chance to win a **$150 VISA gift card** and a grow-your-own mushroom kit!  Thank you. | |
| NO. | QUESTION | ANSWER |
| Q1 | Before we begin, what's your gender? | * Female * Male * Prefer not to disclose * Other |
| Q2 | Age: | * 18-24 * 25-34 * 35-44 * 45-54 * 55-64 * 65+ * Prefer not to disclose |
| Q3 | Which Australian state or territory are you based in? | * NSW * VIC * QLD * SA * WA * ACT * TAS * NT * Outside Australia (if selected, ends here) |
| Q4 | What is your primary profession? | * Dietitian * General Practitioner (GP) * Nutritionist * Naturopath * Nurse * Other Health Professional - Social worker, physiotherapist, etc. * Other Food Professionals - Cook, chef, home economist, etc. * Not a Food or Health Professional * Other |
| Q5 | How familiar are you with the **health benefits** of mushrooms (e.g. satiety, gut, heart health)?  Please select the statement that best applies to you. | * Very familiar as I have attended events / webinars / read resources * Familiar and can specify their health benefits * Familiar with some health benefits but cannot specify them * Academic knowledge and actively seek more information * Not familiar at all |
| Q6 | How familiar are you with the key **nutritional properties** of mushrooms (e.g. nutrient content, bioactive components)?  Please select the statement that best applies to you. | * Very familiar as I have attended events / webinars / read resources * Familiar and can specify their nutritional benefits * Familiar with some nutritional benefits but cannot specify them * Academic knowledge and actively seek more information * Not familiar at all |
| Q7 | In your opinion, what are the key **nutritional properties** of mushrooms (e.g. nutrient content, bioactive components)? | Choose as many as you like   * Antioxidants * Beta-glucans * Chitin * Cholesterol free * Dietary fibre * Ergosterol * Ergothioneine * Folate * Omega-3 * Potassium * Selenium * Vitamin D * Vitamin E * Don't know * Prebiotics * Other |
| Q8 | In your opinion, what are the key **health benefits** of mushrooms? | Choose as many as you like   * Anti-aging * Enhances physical performance (e.g. energy, muscle mass) * Improves gut health * Improves cardiometabolic markers (e.g. cholesterol, glucose, triglycerides) * Improves brain health and cognition * Increases and maintains vitamin D levels * Increases fullness and reduces hunger * Lowers the risk of some cancers * Maintains strong bones * Reduces inflammation * Strengthens the immune system * Supports the nervous system * Don't know * Other |
| Q9 | How important do you think mushrooms are in supporting overall health? | * Very important * Somewhat important * Not important * Don't know |
| Q10 | State your opinion: "Mushrooms have unique health benefits and nutritional properties" | * Strongly agree * Agree * Neutral * Disagree * Strongly disagree |
| Q11 | How much value do you place on mushrooms compared to vegetables? | * More value * Equal value * Less value * Don't know |
| Q12 | What are the modifiable risk factors that increase a person's risk of vitamin D deficiency? Tick all that apply | Choose as many as you like   * Alcoholism * Clothing that covers entire body * High caffeine consumption * Lack of physical activity * Limited sun exposure * Low dietary Vitamin D * Overweight or obesity * Smoking * Strict vegetarian diet * Wearing sunscreen * Where you live |
| Q13 | Which of the following has the highest vitamin D content per serve? | Choose as many as you like   * 2 eggs * 100g oily fish * 40g fortified breakfast cereal * 1 tablespoon margarine * 100g mushrooms * 100g UV-exposed mushrooms * Other |
| Q14 | Can placing mushrooms in the sun increase their vitamin D content to 100% of your daily vitamin D needs? | * Yes * No |
| Q15 | Which statement best describes your opinion on the availability of resources to healthcare professionals on the health benefits and nutritional properties of mushrooms? | * I don't know of any resources * I have resources and they are useful * I have seen resources but they didn’t interest me * I have resources and they are not very useful to me |
| Q16 | How often do you personally consume mushrooms? | * Never * Once every few months * Once a month * Once per week * A few times a week * Daily |
| Q17 | (If no) Why don't you regularly consume mushrooms? | Choose as many as you like   * I don’t like the taste * I don’t like the texture * I don’t know how to cook mushrooms * I don’t have any recipes with mushrooms * I forget to buy them * They are too expensive * Other |
| Q18 | How often do you specifically recommend mushrooms to your clients? | * Always * Often * Sometimes * Rarely * Never, but I do see clients * Never, as I don’t see clients |
| Q19 | (If no) Help us to understand why you **do not** **recommend** mushrooms to your clients. Tick all that apply. | Choose as many as you like   * I do not think about mushrooms specifically * I’m not familiar with their health benefits * I do not have time to discuss mushrooms specifically * I’m not familiar with their nutritional properties * My clients do not have cooking skills * I do not believe mushrooms are important to recommend * My clients do not like mushrooms * Other |
| Q20 | (If yes) Help us to understand **why you recommend** mushrooms to your clients. Tick all that apply. | Choose as many as you like   * They add extra flavour to meals * To add texture to meals * To increase satiety * For their nutritional properties (e.g. low in kJ) * For their health benefits (e.g. heart health, gut health) * Vegetarian meal option * They are easy to cook * They make meals healthier * Mushrooms are unique * Majority of my clients or patients like mushrooms * To help increase vitamin D intake * Other |
| Q21 | Have you visited the Australian Mushrooms website: [www.australianmushrooms.com.au](http://www.australianmushrooms.com.au) for health or nutritional information? | * Yes * No |
| Q22 | Please provide any additional thoughts you have on the information that we are providing on mushrooms | Open answer |
| End Message | Thank you for completing the survey! We really value your time.  To be in the running to win a **$150 VISA gift card** and a grow-your-own mushroom kit, please submit your email below.  If you'd prefer not to enter, simply type **CTRL + ENTER** to submit. All survey responses are anonymous.  We will notify the winner via email on the 6th November 2020.  *By entering the draw, you are subscribing to the Australian Mushrooms & NRAUS healthcare professional newsletter. You can unsubscribe at any time.*  **Good luck!**  **<email input here>** | |

| **YEAR 3 - 2021** | | |
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| NO. | QUESTION | ANSWER |
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| Q2 | Age: | * 18-24 * 25-34 * 35-44 * 45-54 * 55-64 * 65+ * Prefer not to disclose |
| Q3 | Which Australian state or territory are you based in? | * NSW * VIC * QLD * SA * WA * ACT * TAS * NT * Outside Australia (if selected, ends here) |
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| Q6 | How familiar are you with the key **nutritional properties** of mushrooms (e.g. nutrient content, bioactive components)?  Please select the statement that best applies to you. | * Very familiar as I have attended events / webinars / read resources * Familiar and can specify their nutritional benefits * Familiar with some nutritional benefits but cannot specify them * Academic knowledge and actively seek more information * Not familiar at all |
| Q7 | In your opinion, what are the key **nutritional properties** of mushrooms (e.g. nutrient content, bioactive components)? | Choose as many as you like   * Antioxidants * Beta-glucans * Chitin * Cholesterol free * Dietary fibre * Ergosterol * Ergothioneine * Folate * Low calorie * Omega-3 * Low sodium * Potassium * Selenium * Vitamin D * Vitamin E * Don't know * Prebiotics * Vegan friendly * Other |
| Q8 | In your opinion, what are the key **health benefits** of mushrooms? | Choose as many as you like   * Anti-aging * Enhances physical performance (e.g. energy, muscle mass) * Improves gut health * Improves cardiometabolic markers (e.g. cholesterol, glucose, triglycerides) * Improves brain health and cognition * Increases and maintains vitamin D levels * Increases fullness and reduces hunger * Lowers the risk of some cancers * Maintains strong bones * Reduces inflammation * Strengthens the immune system * Supports the nervous system * Don't know * Other |
| Q9 | How important do you think mushrooms are in supporting overall health? | * Very important * Somewhat important * Not important * Don't know |
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| Q18 | (If no) Help us to understand why you **do not** **recommend** mushrooms to your clients. Tick all that apply. | Choose as many as you like   * I do not think about mushrooms specifically * I’m not familiar with their health benefits * I do not have time to discuss mushrooms specifically * I’m not familiar with their nutritional properties * My clients do not have cooking skills * I do not believe mushrooms are important to recommend * My clients do not like mushrooms * Other |
| Q19 | (If yes) Help us to understand **why you recommend** mushrooms to your clients. Tick all that apply. | Choose as many as you like   * They add extra flavour to meals * To add texture to meals * To increase satiety * For their nutritional properties (e.g. low in kJ) * For their health benefits (e.g. heart health, gut health) * Vegetarian meal option * They are easy to cook * They make meals healthier * Mushrooms are unique * Majority of my clients or patients like mushrooms * To help increase vitamin D intake * To reduce sodium content * To help decrease meat intake * Other |
| Q20 | Given mushrooms are neither plant nor animal, and have unique nutritional properties, do you think mushrooms deserve to be given greater focus in the national dietary guidelines? | Yes definitely  Maybe - Needs to be considered  Unsure  No |
| Q21 | Please provide any additional thoughts you have on the information that we are providing on mushrooms | * Open answer |
| End Message | *Suggestion:*  Thank you for completing the survey! We really value your time.  To be in the running to win a **<Prize>**, please submit your email below.  If you'd prefer not to enter, simply type **CTRL + ENTER** to submit. All survey responses are anonymous.  We will notify the winner via email on the <date>.  *By entering the draw, you are subscribing to the Australian Mushrooms & NRAUS healthcare professional newsletter. You can unsubscribe at any time.*  **Good luck!**  **<email input here>** | |