



#### KEY WORDS

- ✓ Food supplement
- ✓ Veterinarian
- ✓ Working
- ✓ Tiredness
- ✓ Stress

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## EVALUATION OF FOOD SUPPLEMENT USAGE HABITS OF VETERINARIANS IN DEALING WITH INTENSIVE WORKING CONDITIONS

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MSc PROGRAM

GRADUATION DATE: 08.07.2025

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#### THESIS ABSTRACT

A survey was conducted with 130 veterinarians to determine veterinarians' workload and to assess their frequency and preferences for dietary supplements to cope with their workload. The study revealed that 45.4% of veterinarians work 10 hours or more per day, 75.4% work weekends constantly or sometimes, and 47.7% work night shifts or shifts constantly or sometimes. When asked what type of dietary supplements they use, 76.2% indicated vitamins, 53.1% minerals, 43.8% immune-supporting supplements, 26.9% fatty acids, and 16.9% protein and/or amino acid groups, while 68.1% preferred multi-ingredients. The results suggest that weekend work is common in veterinary medicine, and that working hours are long, and that they often choose dietary supplements containing different ingredients to cope when needed.

#### APPLICATION AREAS OF THE THESIS RESULTS

Data and evaluations regarding the working conditions of veterinarians and their habits of using food supplements depending on their working conditions have been presented.

#### ACADEMIC ACTIVITIES

1.Teke, M.E., Çetinkaya, F., Elal Muş, T.,(2024). Meta-Analysis on Food Supplement Usage Habits of Healthcare Professionals. 6<sup>th</sup> International Black Sea Modern Scientific Research Congress, 23-25 Ağustos 2024, Trabzon, Türkiye.