

| | Author | Title | Design | N | Method |
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| 1 | Ganasegeran [1] 2012, Malaysia | Social and psychological factors affecting eating habits among university students in a Malaysian medical school: a cross-sectional study. | Cross sectional | 132 | Questionnaire |
| 2 | Sajwani [2] 2009, Pakistan | Knowledge and practice of healthy lifestyle and dietary habits in medical and non-medical students of Karachi, Pakistan. | Cross sectional | 350 | Questionnaire |
| 3 | Bergeron [3] 2017, California | An Analysis of California Pharmacy and Medical Students' Dietary and Lifestyle Practices. | Cross sectional | 200 | Questionnaire |
| 4 | Duperly [7] 2009, Colombia | The association between Colombian medical students' healthy personal habits and a positive attitude toward preventive counseling: cross-sectional analyses. | Cross sectional | 661 | Questionnaire |
| 5 | Alba [12] 2015, Colombia | Attitude toward preventive counseling and healthy practices among medical students at a Colombian university. | Longitudinal | 149 | Questionnaire |
| 6 | Likus [13] 2013, Poland | Dietary habits and physical activity in students from the Medical University of Silesia in Poland. | Cross sectional | 239 | Questionnaire |
| 7 | Terebessy [15] 2016, Hungary | Medical students' health behaviour and self-reported mental health status by their country of origin: a cross-sectional study. | Cross sectional | 629 | Questionnaire |
| 8 | Tirodimos [16] 2009, Greece | Healthy lifestyle habits among Greek university students: differences by sex and faculty of study. | Cross sectional | 300 | Questionnaire |
| 9 | Crowley [17] 2014, New Zealand | Impact of an undergraduate course on medical students' self-perceived nutrition intake and self-efficacy to improve their health behaviours and counselling practices. | Longitudinal | 61 | Questionnaire |
| 10 | Shaikh [20] 2011, India | Impact of learning nutrition on medical students: their eating habits, knowledge and confidence in addressing dietary issues of patients. | Cross sectional | 218 | Questionnaire |

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| 11 | Lesani [21] 2016, Iran | Eating breakfast, fruit and vegetable intake and their relation with happiness in college students. | Cross sectional | 541 | Questionnaire |
| 12 | Spencer et al. [22] 2005, USA | Validation of a brief diet survey instrument among medical students. | Longitudinal | 88 | 24 hour recalls |
| 13 | Shakya et al. [24] 2015, Nepal | Gender Differences and Clustering of Modifiable Risk Factors of Non-communicable Diseases Among Medical Students: A Cross Sectional Study in Nepal. | Cross sectional | 191 | Questionnaire |
| 14 | Mishra et al. [25] 2015, Nepal | Modifiable Risk Factors for Major Non-communicable Diseases Among Medical Students in Nepal. | Cross sectional | 191 | Questionnaire |
| 15 | Nacar et al. [26] 2015, Turkey | Hazardous Health Behaviour among Medical Students: a Study from Turkey. | Cross sectional | 339 | Questionnaire |
| 16 | Ibrahim et al. [27] 2014, Saudi Arabia | Risk factors of coronary heart disease among medical students in King Abdulaziz University, Jeddah, Saudi Arabia. | Cross sectional | 214 | Questionnaire, vital signs, anthropometric measurements, blood tests |
| 17 | Al-Alimi et al. [28] | Prevalence of Iron Deficiency Anemia among University Students in Hodeida Province, Yemen | Cross sectional | 500 | Questionnaire, blood tests |
| 18 | Rehman et al. [29] 2013, Pakistan | Health and spirituality 'walk along' in wellness journey of medical students. | Cross sectional | 736 | Questionnaire |
| 19 | Fiore et al. [30] 2015, Italy | Medical school fails to improve Mediterranean diet adherence among medical students. | Cross sectional | 1038 | Questionnaire |
| 20 | Al-Qahtani. [31] 2016, Saudi Arabia | Dietary Habits of Saudi Medical Students at University of Dammam | Cross sectional | 562 | Questionnaire |
| 21 | Chourdakis et al. [32] 2010, Greece | Eating habits, health attitudes and obesity indices among medical students in northern Greece. | Cross sectional | 390 | Questionnaire |
| 22 | Kanikowska et al. [33] 2017, Poland | Do medical students adhere to advice regarding a healthy lifestyle? A pilot study of BMI and some aspects of lifestyle in medical students in Poland. | Cross sectional | 270 | Questionnaire |

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| 23 | Cecil et al. [34] 2014, United Kingdom | Behaviour and burnout in medical students. | Cross sectional | 356 | Questionnaire |
| 24 | Ekpanyaskul et al. [35] 2013, Thailand | Overweight/Obesity and Related Factors Among Thai Medical Students. | Cross sectional | 5441 | Questionnaire |
| 25 | Purohit et al. [36] 2015, India | Prevalence of Obesity in Medical students and its correlation with cardiovascular risk factors: Emergency Alarm for Today? | Cross sectional | 138 | Questionnaire, vital signs, anthropometric measurements |
| 26 | Nisar et al. [37] 2009, Pakistan | Dietary habits and life style among the students of a private medical university Karachi | Cross sectional | 384 | Questionnaire |
| 27 | Fredriksson et al. [38] 2016, Sweden | Dietary intake in Swedish medical students during 2007–2012. | Cross sectional | 698 | 3 day food diary |
| 28 | Allam et al. [39] 2012, Saudi Arabia | Nutritional and health status of medical students at a university in Northwestern Saudi Arabia | Cross sectional | 194 | Questionnaire |
| 29 | Tanaka et al. [40] 2008, Japan | Relationships between dietary habits and the prevalence of fatigue in medical students. | Cross sectional | 127 | Questionnaire |
| 30 | Rustagi et al. [41] 2011, India | Cardiovascular risk behavior among students of a Medical College in Delhi. | Cross sectional | 433 | Questionnaire |
| 31 | Nola et al. [42] 2010, Croatia | Differences in eating and lifestyle habits between first- and sixth-year medical students from Zagreb. | Cross sectional | 441 | Questionnaire |
| 32 | Rye et al. [43] 2012, Canada | Comparing health behaviours of internal medicine residents and medical students: An observational study. | Cross sectional | 117 | Questionnaire, 3 day food diary, vital signs, anthropometric measurements, blood tests, number of steps walked |
| 33 | Boo et al. [45] 2018, Singapore | The prevalence of obesity among clinical students in a Malaysian medical school. | Cross sectional | 240 | Questionnaire, anthropometric measurements |
| 34 | Baydemir et al. [46] 2018, Turkey | Evaluation of adherence to Mediterranean diet in medical students at Kocaeli University, | Cross sectional | 354 | Questionnaire |
| 35 | Vargas et al. [47] 2018, United States of America | Integrating nutrition education into the cardiovascular curriculum changes eating habits of second-year medical students | Longitudinal | 32 | Questionnaire |
| 36 | Krishnamohan et al. [48] 2017, India | Efficacy of Health Education using Facebook to Promote Healthy Lifestyle among Medical Students in Puducherry, India: A Non-Randomized Controlled Trial. | Longitudinal, Non-randomized controlled trial | 45 | Questionnaire |
| 37 | Brehm et al. [49] 2016, United States of America | Health status and lifestyle habits of us medical students: A longitudinal study. | Longitudinal | 125 | Questionnaire, anthropometric measurements, blood tests |