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Second International Congress on Biological  
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## **SECOND INTERNATIONAL CONGRESS ON BIOLOGICAL AND HEALTH SCIENCES ABSTRACT BOOK**

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## Editor's Note

The first 'International Congress on Biological and Health Sciences' was organized online and free of charge. We are very happy and proud that various health sciencerelated fields attended the congress. By this event, the distinguished and respected scientists came together to exchange ideas, develop and implement new researches and joint projects. There were 23 invited speakers from 11 different countries and also more than 400 submissions were accepted. More than 50 countries contributed to the congress. We would like to thank all participants and supporters. Hope to see you at our next congress.

Best wishes from Turkey

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## Quality and Reliability Analysis of YouTube Videos About Branched-Chain Amino Acids Supplements: A Pilot Study

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**Abstract:** The branched-chain amino acids (i.e. leucine, isoleucine and valine) (BCAA) play role in stimulating protein synthesis, recovery processes from exercise and protection of mental health after prolonged exercise. However, unconscious intake of BCAA supplements may contribute to the progression of pathological conditions such as renal failure and cancer, especially in unhealthy people. Social media tools such as YouTube and etc. are effective platforms to promote the use of such supplements. The aim of the study was to determine quality and reliability of branched-chain amino acids supplements related English videos on YouTube. “BCAA” and “BCAA supplements” terms were searched as key words and the mostly viewed 100 videos were obtained for each term. Unrelated to BCAA, non-Turkish and duplicated videos were excluded from study. Following the exclusion criteria, 9 videos were selected from 200 videos. The duration of videos, the number of like, the number of views and job of the person in the video were recorded. The quality and reliability of information on videos were evaluated using DISCERN, Journal of American Medical Association (JAMA) benchmark criteria and global quality score. The job of the person in videos was mostly fitness trainer (%88). The mean of DISCERN score was  $41.5 \pm 13.2$ , the mean of JAMA score was  $1.2 \pm 0.4$  and the mean of global quality score was  $2.6 \pm 1.1$ . There was significantly positive correlation between JAMA score and video duration ( $r=0.8$ ,  $p<0.05$ ). According to findings, mostly viewed Turkish videos about BCAA were mostly low and average quality. Sports supplements are products consumed globally, and large-scale studies with much more videos are needed to identify the potential risk.

**Keywords:** branched-chain amino acids, sport supplements, YouTube