**Survey Questions:**

1. How much do you think you know about metabolic syndrome?
   - I know very well.
   - I know well.
   - I know a little.
   - I do not know.
   - I have no idea.

2. Have you ever heard of metabolic syndrome?
   - I have heard of it.
   - I haven’t heard of it. (Skip to Q4)
   - I do not know. (Skip to Q4)

3. If you have heard about metabolic syndrome in the past year, how did you hear about it?
   - Newspapers, magazines
Supplementary Material. Continued

- Television, radio
- Friends/relatives
- Internet, YouTube
- Hospital care
- Others: ____________

4. Is metabolic syndrome a disease?
   ① Yes
   ② No
   ③ I do not know

5. Which of the following do you think does not help in determining the presence of metabolic syndrome?
   ① Hypertension
   ② Hyperlipidemia
   ③ Diabetes
   ④ Angina
   ⑤ Abdominal obesity

6. Do people with metabolic syndrome need to control their diet for calorie intake reduction?
   ① Very necessary.
   ② Somewhat necessary.
   ③ Slightly necessary.
   ④ Not sure.
   ⑤ Not necessary at all.

7. Is exercise important for people with metabolic syndrome?
   ① Very necessary.
   ② Somewhat necessary.
   ③ Slightly necessary.
   ④ Not sure.
   ⑤ Not necessary at all.

8. Do you think people with metabolic syndrome can develop diabetes or cardiovascular diseases in the future?
   ① Very necessary.
   ② Somewhat necessary.
   ③ Slightly necessary.
   ④ Not sure.
   ⑤ Not necessary at all.

9. Do you think you know well about abdominal obesity?
   ① I know very well.
   ② I know well.
   ③ I know a little.
   ④ I do not know.
   ⑤ I have no idea.

10. Do you think you know well about central obesity?
    ① I know very well.
    ② I know well.
    ③ I know a little.
    ④ I do not know.
    ⑤ I have no idea.

11. Do people with abdominal obesity need to lose weight?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.

12. Do people with abdominal obesity need exercise?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.

13. Have you measured your waist circumference in the last 3 years?
    ① Often
    ② Sometimes
    ③ Rarely
    ④ Never

14. Have you measured your weight in the last 3 years?
    ① Often
    ② Sometimes
    ③ Rarely
    ④ Never

15. Do you know about triglycerides?
    ① I know very well.
    ② I know well.
    ③ I know a little.
    ④ I do not know.
    ⑤ I have no idea.

16. Do people with high blood triglycerides need exercise?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
17. Do people with high blood triglycerides need dietary control?
   ① Very necessary.
   ② Somewhat necessary.
   ③ Slightly necessary.
   ④ Not sure.
   ⑤ Not necessary at all.
18. Have you measured your blood pressure in the last 3 years?
   ① Often
   ② Sometimes
   ③ Rarely
   ④ Never (Go to question 20)
19. Where do you usually measure your blood pressure?
   ① Hospital.
   ② Pharmacy.
   ③ Workplace.
   ④ Home.
   ⑤ Friend’s home.
20. Do people with metabolic syndrome need medical consultation?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
21. If people with metabolic syndrome need medical consultation, how often do you think they should visit the outpatient clinic?
    ① Once every 3 months.
    ② Once every 6 months.
    ③ Once a year.
    ④ No need to visit the outpatient clinic.
    ⑤ Never thought about it.
22. Which department do you think is better for people with metabolic syndrome to receive treatment? (Preference)
    ① Cardiology
    ② Endocrinology
    ③ Family Medicine
    ④ Pediatrics.
    ⑤ Any department as long as the doctor is interested.
23. Do people with metabolic syndrome need a precise weight control target?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
24. Do people with metabolic syndrome need a specific method for weight control?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
25. Do people with metabolic syndrome need to quit smoking?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
26. Do people with metabolic syndrome need a recommended alcohol intake?
    ① Very necessary.
    ② Somewhat necessary.
    ③ Slightly necessary.
    ④ Not sure.
    ⑤ Not necessary at all.
27. What kind of exercise do you think is good for people with metabolic syndrome? (Multiple answers possible)
    ① Walking.
    ② Running.
    ③ Strength training.
    ④ Yoga and stretching.
    ⑤ Push-ups.
    ⑥ Dumbbell exercises.
    ⑦ Sports dance.
28. Do you know about the association related to metabolic syndrome?
    ① I know very well.
    ② I know well.
    ③ I know a little.
    ④ I do not know
    ⑤ I have no idea.
29. How well do you think you are provided with information about metabolic syndrome?
    ① Very well provided.
    ② Well provided.
### 30. What lifestyle habits are you practicing for the prevention of metabolic syndrome? (Choose all)

- Measure blood pressure regularly
- Meet the doctor regularly
- Have deep sleep
- Eat a low-salt diet
- Exercise regularly
- Take vitamins
- Consume health supplements

### 31. What do you think is the obstacle in implementing healthy lifestyle habits for the prevention of metabolic syndrome?

- Economic issues (money or insurance).
- I already maintain healthy habits.
- No time.
- Too many tasks.
- Don’t know what to do.
- I don’t think changing my lifestyle will reduce my risk of disease.
- Other reasons (_____).