

Supplementary Material. A survey on the awareness of metabolic syndrome

DQ1. Please state your age.

Age: _____ years old

DQ2. Please indicate your gender.

- ① Male
- ② Female

DQ3. What is your highest level of education?

- ① Below middle school graduation
- ② High school graduate
- ③ College graduate or higher

DQ4. What is your monthly household income (HI) (1000/month, KRW)?

- ① HI < 1,000
- ② 1,000 ≤ HI < 2,000
- ③ 2,000 ≤ HI < 3,000
- ④ 3,000 ≤ HI < 4,000
- ⑤ 4,000 ≤ HI < 5,000
- ⑥ HI ≥ 5,000

DQ5. Have you been diagnosed with any of the following conditions by a doctor?

- ① Hypertension: Yes / No
- ② Hyperlipidemia: Yes / No
- ③ Diabetes: Yes / No
- ④ Heart disease: Yes / No
- ⑤ Cerebrovascular disease: Yes / No
- ⑥ Alcohol consumption: Yes / No
- ⑦ Smoking: Yes / No
- ⑧ Abdominal obesity: Yes / No

DQ6. What is your occupation?

- ① Self-employed (store, restaurant, etc.)
- ② Sales/Marketing (more fieldwork than office work)
- ③ Service/Customer service (clerk, bank teller, etc.)
- ④ Skilled/Production worker
- ⑤ General office work (more office work than fieldwork)
- ⑥ Management (director level or higher)
- ⑦ Professional (professor, doctor, etc.)
- ⑧ Public servant
- ⑨ Teacher
- ⑩ College student (including those on a leave of absence)
- ⑪ Graduate student (including those on a leave of absence)
- ⑫ Full-time housewife (married women without a job)
- ⑬ Part-time job
- ⑭ Unemployed
- ⑮ Others: _____

DQ7. Do any of your family members have cardiovascular diseases?

- ① Yes
- ② No
- ③

DQ8. Please state your place of residence.

- ① Seoul
- ② Busan
- ③ Daegu
- ④ Incheon
- ⑤ Gwangju
- ⑥ Daejeon
- ⑦ Ulsan
- ⑧ Sejong
- ⑨ Gyeonggi
- ⑩ Gangwon-do
- ⑪ Chungbuk
- ⑫ Chungnam
- ⑬ Jeonbuk
- ⑭ Jeonnam
- ⑮ Gyeongbuk
- ⑯ Gyeongnam
- ⑰ Jeju

DQ9. What is your marital status?

- ① Single
- ② Married
- ③ Divorced/Widowed
- ④ Others: _____

Survey Questions:

1. How much do you think you know about 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.

2. Have you ever heard of metabolic syndrome?

- ① I have heard of it.
- ② I haven't heard of it. (Skip to Q4)
- ③ 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?

- ① Newspapers, magazines

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- ② Television, radio
- ③ Friends/relatives
- ④ Internet, YouTube
- ⑤ Hospital care
- ⑥ 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.

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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.

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- ③ Average.
- ④ Not provided well.

30. What lifestyle habits are you practicing for the prevention of metabolic syndrome? (Choose all)

- ① Measure blood pressure regularly
- ② Meet the doctor regularly
- ③ Have deep sleep
- ④ Eat a low-salt diet
- ⑤ Exercise regularly
- ⑥ Take vitamins
- ⑦ Consume health supplements

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

- ① Economic issues (money or insurance).
- ② I already maintain healthy habits.
- ③ No time.
- ④ Too many tasks.
- ⑤ Don't know what to do.
- ⑥ I don't think changing my lifestyle will reduce my risk of disease.
- ⑦ Other reasons ().