

Supplementary Table 1. Relationship between Demographic characteristics and subscale mean scores of patients

| Demographic Characteristics | Health Responsibility Score | Physical Activity Score | Nutrition Score | Spiritual Development Score | Interpersonal Relationships Score | Stress Management Score | Total Score |
|--------------------------------|-----------------------------|-------------------------|-----------------|-----------------------------|-----------------------------------|-------------------------|----------------|
| Gender | | | | | | | |
| Male (n:162) | 24.15 ± 3.90 | 11.92 ± 3.81 | 23.37 ± 4.12 | 27.05 ± 4.56 | 28.22 ± 4.05 | 20.34 ± 4.27 | 136.05 ± 15.42 |
| Female (n:133) | 22.80 ± 4.25 | 11.45 ± 3.60 | 23.95 ± 4.03 | 26.89 ± 3.95 | 26.53 ± 4.12 | 19.97 ± 3.75 | 130.11 ± 17.22 |
| p>0.05 | p>0.05 | p<0.05** | p<0.05** | p<0.05** | p<0.05** | p>0.05 | |
| Age | | | | | | | |
| 18-40 (n:42) | 23.15 ± 4.05 | 13.22 ± 3.95 | 23.76 ± 4.07 | 27.64 ± 4.33 | 27.11 ± 3.98 | 20.96 ± 4.11 | 138.24 ± 16.65 |
| 41-64 (n:124) | 22.74 ± 3.92 | 11.68 ± 3.78 | 23.45 ± 4.20 | 27.29 ± 3.80 | 27.35 ± 4.23 | 20.18 ± 3.94 | 135.42 ± 15.80 |
| ≥65 (n:129) | 23.00 ± 4.10 | 10.85 ± 3.60 | 23.12 ± 4.01 | 26.49 ± 4.12 | 27.10 ± 4.18 | 19.76 ± 4.02 | 130.87 ± 17.03 |
| p>0.05 | p<0.05* | p>0.05 | p<0.05* | p>0.05 | p>0.05 | p>0.05 | |
| BMI | | | | | | | |
| Underweight (<18.5) (n:6) | 21.89 ± 4.15 | 11.35 ± 3.90 | 23.47 ± 4.04 | 27.77 ± 4.20 | 25.95 ± 3.80 | 20.28 ± 3.95 | 130.47 ± 16.58 |
| Normal (18.5-24.9) (n:76) | 22.45 ± 3.85 | 11.75 ± 3.78 | 23.18 ± 3.92 | 26.62 ± 4.05 | 27.14 ± 4.01 | 19.83 ± 3.85 | 132.97 ± 16.33 |
| Overweight (25-29.9) (n:185) | 23.22 ± 3.98 | 11.21 ± 3.65 | 23.60 ± 4.18 | 27.34 ± 4.12 | 27.78 ± 4.09 | 20.44 ± 4.07 | 134.43 ± 17.19 |
| Obese (≥30) (n:28) | 22.70 ± 4.03 | 11.08 ± 3.89 | 24.01 ± 4.27 | 26.91 ± 4.16 | 26.59 ± 3.92 | 20.02 ± 4.25 | 131.55 ± 17.00 |
| p>0.05 | p>0.05 | p>0.05 | p>0.05 | p>0.05 | p>0.05 | p>0.05 | |
| Education Level | | | | | | | |
| Illiterate (n:9) | 22.20 ± 5.10 | 10.76 ± 3.60 | 23.58 ± 4.05 | 26.35 ± 3.75 | 28.19 ± 4.18 | 19.93 ± 4.21 | 131.01 ± 18.22 |
| Primary School (n:216) | 23.65 ± 4.08 | 11.48 ± 3.85 | 23.12 ± 4.15 | 26.85 ± 4.06 | 26.93 ± 4.10 | 20.15 ± 3.89 | 131.28 ± 16.55 |
| High School (n:40) | 22.92 ± 4.20 | 12.05 ± 3.92 | 23.76 ± 4.02 | 27.22 ± 4.20 | 26.47 ± 3.98 | 20.33 ± 4.17 | 133.73 ± 17.31 |
| University/Postgraduate (n:17) | 23.38 ± 4.17 | 13.22 ± 4.05 | 24.05 ± 4.08 | 26.94 ± 4.18 | 27.00 ± 3.90 | 20.71 ± 4.05 | 136.31 ± 16.89 |
| p>0.05 | p<0.05* | p>0.05 | p>0.05 | p>0.05 | p>0.05 | p>0.05 | |
| K-Smirnov Z | 1.459 | 3.215 | 1.371 | 1.627 | 1.738 | 1.396 | 0.662 |