**Supplement File 1.** Distribution of participants according to their answers to the "Health Protective Behaviors Scale" questions.

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| Questions | Answers | n | % |
| 1. I have fun in my spare time. | Never | 10 | 4,7% |
| Rarely | 39 | 18,5% |
| Sometimes | 84 | 39,8% |
| Generally | 63 | 29,9% |
| Always | 15 | 7,1% |
| 2. I relieve myself. | Never | 14 | 6,6% |
| Rarely | 23 | 10,9% |
| Sometimes | 58 | 27,5% |
| Generally | 92 | 43,6% |
| Always | 24 | 11,4% |
| 3. I get help from other people. | Never | 9 | 4,3% |
| Rarely | 47 | 22,3% |
| Sometimes | 83 | 39,3% |
| Generally | 54 | 25,6% |
| Always | 18 | 8,5% |
| 4. I would welcome advice from others. | Never | 14 | 6,6% |
| Rarely | 25 | 11,8% |
| Sometimes | 63 | 29,9% |
| Generally | 83 | 39,3% |
| Always | 26 | 12,3% |
| 5. I keep calm in critical situations. | Never | 5 | 2,4% |
| Rarely | 46 | 21,8% |
| Sometimes | 39 | 18,5% |
| Generally | 100 | 47,4% |
| Always | 21 | 10,0% |
| 6. I do something to relieve my anxiety. | Never | 8 | 3,8% |
| Rarely | 37 | 17,5% |
| Sometimes | 55 | 26,1% |
| Generally | 95 | 45,0% |
| Always | 16 | 7,6% |
| 7. I try to solve problems. | Never | 2 | 0,9% |
| Rarely | 12 | 5,7% |
| Sometimes | 22 | 10,4% |
| Generally | 106 | 50,2% |
| Always | 69 | 32,7% |
| 8. I stay away from smoking. | Never | 39 | 18,5% |
| Rarely | 35 | 16,6% |
| Sometimes | 30 | 14,2% |
| Generally | 15 | 7,1% |
| Always | 92 | 43,6% |
| 9. I protect my skin from the sun. | Never | 30 | 14,2% |
| Rarely | 31 | 14,7% |
| Sometimes | 43 | 20,4% |
| Generally | 73 | 34,6% |
| Always | 34 | 16,1% |
| 10. I eat fruit every day (250 g). | Never | 3 | 1,4% |
| Rarely | 36 | 17,1% |
| Sometimes | 63 | 29,9% |
| Generally | 74 | 35,1% |
| Always | 35 | 16,6% |
| 11. I sleep for enough time. | Never | 12 | 5,7% |
| Rarely | 37 | 17,5% |
| Sometimes | 32 | 15,2% |
| Generally | 107 | 50,7% |
| Always | 23 | 10,9% |
| 12. I consume salt in a controlled manner. | Never | 18 | 8,6% |
| Rarely | 32 | 15,2% |
| Sometimes | 33 | 15,7% |
| Generally | 92 | 43,8% |
| Always | 35 | 16,7% |
| 13. I consume sugar in a controlled manner. | Never | 16 | 7,6% |
| Rarely | 37 | 17,5% |
| Sometimes | 38 | 18,0% |
| Generally | 86 | 40,8% |
| Always | 34 | 16,1% |
| 14. I use vegetable oil instead of animal fat. | Never | 15 | 7,1% |
| Rarely | 34 | 16,1% |
| Sometimes | 53 | 25,1% |
| Generally | 87 | 41,2% |
| Always | 22 | 10,4% |
| 15. I consume vegetables every day. (250-500g) | Never | 4 | 1,9% |
| Rarely | 21 | 10,0% |
| Sometimes | 63 | 29,9% |
| Generally | 103 | 48,8% |
| Always | 20 | 9,5% |
| 16. I keep my body weight balanced. | Never | 9 | 4,3% |
| Rarely | 38 | 18,0% |
| Sometimes | 40 | 19,0% |
| Generally | 108 | 51,2% |
| Always | 16 | 7,6% |
| 17. I know the harms of consanguineous marriage. | Never | 7 | 3,3% |
| Rarely | 2 | 0,9% |
| Sometimes | 5 | 2,4% |
| Generally | 50 | 23,7% |
| Always | 147 | 69,7% |
| 18. I throw away expired medications. | Never | 3 | 1,4% |
| Rarely | 4 | 1,9% |
| Sometimes | 18 | 8,5% |
| Generally | 69 | 32,7% |
| Always | 117 | 55,5% |
| 19. I take medications on the doctor's advice. | Never | 0 | 0% |
| Rarely | 10 | 4,7% |
| Sometimes | 17 | 8,1% |
| Generally | 77 | 36,5% |
| Always | 107 | 50,7% |
| 20. I use a seatbelt. | Never | 5 | 2,4% |
| Rarely | 7 | 3,4% |
| Sometimes | 14 | 6,8% |
| Generally | 39 | 18,8% |
| Always | 142 | 68,6% |
| 21. I take protective measures suitable for occupational health and safety. | Never | 8 | 3,8% |
| Rarely | 14 | 6,7% |
| Sometimes | 19 | 9,1% |
| Generally | 83 | 39,7% |
| Always | 85 | 40,7% |
| 22. I pay attention to food safety. | Never | 4 | 1,9% |
| Rarely | 15 | 7,1% |
| Sometimes | 15 | 7,1% |
| Generally | 91 | 43,1% |
| Always | 86 | 40,8% |
| 23. I go for physical examinations regularly. | Never | 8 | 3,8% |
| Rarely | 34 | 16,1% |
| Sometimes | 69 | 32,7% |
| Generally | 65 | 30,8% |
| Always | 35 | 16,6% |
| 24. I know my blood sugar value. | Never | 28 | 13,3% |
| Rarely | 36 | 17,1% |
| Sometimes | 46 | 21,8% |
| Generally | 73 | 34,6% |
| Always | 28 | 13,3% |
| 25. In general, my income is sufficient for my consumption. | Never | 23 | 11,0% |
| Rarely | 26 | 12,4% |
| Sometimes | 39 | 18,6% |
| Generally | 93 | 44,3% |
| Always | 29 | 13,8% |
| 26. I learn methods to deal with emergencies. | Never | 8 | 3,8% |
| Rarely | 30 | 14,2% |
| Sometimes | 38 | 18,0% |
| Generally | 119 | 56,4% |
| Always | 16 | 7,6% |
| 27. I know my blood pressure value. | Never | 13 | 6,2% |
| Rarely | 28 | 13,3% |
| Sometimes | 38 | 18,0% |
| Generally | 91 | 43,1% |
| Always | 41 | 19,4% |
| 28. I use a water purification device. | Never | 72 | 34,1% |
| Rarely | 48 | 22,7% |
| Sometimes | 24 | 11,4% |
| Generally | 30 | 14,2% |
| Always | 37 | 17,5% |