

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

Questions	Answers	n	%
<b>1. I have fun in my spare time.</b>	Never	10	4,7%
	Rarely	39	18,5%
	Sometimes	84	39,8%
	Generally	63	29,9%
	Always	15	7,1%
<b>2. I relieve myself.</b>	Never	14	6,6%
	Rarely	23	10,9%
	Sometimes	58	27,5%
	Generally	92	43,6%
	Always	24	11,4%
<b>3. I get help from other people.</b>	Never	9	4,3%
	Rarely	47	22,3%
	Sometimes	83	39,3%
	Generally	54	25,6%
	Always	18	8,5%
<b>4. I would welcome advice from others.</b>	Never	14	6,6%
	Rarely	25	11,8%
	Sometimes	63	29,9%
	Generally	83	39,3%
	Always	26	12,3%
<b>5. I keep calm in critical situations.</b>	Never	5	2,4%
	Rarely	46	21,8%
	Sometimes	39	18,5%
	Generally	100	47,4%
	Always	21	10,0%
<b>6. I do something to relieve my anxiety.</b>	Never	8	3,8%
	Rarely	37	17,5%
	Sometimes	55	26,1%
	Generally	95	45,0%
	Always	16	7,6%

<b>7. I try to solve problems.</b>	Never	2	0,9%
	Rarely	12	5,7%
	Sometimes	22	10,4%
	Generally	106	50,2%
	Always	69	32,7%
<b>8. I stay away from smoking.</b>	Never	39	18,5%
	Rarely	35	16,6%
	Sometimes	30	14,2%
	Generally	15	7,1%
	Always	92	43,6%
<b>9. I protect my skin from the sun.</b>	Never	30	14,2%
	Rarely	31	14,7%
	Sometimes	43	20,4%
	Generally	73	34,6%
	Always	34	16,1%
<b>10. I eat fruit every day (250 g).</b>	Never	3	1,4%
	Rarely	36	17,1%
	Sometimes	63	29,9%
	Generally	74	35,1%
	Always	35	16,6%
<b>11. I sleep for enough time.</b>	Never	12	5,7%
	Rarely	37	17,5%
	Sometimes	32	15,2%
	Generally	107	50,7%
	Always	23	10,9%
<b>12. I consume salt in a controlled manner.</b>	Never	18	8,6%
	Rarely	32	15,2%
	Sometimes	33	15,7%
	Generally	92	43,8%
	Always	35	16,7%
<b>13. I consume sugar in a controlled manner.</b>	Never	16	7,6%
	Rarely	37	17,5%
	Sometimes	38	18,0%
	Generally	86	40,8%
	Always	34	16,1%
	Never	15	7,1%

<b>14. I use vegetable oil instead of animal fat.</b>	Rarely	34	16,1%
	Sometimes	53	25,1%
	Generally	87	41,2%
	Always	22	10,4%
<b>15. I consume vegetables every day. (250-500g)</b>	Never	4	1,9%
	Rarely	21	10,0%
	Sometimes	63	29,9%
	Generally	103	48,8%
	Always	20	9,5%
<b>16. I keep my body weight balanced.</b>	Never	9	4,3%
	Rarely	38	18,0%
	Sometimes	40	19,0%
	Generally	108	51,2%
	Always	16	7,6%
<b>17. I know the harms of consanguineous marriage.</b>	Never	7	3,3%
	Rarely	2	0,9%
	Sometimes	5	2,4%
	Generally	50	23,7%
	Always	147	69,7%
<b>18. I throw away expired medications.</b>	Never	3	1,4%
	Rarely	4	1,9%
	Sometimes	18	8,5%
	Generally	69	32,7%
	Always	117	55,5%
<b>19. I take medications on the doctor's advice.</b>	Never	0	0%
	Rarely	10	4,7%
	Sometimes	17	8,1%
	Generally	77	36,5%
	Always	107	50,7%
<b>20. I use a seatbelt.</b>	Never	5	2,4%
	Rarely	7	3,4%
	Sometimes	14	6,8%
	Generally	39	18,8%
	Always	142	68,6%
	Never	8	3,8%
	Rarely	14	6,7%
	Sometimes	19	9,1%

<b>21. I take protective measures suitable for occupational health and safety.</b>	Generally	83	39,7%
	Always	85	40,7%
<b>22. I pay attention to food safety.</b>	Never	4	1,9%
	Rarely	15	7,1%
	Sometimes	15	7,1%
	Generally	91	43,1%
	Always	86	40,8%
<b>23. I go for physical examinations regularly.</b>	Never	8	3,8%
	Rarely	34	16,1%
	Sometimes	69	32,7%
	Generally	65	30,8%
	Always	35	16,6%
<b>24. I know my blood sugar value.</b>	Never	28	13,3%
	Rarely	36	17,1%
	Sometimes	46	21,8%
	Generally	73	34,6%
	Always	28	13,3%
<b>25. In general, my income is sufficient for my consumption.</b>	Never	23	11,0%
	Rarely	26	12,4%
	Sometimes	39	18,6%
	Generally	93	44,3%
	Always	29	13,8%
<b>26. I learn methods to deal with emergencies.</b>	Never	8	3,8%
	Rarely	30	14,2%
	Sometimes	38	18,0%
	Generally	119	56,4%
	Always	16	7,6%
<b>27. I know my blood pressure value.</b>	Never	13	6,2%
	Rarely	28	13,3%
	Sometimes	38	18,0%
	Generally	91	43,1%
	Always	41	19,4%
<b>28. I use a water purification device.</b>	Never	72	34,1%
	Rarely	48	22,7%
	Sometimes	24	11,4%

	Generally	30	14,2%
	Always	37	17,5%