Supplemental Material 1. This questionnaire asks your opinions about following. Please choose an option that best describes your opinion.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Completely disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Completely agree** |
| **Perceived Susceptibility** | | | | | |
| 1. It is likely that I will have a heart attack or cardiovascular problem in the future. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 2. The possibility of my suffering from cardiovascular diseases such as a heart attack or stroke in the future is low. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 3. I am similar to other people in that I may experience cardiovascular disease at some time in my life. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 4. I am not concerned about the chance of having a heart attack or stroke in the near future. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Perceived Severity** | | | | | |
| 5. Cardiovascular disease may cause my death. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 6. All of my life may be affected by having cardiovascular disease such as heart attack or stroke. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 7. If I develop cardiovascular disease, my longevity would be shortened. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 8. Having cardiovascular disease has a little negative impact on my relationships with family and friends. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 9. I can’t do my daily affairs if I have a heart attack or stroke. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Perceived Benefits** | | | | | |
| 10. Being engaged in regular physical activity may help to prevent my development of cardiovascular disease. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 11. Following a healthy diet will not decrease the likelihood of heart attack or stroke for me. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 12. Engaging in 30 minutes of exercise, as well as eating healthy food, will protect me from developing cardiovascular disease. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 13. I have a good feeling about my future health when I exercise regularly. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 14. Engaging in physical activity and having healthy diet will decease my chance of dying from cardiovascular disease. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 15. Eating healthy has a positive impact on my health. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Perceived Barriers** | | | | | |
| 16. Doing exercise makes me feel tired. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 17. I don’t have access to equipment or facilities to do regular physical activity. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 18. Obtaining healthy foods to eat is expensive. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 19. I don’t have enough time to do exercise regularly. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 20. Cooking healthy foods takes too much time. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 21. I am not familiar with different types of exercises or foods that may help to prevent me from developing cardiovascular disease. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Cues to Action** | | | | | |
| 22. I use mass media to learn about cardiovascular prevention. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 23. I don’t have access to any informational sources regarding cardiovascular prevention. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 24. My friends/family provide me with necessary information on how to prevent cardiovascular diseases. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Self-efficacy** | | | | | |
| 25. I am able to establish a daily physical activity program for myself. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 26. I have enough knowledge and skills to obtain healthy foods for myself. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 27. I am confident about my ability to prevent consuming unhealthy foods such as snacks or fast foods. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 28. I am able to change my excessive sedentary behaviors such as watching TV for longtime or sleeping too much to doing more exercise and physical activity. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 29. It is hard for me to control myself from eating high calorie and fatty foods. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 30. I can find enough time every day to do at least 30 minutes of exercise. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| **Preventive Behaviors** | | | | | |
| 31. I am engaged in regular exercise and physical activities such as walking, cycling, swimming and running every day. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 32. I do not consume fast foods and fried/ fatty foods regularly. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 33. I spend too much time every day on sedentary activities such as watching TV and using computer software. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 34. I include considerable amounts of vegetables and fruits in my daily foods. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |
| 35. I go to physician every 6-12 months to check on my health status. | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 |