**Appendix.** Survey completed by the study participants.

## ADHERENCE TO THE MEDITERRANEAN DIET BY HEALTHCARE PERSONNEL

We request your collaboration in order to perform a cross-sectional study to evaluate adherence to the Mediterranean diet in healthcare personnel in the context of an undergraduate Senior Thesis.

The aim is to collect your honest responses to the questions posed below. The information provided will be completely anonymous and used only for research purposes.

*Professional category:*

□ Nurse □ Assistant Nursing Technician □ Hospital porter

□ Doctor
- □ Resident
- □ Health Centre
- □ Medical specialty (non-emergency)
- □ Medical specialty (emergency)
- □ Medical-surgical specialty
- □ Surgical specialty

□ Medical Student
- □ 1st year
- □ 2nd year
- □ 3rd year
- □ 4th year
- □ 5th year
- □ 6th year
- □ MIR (Resident Medical Intern)

**Shift:** □ Set shift □ Rotating shift
Does your work schedule include **nights:** □ yes □ no
Do you work **on-call shifts:** □ yes □ no   If yes: □ ≤ 4/month □ > 4/month

*Age:* ___ *Sex:* □ Male □ Female *Height:* ___ *Weight:* ___

**HTN:** □ yes □ no    If yes, *are you in **treatment**:* □ yes □ no
**Diabetes Mellitus:** □ yes □ no    If yes, *are you in **treatment**:* □ yes □ no
**Dyslipidaemia:** □ yes □ no    If yes, are you in treatment: □ yes □ no
**Ischaemic heart disease:** □ yes □ no
**Peripheral artery disease:** □ yes □ no    *Cerebrovascular accident:* □ yes □ no
**COPD:** □ yes □ no    *Chronic kidney disease:* □ yes □ no

*Alcohol:*
How often do you have a drink containing alcohol?
□ Never □ ≤1 time per month □ 2-4 times per month
□ 2-3 times per week □ ≥4 times per week
How many drinks containing alcohol do you have on a typical day when drinking?
□ 1 or 2 □ 3 or 4 □ 5 or 6 □ 7 or 9
□ ≥10
How often do you have six or more alcoholic drinks on one occasion?
□ Never □ <1 time per month □ Monthly □ Weekly
□ Daily or almost daily

***Tobacco:***
□ Non-smoker          □ Smoker          □ Ex-smoker (>1 year)
***Physical activity:***
<u>How often</u> do you do physical activity during your free time?:
□ I do not do physical activity   □ 1-2 weekly sessions        □ ≥ 3 weekly sessions
How much time do you dedicate to said activity?:
□ < 30 min. per session          □ 30 min. - 1 h per session    □ >1 h per session
The <u>effort</u> exerted in said exercise is:
□ Light          □ Moderate          □ Intense          □ Maximum exertion

Are you the person who <u>regularly cooks</u> in your home? □ yes  □ no

Below, we are interested in learning about your eating habits. Please answer these questions related to your diet. Mark with an X:

| Question: (yes =1 point; no = 0 points) | Yes | No |
|---|---|---|
| 1. Do you use olive oil for cooking? | | |
| 2. Do you eat a total of ≥ 2 tablespoons of olive oil throughout the day (including oil for frying, meals eaten outside the house, for salads, etc.)? | | |
| 3. Do you eat ≥ 2 servings of greens or vegetables per day, at least 1 of which is in salad or raw (side dishes or garnishes count as 1/2 serving)? | | |
| 4. Do you eat ≥ 3 pieces of fruit (including natural juice) per day? | | |
| 5. Do you eat <1 serving of red meat, hamburger meat, sausages, or cured meat per day (one serving is equal to 100-150 g)? | | |
| 6. Do you eat <1 serving of butter, margarine, or cream per day (one serving is equal to 12 g)? | | |
| 7. Do you drink <1 carbonated and/or sugary beverage (fizzy drinks, colas, tonic, bitters) per day? | | |
| 8. Do you drink wine? Do you drink ≥ 3 glasses per week? | | |
| 9. Do you eat ≥ 3 servings of legumes per week (one serving or plate is equal to 150 g)? | | |
| 10. Do you eat ≥ 3 servings of fish or seafood per week (one plate, piece, or portion is equal to 100-150 g of fish or 4-5 pieces of shellfish)? | | |
| 11. Do you eat commercial pastries (not home-made) such as biscuits, puddings, sweets or cakes ≤ 3 time per week? | | |
| 12. Do you eat nuts ≥ 1 time per week (one serving is equal to 30 g)? | | |
| 13. Do you preferentially eat chicken, turkey, or rabbit instead of beef, pork, hamburger meat or sausages (chicken: one piece or serving is equal to 100-150 g)? | | |
| 14. Do you eat cooked vegetables, pasta, rice, or other dishes dressed with a sauce made from tomato, garlic, onion, or leek and olive oil ≥ 2 times per week? | | |

Total score:
        < 9 = low adherence
        ≥ 9 = good adherence