

TABLE 3. Results regarding the repeatability of the questionnaire related to the lifestyle habits of the participants (N= 50).

	Phase I	Phase II	k- Measure of agreement	p-value
<i>Type of alcohol consumption [N (%) Yes]:</i>				
All types of alcohol	18 (36)	20 (40)	0.915	<0.001
Wine	12 (24)	12 (24)	1.000	<0.001
Whiskey	5 (10)	5 (10)	1.000	<0.001
Ouzo/ Tsipouro	7 (14)	7 (14)	0.926	<0.001
Beer	15 (30)	16 (32)	0.769	<0.001
Beer without alcohol	3 (6)	3 (6)	1.000	<0.001
Other preference	3 (6)	3 (6)	1.000	<0.001
<i>Do you only drink alcohol during your meals? [N (%) Yes]</i>	28 (56)	29 (58)	0.959	<0.001
<i>Do you add sugar to your coffee or tea? [N (%) Yes]</i>	28 (56)	29 (58)	0.959	<0.001
<i>Do you tend to remove the visible fats from your food? [N (%) Yes]</i>	31 (62)	31 (62)	0.957	<0.001
<i>Do you tend to add salt to your meal/ salad? [N (%) Yes]</i>	23 (46)	28 (56)	0.802	<0.001
<i>Do you prefer grilled instead of fried food? [N (%) Yes]</i>	42 (84)	43 (86)	0.834	<0.001
<i>Do you prefer home-cooked food instead of delivery food? [N (%) Yes]</i>	46 (92)	47 (94)	0.847	<0.001
<i>Do you prefer to consume a variety of vegetables and fruits? [N (%) Yes]</i>	40 (80)	40 (80)	1.000	<0.001
<i>Questions regarding the participants' lifestyle habits</i>				
<i>Physical activity [N (%) Yes]</i>	19 (38)	20 (40)	0.917	<0.001
<i>Frequency of physical activity for at least 30 minutes [N (%) 3-4 times/ week]</i>	7 (37)	7 (35)	1.000	<0.001
<i>Type of physical activity [N (%) Walking]</i>	18 (95)	18 (90)	1.000	<0.001
<i>Smoking habits [N (%) Smoker]</i>	9 (18)	9 (18)	1.000	<0.001
<i>Sleeping hours [N (%) 6-8 hours/ day]</i>	27 (54)	30 (60)	0.897	<0.001
<i>Elimination of sedentary lifestyle after being diagnosed with your disease [N (%) Yes]</i>	25 (50)	25 (50)	0.960	<0.001
<i>Do you sleep at noon? [N (%) Yes]</i>	30 (60)	30 (60)	1.000	<0.001
<i>Going out with friends [N (%) At least 2 times/ week]</i>	12 (24)	12 (24)	1.000	<0.001
<i>Do you control your weight frequently? [N (%) Yes]</i>	34 (68)	33 (66)	0.864	<0.001