

**TABLE 5.** Results regarding the repeatability of the questionnaire related to the participants’ abilities to take their medication and to keep up with the changes in their lifestyle habits, as well as their opinions for the medication’s prescription (N= 50).

Participants' ability to take their medicine in the right way when:	Phase I	Phase II	k- Measure of agreement	p-value
You take many different medications and in different dosages every day? [N (%) Quite/ Much]	47 (94)	47 (94)	0.782	<0.001
You are away from home for travel or business? [N (%) Quite/ Much]	46 (92)	46 (92)	0.696	<0.001
No one reminds you to take the medicine? [N (%) Quite/ Much]	45 (90)	45 (90)	0.808	<0.001
You are with others in a public place and you don't want to be seen taking your medication? [N (%) Quite/ Much]	48 (96)	47 (94)	0.625	<0.001
You feel frustrated, sad and lonely? [N (%) Quite/ Much]	45 (90)	47 (94)	0.728	<0.001
You have no symptoms? [N (%) Quite/ Much]	46 (92)	46 (92)	0.717	<0.001
Participants' ability to keep up with the changes in their lifestyle habits when:				
Others eat foods in the house that are not part of your diet? [N (%) At least Moderate]	39 (78)	40 (80)	0.839	<0.001
Others drink alcohol excessively? [N (%) At least Moderate]	43 (86)	43 (86)	0.874	<0.001
You have anxiety/stress and negative emotions? [N (%) At least Moderate]	39 (78)	40 (80)	0.791	<0.001
You are out of the house (being invited to a social gathering/table/etc)? [N (%) At least Moderate]	34 (68)	34 (68)	0.723	<0.001
Your partner/friend smokes? [N (%) At least Moderate]	42 (84)	42 (84)	0.866	<0.001
Your life is burdened with many obligations and you don't have time for yourself to exercise? [N (%) At least Moderate]	37 (74)	38 (76)	0.756	<0.001
You will deprive yourself of taste and the ability to eat freely to improve your health for the rest of your life? [N (%) At least Moderate]	40 (80)	39 (78)	0.844	<0.001
N (%) of agreement with the following statements:				
Doctors prescribe more drugs than what is necessary	10 (20)	10 (20)	0.937	<0.001
The occasional cessation of drug intake is necessary for better “response to drugs”	1 (2)	1 (2)	0.941	<0.001
The negative effects of drugs outweigh the positive ones	1 (2)	1 (2)	1.000	<0.001
Taking drugs routinely forms a “dependency”	6 (12)	6 (12)	0.850	<0.001
Alternative traditional “remedies” are better than drugs for my disease	3 (6)	6 (12)	0.827	<0.001
I'd rather take medication than restrict my diet and lifestyle	12 (24)	11 (22)	0.905	<0.001
I am willing to change my habits rather than take medications	23 (46)	22 (44)	0.906	<0.001
Both the use of drugs and lifestyle changes are necessary for effective treatment	47 (94)	46 (92)	0.848	<0.001
I believe that changes in my lifestyle portray an important role in the course of my health	47 (94)	45 (90)	0.732	<0.001
I use alternative treatments (herbal medicines or supplements) without informing my doctor	4 (8)	4 (8)	0.816	<0.001