

## APPENDIX (ONLINE ONLY)

### Questionnaire

The questions below have been translated literally from the Dutch questionnaire. Each question had a short translation into keywords on top of the question, corresponding to table 2.

### ***General knowledge of TIAs or stroke***

#### **Open questions**

##### Presenting signs of TIA or stroke

- What could be presenting signs of a TIA or stroke?

##### Primarily affected organ

- Which organ is primarily affected when you have a TIA or stroke?

##### What is a TIA or stroke?

- What is a TIA or stroke?

#### **Multiple-choice questions**

##### Consequences of atherosclerosis

- Which of the following are consequences of atherosclerosis?

(TIA, migraine, brain attack, diabetes mellitus, cancer, myocardial infarction, angina pectoris, anemia, intermittent claudication, stomach ulcer)

##### Recommendation about prevention of atherosclerosis

- Your best friend has extensive atherosclerosis of the arteries in his neck. What would you recommend him to prevent further progression?

(Take vitamins, reduce alcohol intake, stop smoking, improve exercise, drink more milk, regular blood pressure control, drink more water, reduce fat intake, reduce pepper intake, reduce salt intake, eat more garlic)

##### Manifestations of vascular diseases

- Which of the following conditions do you consider manifestations of cardiovascular or cerebrovascular disease?

(Stroke, asthma, cancer, TIA, diabetes, intermittent claudication, migraine, myocardial infarction, epilepsy, heart failure, rheuma)

### Risk factors of vascular diseases

- Which of these items do you consider risk factors for cerebrovascular or cardiovascular disease?

(High blood pressure, asthma, stress, reduced exercise, obesity, high cholesterol levels, muscle disease, renal stones, reduced vitamins, excessive alcohol intake, intensive exercise, smoking, diabetes, sex)

## ***Knowledge of medication***

### **Open questions**

#### Working mechanism of antiplatelet agents

- How do you think that aspirin or acetyl-salicylic acid works?

#### Dosing schedule

- How many times a day should one take aspirin or acetyl-salicylic acid?

#### Moment of intake

- At what time of the day should one take aspirin or acetylsalicylic acid?

#### Working mechanism of warfarin

- How do you think warfarin works?

#### Dosing schedule

- How many times a day should one take warfarin?

#### Control of intake

- How does one know if the right dose of warfarin has been taken?

## ***Knowledge of vascular risk factors***

### **Multiple-choice questions**

#### Recommendation about hypercholesterolemia

- Imagine your best friend has a high cholesterol level. What would be your advice?

(Reduce unsaturated fatty acid intake, reduce overweight, eat more garlic, take statines, use more milk, reduce saturated fatty acids intake)

#### Recommendation about hypertension

- Imagine your best friend has high blood pressure. What would be your advice?

(Improve exercise, use more garlic, drink more water, regular blood pressure control, take blood pressure lowering medication, reduce salt intake, divide meal in small portions, eat more vegetables and fruit, use more sugar, reduce overweight, use more alcohol)

#### Recommendation about obesity

- Imagine your best friend is heavily overweight. He wants to lose weight. What would be your advice?

(Visit a dietician, eat more vegetables, eat more fibers, eat less fat, take vitamins, improve exercise, visit a sauna twice a week, eat more bread and potatoes, use less fresh herbs, use less sugar, drink more coffee)

#### Recommendation about smoking cessation

- Imagine your best friend is a heavy smoker. He really wants to stop, but he has not succeeded yet in doing so. What would be your advice?

(Reduce inhalation, nicotine chewing gum, stop immediately, take medication, reduction, use a brand with less nicotine, follow a course)

#### Alcohol abuse

- Which organs or body parts can be damaged by alcohol abuse?

(lungs, brain, kidneys, liver, stomach, eyes, heart, gut)

#### Symptoms of atrial fibrillation

- Which complaints can be caused by atrial fibrillation?

(dizziness, shivering, tremor, burning gastric acid, cramps, headache, cough, TIA, palpitations, angina pectoris, stroke)

#### Relation between stroke and exercise

- Imagine your best friend had a stroke. He does not want to have a stroke again. He wonders about the relationship between exercise and the risk of cardiovascular disease. You explain to him that ...

(Too much is dangerous, half an hour a day is necessary, a quarter a day is necessary, frequent exercise reduces cholesterol, frequent exercise reduces high blood pressure)

#### Diabetes control management

- Imagine your best friend has diabetes mellitus. What is the best way to keep this under control?

(Take more salt, use glucagon, reduce obesity, diet, take less coffee, frequent glucose control, take more sugar, take medication, use insulin, drink more water).

## *General risk factor questions*

### **Multiple-choice questions**

#### Treatment of vascular diseases

- Which items can be regarded in your view as an effective treatment for cardiovascular disease?

(garlic, aspirin, cholesterol lowering medication, vitamin E, antibiotics, blood pressure lowering medication, cardiac depressants)

#### Prevention of vascular diseases 1.

- Imagine your best friend had a heart attack. She uses medication. She smokes 20 cigarettes per day, weighs 110 kg and her body length is 1.55 m. What would you recommend her to prevent further heart attacks?

(take vitamins, reduce alcohol intake, stop smoking, stop working, improve exercise, reduce the amount of cigarettes, reduce fat intake, reduce saturated fatty acid intake; , take more garlic, prevent obesity, take more salt)

#### Prevention of vascular diseases 2.

- Imagine your neighbor, a man aged 57, has had a light stroke. He takes aspirin, smokes 10 cigarettes per day, and drinks 6 glasses of beer each day. He jogs every day, and afterwards he eats fish and chips. What would be your advice to him to prevent strokes?

(Reduce alcohol intake, stop jogging, reduce fat, take more garlic, take medication, stop smoking, reduce the number of cigarettes)