

Online Supplemental file 4. SPIRIT Item 13: Participant timeline

TIMEPOINT	T0 baseline	T1 month 12	T2 year 7
Eligibility screen Informed consent Allocation	√		
Administration of self-report questionnaires covering the following areas: 1. family and personal history of diseases (cardio- and cerebrovascular disease; metabolic disease) 2. ethnicity, socio-economic status and marital status 3. smoking habits 4. alcohol consumption (PREDIMED questionnaire ⁸) 5. adherence to Mediterranean diet (PREDIMED questionnaire ⁸ and Moli-Sani questionnaire—an adaptation of the MEDAS questionnaire ⁹) 6. salt consumption (MiniSal questionnaire ¹⁰) 7. physical activity (IPAQ—International Physical Activity Questionnaire ¹¹) 8. personal history of sleep disorder and sleep quality (PSQI—Pittsburgh Sleep Quality Index ¹²) 9. psycho-behavioral factors: 9.1 perceived stress (PSS—Perceived Stress Scale) 9.2 anxiety and depression (PHQ 4—Patient Health Questionnaire 4) 9.3 self-efficacy (GSE—General Self-Efficacy Scale) 9.4 locus of control (Multidimensional Health Locus of Control Scale) 9.5 risk propensity (RPS—Risk Propensity Scale) 10. personal history of COVID-19 disease	√	√	
Measurement of systolic and diastolic blood pressure	√	√	
Measurement of weight, height, waist circumference	√	√	
Assessment of total cholesterol, HDL-C, triglycerides, calculated LDL-C, glycated hemoglobin	√	√	
Cardiovascular risk score calculation	√	√	
App delivery (intervention group only)	√		
Collection of data on occurrence of cardiovascular events		√	√