

Additional File 2. Demographic characteristics of the study participants

Questionnaire	Responses
Gender, n (%)	
Men	22 (73.3%)
Women	8 (26.7%)
Age group, n (%)	
18-30	8 (26.7%)
31-40	15 (50.0%)
41-50	3 (10.0%)
Over 50s	4 (13.3%)
Education levels, n (%)	
High school	1 (3.3%)
Associate degree	0 (0.0%)
Bachelor's degree	19 (63.3%)
Over master's degree	10 (33.3%)
Chronic disease, n (%)	
Yes	2 (6.7%)
No	28 (93.3%)
Subjective health status, n (%)	
Very good	3 (10.0%)
Good	14 (46.7%)
Normal	12 (40.0%)
Bad	1 (3.3%)
Very bad	0 (0.0%)