

Table A1. Measurement instruments

Constructs	Items
Instrumental Interaction	<ul style="list-style-type: none"> The doctors who I interact with in social media have skills to solve my problems/concerns The doctors who I interact with in social media give me required suggestions and information. My interaction with doctor in social media is about the solution of my health concern.
Affective interaction	<ul style="list-style-type: none"> During my interaction with the doctors in social media, the doctors show their interest in my problems/concerns. During my interaction with the doctors in social media, the doctors demonstrate sufficient devotion to the management of my problems During my interaction with doctors in social media, the doctors give me emotional support.
Declarative knowledge	<p><i>Copyright of this scale is held by Prof. Bernadette Mazurek Melnyk.</i></p>
Self-efficacy	<ul style="list-style-type: none"> I will be able to achieve most of the goals that I have set for myself. In general, I think that I can obtain outcomes that are important to me. I am confident that I can perform effectively on many healthy lifestyle behaviors. I know how to deal with things in a healthy way that bother me Compared with other people, I do most healthy behaviors very well
Outcome expectancy	<ul style="list-style-type: none"> If I do healthy lifestyle behaviors more than before, I will sleep better. If I do healthy lifestyle behaviors more than before, I will feel refreshed. If I do healthy lifestyle behaviors more than before, I would feel

Healthy behaviors

better mentally.

Copyright of this scale is held by Prof. Bernadette Mazurek

Melnyk.
