



Time of enrollment (DD/MM/YY)		Identification Number				
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Questionnaire on personal lifestyle for the participants in a prospective observational study of metabolic dysfunction-associated steatotic liver disease

The institutional ethics approved code: [2014]112.

Part 1. Demographic characteristics

Name			Gender	Male/Female
Age	_____years		Date of Birth (DD/MM/YY)	_____/_____/_____
Address	City _____; Sub-city _____; Woreda _____			
Phone number				
Education	<input type="checkbox"/> Illiteracy <input type="checkbox"/> Primary school <input type="checkbox"/> Middle school <input type="checkbox"/> Junior college <input type="checkbox"/> University and above			
Occupation	<input type="checkbox"/> Employed whether you are manual worker or not: Yes/No <input type="checkbox"/> Unemployed			


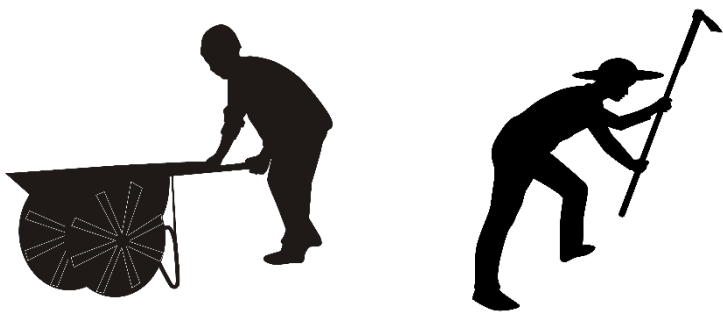
Part 2. Medical history

History of present illness	<input type="checkbox"/> Type 2 diabetes <input type="checkbox"/> Hypertension <input type="checkbox"/> Chronic heart disease <input type="checkbox"/> HBV <input type="checkbox"/> HCV <input type="checkbox"/> Cerebrovascular disease <input type="checkbox"/> Others _____
Previous medical history	
Smoking	<input type="checkbox"/> Never or past <input type="checkbox"/> Current (average <10 cigarettes per day) <input type="checkbox"/> Current (average 10-20 cigarettes per day) <input type="checkbox"/> Current (average >20 cigarettes per day) *Current: smoke in last one year



Part 3. Physical activity

Next, I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Question	Response	Code
Work		
<p>Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously?</p> 	<p>Yes 1</p> <p>No 2 (If No, go to P4)</p>	P1
<p>In a typical week, on how many days do you do vigorous-intensity activities as part of your work?</p>	Number of days _____	P2
<p>How much time do you spend doing vigorous-intensity activities at work on a typical day?</p>	_____Hours_____minutes	P3
<p>Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously?</p> 	<p>Yes 1</p> <p>No 2 (If No, go to P 7)</p>	P4
<p>In a typical week, on how many days do you do moderate-intensity activities as part of your work?</p>	Number of days _____	P5
<p>How much time do you spend doing moderate-intensity activities at work on a typical day?</p>	_____Hours_____minutes	P6



Travel to and from places

The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example: to work, for shopping, to market, to place of worship.

Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

Yes 1
No 2
(If No, go to P10)

P7

In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?

Number of days _____

P8

How much time do you spend walking or bicycling for travel on a typical day?

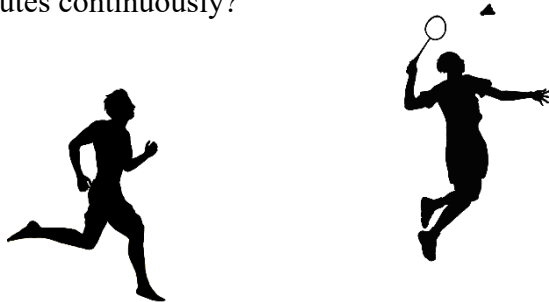
_____Hours_____minutes

P9

Recreational activities

The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure)

Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] for at least 10 minutes continuously?



Yes 1
No 2
(If No, go to P13)

P10

In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational (leisure) activities?

Number of days _____

P11

How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

_____Hours_____minutes

P12

Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate such as brisk walking, [cycling, swimming, volleyball] for at least 10 minutes continuously?



Yes 1
No 2
(If No, go to P16)

P13

In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (leisure) activities?

Number of days _____

P14

How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

_____Hours_____minutes

P15



Part 4. Dietary habits

This form asks about your usual food intake during the recent month.

In the “how often did you eat these food” part, tick in the box to show how often, on average, you ate the following food. In the “amount” part, tick in the box to choose your usual serving size as small (S), median (M) or large (L).

- ◆ A small serving is about one-half (1/2) the medium serving size or less.
- ◆ A large serving is about one-and-a-half (3/2) times the medium serving size or more.

1. Cereals

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Noodles											1 bowl			
Steamed roll											1 bun			
Steamed bread											1 bun			
Dumpling											1 dish			
Rice											1 bowl			
Rice flour											1 bowl			
Bread											2 slices			
Oat											1 cup			
Other _____											1			

2. Fruits

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Apple											1 medium			
Banana											1 medium			
Orange											1 medium			
Pear											1 medium			
Peach											1 medium			
Chinese gooseberry											1 medium			
Watermelon											1 medium slice			
Pineapple											1 medium			
Mango											1 medium			
Pomegranate											1 medium			
Other _____											1 medium			



3. Vegetables

	How often did you eat these foods?									→	Amount			
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		Medium Serving size	S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Potato										1/2 cup				
Radish										1/2 cup				
Carrot										1/2 cup				
Brinjaul										1/2 cup				
Cauliflower										1/2 cup				
Legume										1/2 cup				
Capsicum										1/2 cup				
Tomato										1/2 cup				
Wax gourd										1/2 cup				
Pumpkin										1/2 cup				
Towel gourd										1/2 cup				
Celery cabbage										1/2 cup				
Greengrocery										1/2 cup				
Lettuce										1/2 cup				
Cole										1/2 cup				
Chinese kale										1/2 cup				
Celery										1/2 cup				
Asparagus										1/2 cup				
Green onion										1/2 cup				
Leek										1/2 cup				
Bean sprout										1/2 cup				
Other _____										1/2 cup				

4. Legumes

	How often did you eat these foods?									→	Amount			
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		Medium Serving size	S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Soybean milk										1/2 cup				
Bean curd										1/2 cup				
Dried bean curd										1/2 cup				
Preserved bean curd										1/2 cup				
Others _____										1/2 cup				

5. Red meat

	How often did you eat these foods?									→	Amount			
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		Medium Serving size	S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Pork										4 slices				
Lamb										4 slices				



Beef											4 slices			
Animal blood											3 pieces			
Animal liver											1 pieces			
Others _____														

6. Poultry

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Chicken											4 slices			
Duck											4 slices			
Goose											4 slices			
Others _____														

7. Fish

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Marine fish											1 dish			
Fresh fish											1 dish			
Shrimp											1 dish			
Others _____											1 dish			

8. Eggs

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Chicken eggs											1 egg			
Duck eggs											1 egg			
Salt eggs											1 egg			
Preserved eggs											1 egg			
Quail eggs											1 egg			
Others _____											1 egg			

9. Dairy

	How often did you eat these foods?										→	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+	Medium Serving size		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day					
Cow's milk											1 cup			
Goats' milk											1 cup			
Yogurt											1 scoop			
Others _____											1 cup			

10. Food oil



	How often did you eat these foods?									Medium Serving size	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day				
Bean oil										1 spoon			
Rapeseed oil										1 spoon			
Salad oil										1 spoon			
Peanut oil										1 spoon			
Oliver oil										1 spoon			
Sesame oil										1 spoon			
Others_____										1 spoon			

11. Candy

	How often did you eat these foods?									Medium Serving size	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day				
Chocolate										1 regular bar or 2 pieces			
Cake										1 piece of cake			
Toffee										2 pieces			
Fruit confection										1 regular bar or 2 pieces			
Biscuit										4 pieces			
Others_____													

12. Beverage

	How often did you eat these foods?									Medium Serving size	Amount		
	Never or less than once per month	1	2-3	1	2	3-4	5-6	1	2+		S	M	L
		per month	per month	per week	per week	per week	per week	per day	per day				
Coffee										1 cup			
Black tea										1 cup			
Green tea										1 cup			
Red tea										1 cup			
Fruit juice										1 cup			
Diet soft drinks										1 cup			
Beer										12 once can or bottle			
Wine										1 medium glass (6 oz)			