

Health Literacy for Iranian Adults (HELIA): This questionnaire was developed by Montazeri et al., who localized the original version of the Health Literacy Questionnaire in 2013 (29). There are 33 items included which are divided into 5 dimensions. The *reading* dimension is related to reading educational materials about health (4 items). The *access* dimension deals with access to health information (6 items), The *understanding* dimension explores the extent to which information about the disease and health is understood (7 items). The *appraisal* dimension explores one's assessment of health-related information (4 items). The *decision-making* dimension explores how decisions are made on health-related behaviors (12 items).

For each of the questions below, choose only one option.

	questions	Always	Most of The Time	Sometimes	Rarely	Not at All
1	I can get the health information I need from different sources.					
2	I can get information about healthy eating.					
3	I can get information about mental health such as depression and stress.					
4	I can get information about the disease I want.					
5	I can get the information I need about some health problems and diseases such as high blood pressure and high blood sugar and fat.					
6	I can obtain information about the harms and dangers of smoking.					
7	It is easy for me to read educational materials about health and health (booklets, pamphlets, educational and propaganda brochures).					
8	It is easy for me to read specific written instructions that doctors, dentists and health workers do not give me about my illness.					
9	It is easy for me to read medical and dental forms (such as patient admission form, consent form, case file, etc. in hospitals and treatment centers).					
10	It is easy for me to read the writings of the guide sheet and preparation before doing the test, sonography or radiology.					
11	I understand the recommendations related to healthy eating.					
12	I understand the explanations given by the doctor regarding my illness.					
13	I understand the meaning and meaning of the contents written in the medical and dental forms (such as the patient admission form, consent letter, case file, etc. in hospitals and treatment centers).					
14	I understand the meaning of signs and contents written on signboards in hospitals, clinics and health centers.					
15	I understand how to take the medicine that is written on the medicine package.					
16	I understand the advantages and disadvantages of the treatment methods prescribed by the doctor.					
17	I understand the meaning and concept of the contents written in the guide sheet before performing the test, sonography or radiology.					
18	I can evaluate the correctness of the information provided related to health on the Internet.					
19	I can evaluate the correctness of the information provided about health by television and radio.					
20	I can evaluate the correctness of the recommendations that friends and relatives give me about health.					
21	I can pass on the health information I have learned to others.					

22	By seeing the symptoms of the disease, I know where or to whom to refer.					
23	When the doctor recommends to "take the antibiotic capsule three times a day on the hour", I follow the 8-hour interval.					
24	I will not stop taking the medicine prescribed by the doctor for my disease without he/her permission, even if the symptoms of the disease have disappeared.					
25	If a person or people from my first degree relatives have been diagnosed with some cancers (such as prostate, breast, cervix and colon cancer, etc.), I will go to the doctor for an examination.					
26	I avoid doing things or consuming substances that increase blood pressure.					
27	Even if I don't have any symptoms of the disease, I go to the doctor every year for a checkup (periodic examinations).					
28	In every work and situation, I take care of my health.					
29	If I have any questions about my illness, I will ask the medical and healthcare staff.					
30	I buy dairy products (milk, yogurt, cheese, etc.) according to the percentage of fat in it.					
31	I avoid doing things or consuming substances that cause weight gain.					
32	I wear a seat belt while driving.					
33	When buying food, I pay attention to its nutritional value.					