

Supplemental Material 2: Sociodemographic profile of sample population

Age				
	Frequency	Percent	Valid Percent	Cumulative Percent
<= 30	18	10.8	10.8	10.8
31 - 40	10	6.0	6.0	16.9
41 - 50	16	9.6	9.6	26.5
51 - 60	30	18.1	18.1	44.6
61 - 70	47	28.3	28.3	72.9
71 - 80	30	18.1	18.1	91.0
81+	15	9.0	9.0	100.0
Total	166	100.0	100.0	
Specialty clinic				
	Frequency	Percent	Valid Percent	Cumulative Percent
Cardiology	15	9.0	9.0	9.0
Digestive	21	12.7	12.7	21.7
Diabetes	79	47.6	47.6	69.3
Ostomy	51	30.7	30.7	100.0
Total	166	100.0	100.0	
Survey completed by				
	Frequency	Percent	Valid Percent	Cumulative Percent
Patient alone	113	68.1	68.1	68.1
Face to face interview	18	10.8	10.8	78.9
Patient with the help of a familiar member or caregiver	30	18.1	18.1	97.0
Patient with help of the principal researcher	2	1.2	1.2	98.2
By the advanced practice nurse	3	1.8	1.8	100.0
Total	166	100.0	100.0	
Sex				
	Frequency	Percent	Valid Percent	Cumulative Percent
Woman	62	37.3	37.3	37.3
Man	104	62.7	62.7	100.0
Total	166	100.0	100.0	
Gender				
	Frequency	Percent	Valid Percent	Cumulative Percent
Female	62	37.3	37.3	37.3
Male	104	62.7	62.7	100.0
Total	166	100.0	100.0	
Marital status				

	Frequency	Percent	Valid Percent	Cumulative Percent
Married or domestic partner	101	60.8	60.8	60.8
Widowed	22	13.3	13.3	74.1
Divorced	13	7.8	7.8	81.9
Separated	2	1.2	1.2	83.1
Never married	28	16.9	16.9	100.0
Total	166	100.0	100.0	

Education

	Frequency	Percent	Valid Percent	Cumulative Percent
Primary education	63	38.0	38.0	38.0
ESO (Secondary)	17	10.2	10.2	48.2
High school	12	7.2	7.2	55.4
Vocational training	35	21.1	21.1	76.5
Student	29	17.5	17.5	94.0
Master's degree	9	5.4	5.4	99.4
Doctorate	1	0.6	0.6	100.0
Total	166	100.0	100.0	

My occupation is or was

	Frequency	Percent	Valid Percent	Cumulative Percent
	54	32.5	32.5	32.5
Accountant	1	0.6	0.6	33.1
Administration	6	3.6	3.6	36.7
Agriculture	4	2.4	2.4	39.2
Airconditioning technician	1	0.6	0.6	39.8
Baker	1	0.6	0.6	40.4
Banker	3	1.8	1.8	42.2
Biologist	1	0.6	0.6	42.8
Blacksmith	1	0.6	0.6	43.4
Businessman	1	0.6	0.6	44.0
Butcher	1	0.6	0.6	44.6
Care of elderly	1	0.6	0.6	45.2
Carpenter	1	0.6	0.6	45.8
Carpenter and plumbing	1	0.6	0.6	46.4
Chef	2	1.2	1.2	47.6
Cleaning	1	0.6	0.6	48.2
Clothing sales	1	0.6	0.6	48.8
Sales technician	1	0.6	0.6	49.4
Computer engineer	1	0.6	0.6	50.0
Computer technician	1	0.6	0.6	50.6
Construction worker	3	1.8	1.8	52.4
Counselor	1	0.6	0.6	53.0
Delivery person	1	0.6	0.6	53.6
Department of defense	1	0.6	0.6	54.2

Doctor	1	0.6	0.6	54.8
Economist	1	0.6	0.6	55.4
Electronic maintenance	1	0.6	0.6	56.0
Engineer	1	0.6	0.6	56.6
Government worker	1	0.6	0.6	57.2
Heater repair	1	0.6	0.6	57.8
Highway construction	1	0.6	0.6	58.4
Homemaker	6	3.6	3.6	62.0
Hospital cleaner	1	0.6	0.6	62.7
Industrial agriculture	1	0.6	0.6	63.3
Industrial expert	1	0.6	0.6	63.9
Insurance	1	0.6	0.6	64.5
Lighting	1	0.6	0.6	65.1
Machine assembly	1	0.6	0.6	65.7
Machine maintenance	1	0.6	0.6	66.3
General maintenance	1	0.6	0.6	66.9
Manufacturing line operator	1	0.6	0.6	67.5
Mathematics teacher	1	0.6	0.6	68.1
Mechanic	2	1.2	1.2	69.3
Miner	1	0.6	0.6	69.9
Nurse	1	0.6	0.6	70.5
Nurse assistant	1	0.6	0.6	71.1
Office reception	1	0.6	0.6	71.7
Painter	1	0.6	0.6	72.3
Pharmaceutical representative	1	0.6	0.6	72.9
Pharmacy technician	1	0.6	0.6	73.5
Photojournalist	1	0.6	0.6	74.1
Plumber	1	0.6	0.6	74.7
Press	1	0.6	0.6	75.3
Professor	2	1.2	1.2	76.5
Quality inspector	1	0.6	0.6	77.1
Refrigerator technician	1	0.6	0.6	77.7
Sales	2	1.2	1.2	78.9
Salesperson	1	0.6	0.6	79.5
Seamstress	1	0.6	0.6	80.1
Secondary school teacher	3	1.8	1.8	81.9
Secretary	1	0.6	0.6	82.5
Social worker	2	1.2	1.2	83.7
Student	8	4.8	4.8	88.6
Taxi driver	1	0.6	0.6	89.2
Teacher	3	1.8	1.8	91.0
Team leader	1	0.6	0.6	91.6
Technical engineer	2	1.2	1.2	92.8
Technical specialist vision	1	0.6	0.6	93.4

Telecommunications	1	0.6	0.6	94.0
Textile industry	1	0.6	0.6	94.6
Truck driver	5	3.0	3.0	97.6
University professor	1	0.6	0.6	98.2
Warehouse worker	3	1.8	1.8	100.0
Total	166	100.0	100.0	

Origin

	Frequency	Percent	Valid Percent	Cumulative Percent
Spain	158	95.2	95.2	95.2
Other	8	4.8	4.8	100.0
Total	166	100.0	100.0	

Living situation

	Frequency	Percent	Valid Percent	Cumulative Percent
Nobody	27	16.3	16.3	16.3
With my partner	67	40.4	40.4	56.6
Partner & family	39	23.5	23.5	80.1
Children	14	8.4	8.4	88.6
Parents	14	8.4	8.4	97.0
Other family members	5	3.0	3.0	100.0
Total	166	100.0	100.0	

Work

	Frequency	Percent	Valid Percent	Cumulative Percent
Unemployed	15	9.0	9.0	9.0
Work full-time	40	24.1	24.1	33.1
Work part-time	9	5.4	5.4	38.6
Retiree with contributory pension	71	42.8	42.8	81.3
Retiree with a non-contributory pension	11	6.6	6.6	88.0
Currently studying	8	4.8	4.8	92.8
Disability or sick leave	12	7.2	7.2	100.0
Total	166	100.0	100.0	

Residence

	Frequency	Percent	Valid Percent	Cumulative Percent
Rural	53	31.9	31.9	31.9
Urban	113	68.1	68.1	100.0
Total	166	100.0	100.0	

I would classify my health as

	Frequency	Percent	Valid Percent	Cumulative Percent
Very good	8	4.8	4.8	4.8
Good	74	44.6	44.6	49.4
Regular	66	39.8	39.8	89.2

Bad	17	10.2	10.2	99.4
Very bad	1	0.6	0.6	100.0
Total	166	100.0	100.0	

Net monthly income

	Frequency	Percent	Valid Percent	Cumulative Percent
< 600 €	13	7.8	7.8	7.8
601 – 800 €	11	6.6	6.6	14.5
801 – 1000 €	14	8.4	8.4	22.9
1001 – 1.200 €	17	10.2	10.2	33.1
€1,201 – €1,500	20	12.0	12.0	45.2
€1,501 – €2,000	20	12.0	12.0	57.2
> €2,001	29	17.5	17.5	74.7
Spouse's pension	2	1.2	1.2	75.9
I'd rather not answer	31	18.7	18.7	94.6
I don't know	9	5.4	5.4	100.0
Total	166	100.0	100.0	

How many appointments have you had in this outpatient clinic not including today?

	Frequency	Percent	Valid Percent	Cumulative Percent
1-2	60	36.1	36.1	36.1
3-4	36	21.7	21.7	57.8
5-6	16	9.6	9.6	67.5
>6 visits	54	32.5	32.5	100.0
Total	166	100.0	100.0	