Figure S1. Global 12-item BIRD score distribution in the validation studypopulation (N=96).

Table S1. Steps for the linguistic and cross-cultural adaptation.

Step		Details
1	Preparation	Evaluation of the source text from a linguistic and cultural point of view including definition of concepts
2	Forward translations	Forward translation into English by two independent translators
3	Reconciliation	Comparison of the two forward translations to provide the best adaptation and produce a draft version of the text
4	Back translation	Translation of the draft forward translation back into English without reference to the original language
5	Back-translation review	Comparison of the original text and the back translation to verify that the meaning of the draft translation is equivalent to source
6	Analysis and implementation of back-translation review report	Analysis of the back-translation review report to verify if there are changes required to the draft forward
7	Pilot testing	Clinical review and cognitive debriefing

8	Review of cognitive debriefing or clinical review results	Review of the results from the cognitive debriefing or clinical review to identify translation modifications necessary for improvement
9	Proofreading and finalization	Last stage, which aims to a cross-cultural and validated translation of the questionnaire

Table S2. General characteristics of the study population (N=96).

Variable		N (%)
Gender, women		27 (28.1)
Age, years	Mean ±SD	62.4 ±12.3
	<55 years	26 (27.1)
	55-70 years	42 (43.8)
	>70 years	28 (29.2)
Hypertension (%)		43 (49.4%)
Diabetes (%)		24 (27.6%)
Obesity (%)		19 (21.8%)
Body Mass Index, kg/m²	Mean ±SD	26.5 ±5.4
NYHA classification	I	14 (17.5)
	II	29 (36.3)
	III	26 (32.5)
	IV	11 (13.8)
Left ventricular ejection fraction, %	Median (IQR)	31.5 (25.0;45.0)
NT-proBNP, pg/ml	Median (IQR)	1480.0 (452.0;3290.0)
Serum creatinine, umol/L	Median (IQR)	97.0 (77.0;130.0)
Prescribed low sodium diet	Normal >6 g	7 (8.0)
	Moderately restricted 3-6 g	57 (65.5)
	Highly restricted <3 g	23 (26.4)
Minnesota Living with Heart Failure		
Total score (0-105)	Mean ±SD	36.8 ±26.0
Physical domain (0-40)	Mean ±SD	16.1 ±11.6
Emotional domain (0-25)	Mean ±SD	8.0 ±6.9
Other items (0-40)	Mean ±SD	12.7 ±9.7

Results are N (%) unless otherwise stated. SD: Standard deviation; NYHA: New York Heart Association; IQR: Interquartile range.

Table S3. One-factor solution of the BIRD questionnaire: results for the initial 14-items and after deletion of items 1 and 2.

Item	14-items Factor loadings	14-items Communality values	12-items Factor loadings	12-items Communality values
1	0.37	0.14	-	-
2	0.42	0.17	-	-
3	0.66	0.44	0.62	0.39
4	0.59	0.35	0.58	0.34
5	0.66	0.43	0.67	0.45
6	0.67	0.45	0.66	0.44
7	0.71	0.51	0.71	0.50
8	0.75	0.56	0.75	0.57
9	0.74	0.55	0.75	0.57
10	0.63	0.40	0.63	0.40
11	0.72	0.52	0.72	0.51
12	0.58	0.34	0.59	0.35
13	0.76	0.58	0.76	0.58
14	0.70	0.50	0.72	0.52