

Article

Clinical Approach in the Management of Paediatric Patients with Familial Hypercholesterolemia: A National Survey Conducted by the LIPIGEN Paediatric Group

Supplementary Table S1 - Questionnaire (English translation)

1	Has the child/adolescent received any indications before starting drug therapy? <ul style="list-style-type: none"> No Yes, dietary-nutritional indications Yes, lifestyle change indications Yes, both dietary-nutritional and lifestyle change indications
2	If yes, for how long is the child/adolescent's diet maintained before starting nutraceuticals or drug therapy? <ul style="list-style-type: none"> 4-8 weeks 3-4 months 6-8 months 12 months
3	What diet intervention is usually recommended for the child/adolescent? <ul style="list-style-type: none"> Very low-fat diet (lipids \leq 25%) Moderate low-fat diet (lipids \leq 30%) Low-fat diet (lipids 25-30%) with portions Low-fat diet (lipids 25-30%) with qualitative advices
4	The diet for the child/adolescent: <ul style="list-style-type: none"> Is developed by the dietician Is developed by the nutritionist physician Consists of a pre-printed pattern Consists of qualitative advice derived from food recall or other survey method
5	The compliance with the dietary intervention proposed to the child/adolescent is generally: <ul style="list-style-type: none"> Poor Good Excellent Dependent on the frequency of counselling
6	Was the child/adolescent recommended to take nutraceuticals or food supplements? <ul style="list-style-type: none"> No Yes, before the pharmacological therapy Yes, as an alternative to pharmacological therapy Yes, in combination to start of the pharmacological therapy
7	Which nutraceutical-food supplement is mainly indicated as initial approach in child/adolescent?
8	What is the child/adolescent's compliance with the nutraceutical-food supplement on a scale from 1 to 10?

9	What is the concordance of the child/adolescent's parents with assumption of the nutraceutical-food supplement on a scale from 1 to 10?
10	What are the main adverse effects developed by the child/adolescent during the use of nutraceuticals-food supplements?
11	How do you evaluate the usefulness of the dietary/nutritional approach in the management of FH in the child/adolescent, according to your experience? <ul style="list-style-type: none"> • Not useful at all • Not very/sometimes useful • Very/often useful • Crucial
12	How do you evaluate the usefulness of lifestyle modifications in the management of FH in the child/adolescent, according to your experience? <ul style="list-style-type: none"> • Not useful at all • Not very/sometimes useful • Very/often useful • Crucial
13	How do you evaluate the usefulness of nutraceutical interventions in the management of FH in the child/adolescent, according to your experience? <ul style="list-style-type: none"> • Not useful at all • Not very/sometimes useful • Very/often useful • Crucial
14	Do you consider the pharmacological therapy in child/adolescent? <ul style="list-style-type: none"> • No • Yes, only in severe cases (LDL-C \geq 190 mg/dL or LDL-C \geq 160 mg/dL + risk factors) • Yes, only if the child/adolescent does not respond/respect the diet • Yes, only if the child/adolescent does not respond to the nutraceutical supplement
15	In child/adolescent, the pharmacological therapy is usually started with <ul style="list-style-type: none"> • Statin • Other drug
16	If statin, which statin(s) and at what dosage?
17	If other drug, which drug and at what dosage?
18	What is the child/adolescent's compliance with the pharmacological therapy on a scale from 1 to 10?
19	What is the concordance of the child/adolescent's parents with pharmacological therapy on a scale from 1 to 10?
20	What are the main adverse effects developed by the child/adolescent during the pharmacological therapy?