Supplementary File SI. Checklist for Reporting Results of Internet E-Surveys (CHERRIES) .

Item Category	Explanation		Page
Design	The study involved a convenience sample. Eligibility criteria included being 18 years of age or older, residing in Portugal and being able to complete the survey in Portuguese.		
IRB	**Approval**:	The study has been approved by the Hospital of S. João, Porto review boards and ethics committee	
	Informed consent:	Before completing the questionnaire, all participants provided electronic informed consent.	
	Data protection:	No information that allows for personal identification was collected.	
Development and pre-testing	The survey was developed by a multidisciplinary team and based on the Self-Regulation Model [18] and the Necessity-Concerns Framework [19].		
Recruitment process	**Survey type**:	The data was collected using an open survey.	
	Contact mode:	Initial contact with participants was made on the Internet, through email or social media.	
	Advertising the survey:	Social media (official faculty pages) and several online newspapers	
Survey administration	**Web/E-mail**:	The survey was input on an online survey platform – LimeSurvey. Data was entered automatically when participants responded to the questions.	
	Context:	The survey was disseminated using social media (official faculty pages) and several online newspapers	
	Mandatory/voluntary:	The survey was voluntary.	
	Incentives:	None.	
	Time/Date:	27th December 2020 to 27th January 2021	
	Randomization of items or questionnaire:	N/A	
	Adaptive questioning:	Some questions only were displayed if certain answers were previously selected.	
	Number of items:	16	
	Number of screens:	11	
	Completeness check:	N/A	
	Review step:	Yes	
Response rates	**Unique site visitor**:	N/A	
	View rate:	N/A	
	Participation rate:	N/A	
	Completion rate:	N/A	
Preventing multiple entries	**Cookies used**:	Not used	
	IP check:	Not used	
	Log file analysis:	Not used	
	Registration:	N/A	
Analysis	**Handling of incomplete surveys**:	Only completed surveys were analysed.	
	Questionnaires submitted with an atypical timestamp:	N/A	
	Statistical correction:	N/A	