INTERVIEW - COLLECTING DATA CARD

PATIENT ID _____

SPECIALISTIC FOLLOW-UP VISITS' DATE _____

EVALUATION OF HCC occurrence

Have you received a diagnosis of Hepatocellular carcinoma after the last discharge from our Department?

☐ Yes ☐ Not

If yes, define how the diagnosis was achieved:

☐ CEUS ☐ MRI ☐CT SCAN ☐ Biopsy

Are there supporting documents proving and reporting the date of this/these events?

☐ Yes ☐ Not

EVALUATION OF chronically-administered drugs

Please, list the medication you've routinely received in the last 12 months:

_____ **Is this treatment ongoing?** ☐ Yes ☐ Not
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_____ **Is this treatment ongoing?** ☐ Yes ☐ Not

EVALUATION OF LIFESTYLE HABITS (Part A)

Physical exercise assessment:

Medical questionnaire and relative items assessing physical exercise practicing in enrolled patients.

Questions/Items	Answer	
Are you doing or have you ever done (in the last 12 months) sport in a continuative and regular way?	YES	NO
Have you changed your daily physical activity in the last 12 months?	NO	YES
If yes, has it enhanced or worsened?	Enhanced	Worsened
How many hours per week have you usually spent* for physical exercise?	More than 150 minutes/week	Less than 150 minutes/week

Each patient was considered on **active** physical exercise if he/she has done sports in the last 12 months*, this practice has not worsened in the last 6 months by spending at least 150 minutes per week in physical activity.

EVALUATION OF LIFESTYLE HABITS (Part B)

Mediterranean Diet assessment:

The Mediterranean diet score**: items and scoring system.

ITEM: Number	Question	Answer	
1	**How often have you eaten*** vegetables?**	<4 servings/day	≥4 servings/day
2	**How often have you eaten*** fruit?**	<3 servings/day	≥ 3 servings/day
3	**How often have you eaten*** legumes?**	0 serving/week	≥ 1 serving/week
4	**How often have you eaten*** Nuts and Seeds?**	0 serving/week	≥ 1 serving/week
5	**How often have you eaten*** whole grains?**	0 serving/day	≥ 1 serving/day
6	**How often have you eaten*** fish?**	<3 servings/week	≥ 4 servings/week
7	**What type of fat have you eaten*** the most?**	Mostly saturated (butter, eggs, confectionery, baked goods)	Mainly monounsaturated and polyunsaturated (extra virgin olive oil, seeds, nuts, oily fish)
8	**How much alcohol per day***	No consumption	≥ 1 glass/day
9	**How often have you eaten*** red/processed meats?**	<3 servings/day	≥ 3 servings/day

Items scoring and interpretation of the results: 1) "How often do you eat vegetables?" (< 4 servings per day: 0 points; ≥ 4 servings per day: 1 point); 2) "How often do you eat fruit?" (< 3 servings per day: 0 points; ≥ 3 servings per day: 1 point); 3) "How often do you eat legumes?" (0 servings per week: 0 points; ≥ 1 serving per week: 1 point); 4) "How often do you take Nuts and Seeds?" (0 servings per week: 0 points; ≥ 1 serving per week: 1 point); 5) "How often do you take whole grains?" (0 servings per day: 0 points; ≥ 1 serving per day: 1 point); 6) "How often do you eat fish?" (< 3 servings per week: 0 points; ≥ 4 servings per week: 1 point); 7) "What type of fat do you eat the most?" [Mostly saturated (butter, eggs, confectionery, baked goods)]: 0 points; [Mainly monounsaturated and polyunsaturated (extra virgin olive oil, seeds, nuts, oily fish)]: 1 point; 8) "How much alcohol do you drink per day?" (No consumption: 0 points; More than one glass a day: 1 point); 9) "How often do you eat red and processed meats?" (≥ 3 servings per day: 0 points; < 3 servings per day: 1 point). **The patients were considered adherent to the Mediterranean diet regimen in case of a total score > 8.**

***** In the last 12 months**

EVALUATION OF LIFESTYLE HABITS

Smoking assessment:

Are you currently a smoker? ☐ Yes ☐ Not

Have you ever (not occasionally) smoked after the discharge? ☐ Yes ☐ Not

** Panagiotakos DB, Pitsavos C, Stefanadis C. Dietary patterns: a Mediterranean diet score and its relation to clinical and biological markers of cardiovascular disease risk. Nutr Metab Cardiovasc Dis. 2006 Dec;16(8):559-68. doi: 10.1016/j.numecd.2005.08.006. Epub 2006 Feb 9. PMID: 17126772.