

**Appendix 1** Demographic data of habitual and non-habitual groups following classification of each group.

	Non-habitual (N=1209)		Habitual (N=40)		P-value
	Number	%	Number	%	
Q2	518	42.8	30	75.0	< 0.01
Q3	485	40.1	22	55.0	0.07
Q4	923	76.3	36	90.0	0.06
Q5	1065	88.1	38	95.0	0.31
Q6	225	18.6	11	27.5	0.16
Q7	12	1.0	3	7.5	0.01
Q8	100	8.3	9	22.5	< 0.01
Q9	568	47.0	17	42.5	0.63
Q10	338	28.0	19	47.5	< 0.01
Q11	297	24.6	16	40.0	0.04
Q12	673	55.7	30	75.0	0.02
Q13	714	59.1	24	60.0	1.00
Q14	1043	86.3	30	75.0	0.06
Q15	388	32.1	11	27.5	0.61
Q16	459	38.0	21	52.5	0.07
Q17	98	8.1	13	32.5	< 0.01
Q18	1008	83.4	39	97.5	0.01
Q19	848	70.1	34	85.0	0.05

Q2, Q3, Q4, Q5, and Q6 represent number and percentage of "Male," "Once a week," "< 3 h," "< 7 h," and "< 2 times," respectively. Both Q9 and Q10 represent number and percentage of "Confidence." The others represent number and percentage of "Yes". The P values were calculated by chi-square test or Fisher's exact test (Q4, Q5, Q7 and Q18).