

**Supplementary table 1** Rubrics for patients with dyslipidemia

Pathology	Level 1	Level 2	Level 3	Level 4
Assessment items	Knows about dyslipidemia	Knows about the need for dyslipidemia treatment.	Understands the type of dyslipidemia	Understands what to do to improve dyslipidemia
Instructional items	Risk of developing complications	Risk for different types of dyslipidemia (Evaluation of laboratory data)	Treatment of dyslipidemia	
Instructional tools	1	2	3	
<b>Pharmacotherapeutics</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	Can take medication for dyslipidemia	Knows the name of the medication being taken	Understands the effects of their medications	Understands the need for their medication
Instructional items	Medication knowledge (Name and dose of medication)	Medication knowledge (Effects of Medication)	Complication	
Instructional tools	Pharmaceutical information (Name and dose of medication)	Pharmaceutical information (Effects of Medication)	4	
<b>Smoking cessation</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	Not working on smoking cessation	Smoking fewer cigarettes	Smoking cessation	Aware of the effects of passive smoking
Instructional items	Risk of smoking	Necessity of smoking cessation	Risk of passive smoking	
Instructional tools	5	6,7	8	
<b>Alcohol consumption</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	More than 75 g of alcohol consumed per day	Less than 75 g of alcohol consumed per day	Less than 50 g of alcohol consumed per day	Less than 25 g of alcohol consumed per day
Instructional items	Risk of excessive drinking	Standard amount of drinking	Instruction for reducing alcohol consumption	
Instructional tools	9	10	11	
<b>Weight control</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	BMI > 35	BMI 35–30	BMI 30–25	BMI < 25
Instructional items	Risk of being overweight	Weight goal (How many kg for how long)	Weight goal (Ideal body weight)	
Instructional tools	12	13	14	
<b>Exercise</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	Little to no exercise	At least 3 days a week for a total of at least 30 minutes aerobic exercise such as walking	Continuing aerobic exercise such as walking for a total of at least 30 minutes every day	Continuing aerobic exercise such as walking for at least 30 minutes every day
Instructional items	Need for exercise	Continued exercise (daily)	Continued exercise (time)	
Instructional tools	15,16	17,18	19,20	
<b>Dietary fiber</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	Takes almost no vegetable dishes	Takes 1–2 servings of vegetable dishes per day	Takes 3–4 servings of vegetable dishes per day	Takes more than 5 servings of vegetable dishes per day
Instructional items	Need for dietary fiber	Plus one dish	Sample menus and usefulness	
Instructional tools	21	22	23	
<b>Salt intake</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	Dose not care about salt intake	Tries to reduce salt intake	Knows their salt intake	Salt intake of less than 6 g/day
Instructional items	Risk of excessive salt intake	Amount of salt of foods	How to reduce salt intake	
Instructional tools	24	25	26	
<b>Lipid intake</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
Assessment items	I don't care about my diet	Knows of cholesterol-rich foods	Understands diet management is required for type of dyslipidemia	Adopts a diet for dyslipidemia
Instructional items	Cholesterol content of foods	Diet therapy by types	Sample Dietary Menu	
Instructional tools	27,28	29,30,31	32	