

Table S1: Scores for Involvement in Health Promotion Activities

Days of Involvement	Mark
0 to 1	0
1 to 2	1
3 to 5	2
6 to 10	3
≥ 11	4

Table S2. Health Promotion Exposures Calculation Based on Kriska's MAQ (1997)

Calculation	Domain	Maximum Marks
A	<i>Number of activities involved</i> Questionnaires No 11 X (No 12a to No 12e) X No 13	60
B	<i>Number of information received</i> Questionnaires No 14 X (No 15a to No 15f)	20
C	<i>Score of recent behaviour compliance</i> Questionnaires No 16 X No 17	20
TOTAL		100

Table S3. Indication of Knowledge Level Based on Bloom's Taxonomy

Score %	Knowledge Level
80 – 100	Excellent (Application)
50 – 79.9	Good (Comprehension)
0 – 49.9	Poor (Knowledge Level)

Table S4. Level and Strength of Self-Efficacy Categorization

Mean Scales	Level & Strength of Self-Efficacy
9 - 10	Excellent
7 – 8.99	Good
5 – 6.99	Moderate
3 – 4.99	Low
0 – 2.99	Very Low / Poor