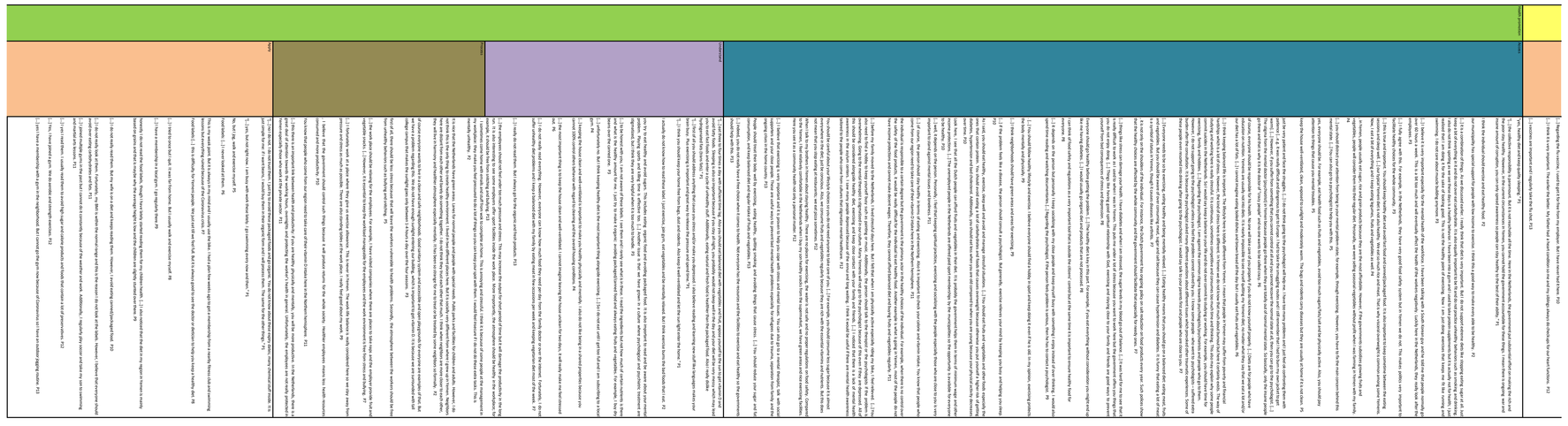
Table 1: color labels

Themes	Codes
Healthcare	Access
	Understand
	Causes
	Apply
Disease prevention	Access
	Understand
	Causes
	Apply
Health promotion	Access
	Understand
	Causes
	Apply

Table 2: extract matrix

Themes	Codes	Basic themes from the interviews (quotes)
Healthcare	Access	"I call my GP if the problem is serious." P1 "[...] according to the system here, I have to go to the GP when I am suffering a pain or painful symptoms." P2 I think it is not difficult to make the appointment but I had a story about the GP here. I was suffering lower back pain and went to the GP, and he directly prescribed Paracetamol to me. I do not think he was asking me sufficiently about what I do and how I ended up here. He just told me it is normal and people just suffer from it at some point of their life. I really did not trust what he was saying especially when the pain kept increasing over time. I went to him again and asked him that the Paracetamol does not work and he prescribed me stronger pain killer (I think it was called Ibuprofen). But I also asked him to do X-ray; though he said to me I am not going to authorise it. I had to pay upfront first. I said it is ok. And after I did the X-ray, he told me that I had a little bit of abnormal bone structure and it subside with some sessions with the physiotherapist. "P2 I almost lost the hope in the healthcare providers here. P2 I will generally make an appointment with the GP. But it is hard sometimes because sometimes you need to go directly to the hospital. I once had very high fever and just went to the hospital. P3 It is fairly easy but sometimes the GP does not let you go to the hospital or the specialist which makes you feel helpless going to them. [...] Regarding the pharmacy, overall it is pretty easy to go to the pharmacy after your doctor has issued your prescription and the pharmacists show you how to use the drug. P3 In the Netherlands, you have to have a family doctor. This doctor keeps a history of you and you should consult him when you have health problems. [...] Another important point is that going to the doctor here is different from Yemen. In Yemen, you will have a lot of drugs and injections for normal fever. However, the doctor in the Netherlands will normally prescribe you Paracetamol and make your immune system fights for you. However, this can be annoyed sometimes especially when you go to the doctor for a abnormal pain, he will try to calm you and prescribe you Paracetamol. Personally, I was suffering from abdominal discomfort and every time I went to the doctor, he will prescribe pain killers. After year and a half, they figured out that I have allergies from milk products. This may make you feel helpless to go to the doctor. P4 [...] you would go to your doctor. Here, people here have a doctor they go to when they have symptoms of a disease. This doctor is responsible for evaluating your case: if it is manageable then he will treat you; otherwise, he will refer you to the specialist or hospital. [...] P5 [...] In terms of making the appointment, this is an easy process. With regard to being with your doctor, you have to exaggerate your symptoms to go to the specialist or the hospital. [...] Personally, I do not feel really confident being with the family doctor here. Sometimes he looks up my symptoms in the computer which concerns me whether he is really able to know what I am suffering from. For example, I cannot use my hand to catch things and write and it really hurts me sometimes. I have been going to my doctor but every time, he tries to make the problem psychological. This really annoys me. I do not go to the doctor for nothing. I usually go to the doctor when the problem is really unbearable. P5 [...] I will go to the family doctor. This doctor usually prescribes you Paracetamol no matter what. [...] I think that medicine here is overrated. It is true that they stimulate your immunity to work but sometimes it is too much. [...] This is the reason why I do not like to go to the family doctor unless I have severe symptoms. P6 Firstly I will contact the family doctor and he decides on my case if I need to go to the hospital or to the specialist. P7 If it is really bad problem, I will call the emergency. [...] In the normal situation, I will call the family doctor and ask for an appointment. P8 seeing a specialist is a bit annoying process sometimes. While we have been referred by our family doctor to specialists, the specialists oftentimes will say similar things while charging us extra money. This happened to my son, with me and with my wife. My son has otitis and we went few times to specialists but ended up with nothing major added to what the family doctor said. At the same time, we have to pay extra fees. Also, me and my wife went to a specialist to check some nerve problems but ended up in paying the own-risk twice in one year without us knowing this financial risk properly. Another annoying point is the dentists, they are not clear when you ask them how much is covered by my insurance. I had a teeth problem few times and when I asked the dental clinics about the costs before doing any intervention, they will make everything looks covered by my insurance. But then I got extra bills to pay week after these incidents. It is really annoying. This has cost us a lot of money with us being poorly informed in how exactly the health insurance works. This was worse before my family moved to the Netherlands and I had to do the communication and insurance arrangements with the doctors myself. It was difficult especially my Dutch is poor and I had to accept what they say. P8 [...]The first thing to do here is contact the family doctor. If he is unable to address the problem, then he will refer you to the hospital or the specialist. [...] P9 If the problem is not serious, I would stay at home and take rest. But if it persists or I feel the symptoms are serious that my immunity is overwhelmed, I will directly make an appointment with the family doctor. P10 [...] The first step is you should call the family doctor and make an appointment. The family doctor then decides whether if your case is manageable; otherwise he will refer you to the hospital or the specialist. P11 [...] call my family doctor to make an appointment. After that, he will determine if I need further help. But I do not go every time to the doctor. If I feel a normal cold, I would stay home. P12 [...] I will try to address the condition myself because I studied medicine. So I would take pain killers and rest my body if the symptoms are a manageable; otherwise, I will call the GP. P12 Important point, which I find it problematic here, is meeting the expectation of the patient. I had to undergo a deviated nose surgery in the Netherlands and it was useless. As a doctor, I know that this operation is not very difficult given the technology that we have nowadays. However, this is not the most annoying part of the story; I was upset when the doctor coldly told me that we will do the operation again. I felt like I am a testing sample. P13
	Understand	"yes. I have gone to both. [...] No, the communication goes fine as my Dutch and English are fluent. Plus, going to them is essentially not difficult. You just have to make an appointment." P1 "[...] I think the health insurance is a little bit complicated issue. I have suffered a lot of pain in my teeth and the doctor told me I had to pull out one tooth and I had to pay over 300 Euros as own risk (deductible). I was not aware of this and I think that this can be a big issue for some low-income people. People should clearly know what they expect and what they have to pay." P1 I am fairly fluent in Dutch so no major problems here and in Germany my friend, who speaks fluent German, was with me. P2 [...] communication wise, there is no problems as I speak Dutch and English. But I feel like this system [...]the GP gate-keeping system...] may miss the right diagnosis when sometimes takes too much time and leaving people on the Paracetamol. P3 If I have a mild fever or cold, I will stay at home. But if I have very severe fever or other conditions, I will go to the doctor. P4 No I do not have communication problems. I also speak Dutch fluently. [...] Going to the pharmacy/pharmacist is not difficult at all. I have been to a pharmacy/pharmacist. I found my prescription ready to pick up and they showed how to use it. It was pretty easy. P4 [...]going to the pharmacy/pharmacist is not difficult. However, the prescription are in Dutch and my Dutch is not good yet. I just settled my status here. Important point is that the pharmacists have not informed me about the side effects of the drugs I use. P5 [...] no it is easy, you just need to make an appointment and go. The same also goes with pharmacy/pharmacist, you go there and you find your prescription already with the pharmacist and you just pick it up. Regarding communication, I use to have an interpreter with me but now I have my kids helping me. But I have found problems with dentists. They scammed many of us who have oral problems. We usually go there and have our insurance with us and they tell us at the clinic that everything is covered regarding money. But we go home and receive insurance bills in few days. It is annoying and we cannot do anything about it especially in the first months of our arrival here. I believe that this is mainly because we do not know the language and the regulations properly. P6 It is simple and easy; you just need to tell the pharmacist that your prescription is on the system and they will check it and inform you how it should be consumed. P7 I think that the family doctor is very good idea. I mean that you have a doctor who knows your history every time when you go to him. I have not had this when I was in Yemen. But this is probably due to the fact that the Yemeni funds towards health are poor. [...] Another issue which is related to the personality of the doctor here in the Netherlands – is how he deals with people from other cultures. For example, during my early months here, my Dutch was poor and I felt that some doctors were not asking the questions about the problem that I am trying to communicate to them. I felt that few of them they know how to ask questions about your problem. However, I felt some of them were trying to just quickly diagnose you with minor things and prescribe you Paracetamol so they stay in the safe side. [...] My point is that our culture is a bit different that we do not express everything in detail. As a doctor you need to extract the information from some people. This is especially clear with the women from our culture; they do not express everything openly. [...] P7 [...]In terms of going to the doctor and making appointments, it is easy. [...] I have my sons – who are fluent in Dutch - helping me with that as well. The same also goes to the pharmacy/pharmacist. I always go there and receive my prescription without any problems. P8 [...] it is easy to get to the family doctor. You just need to call them and make an appointment. [...] Communication wise, I have no problems because I speak good Dutch and fluent English. P9 [...] Regarding the pharmacy/pharmacist, it is convenient because everything is digital here. When your doctor tells you that your prescription is ready, you find it already in the pharmacy's digital system. In addition to the prescription, the pharmacist also shows you how it should be used. [...] However, it can be a problem if your Dutch is not that good, so you always need to be careful with the prescription, the doses and side effects. P9 [...] Yes, I have a problem understanding the health insurance. I tried really hard to understand the premiums this Year so I avoid the last year extra bills from my dentist. I increased the premium for the oral health and made sure that it is going to cover my needs. I went to the dental clinic and ended up receiving extra bill. It is just disappointing; a lot of information for the premiums and it seems unclear and misleading for me. P9 [...] Going to the GP is easy. His office is in the neighborhood. You just need to call them, explain your problem and make an appointment. [...] It is also easy to deal with pharmacies. After you receive your prescription from the doctor, tell the pharmacist your day of birth and he will find it in the system.P10 Communication wise, it can be problematic sometimes to explain everything in Dutch because my Dutch is not that good. However, I always manage with my English. P10 This is not the problem; the problem is when the doctor does not seem convinced about your problem. I am personally a pharmacist; I studied pharmacy in Yemen. So I know quite well about the drugs and some aspects of the disease. The problem is that my son once had one of his ears hurts and caused him fever. So we took him to the GP. I tried to tell the doctor that this looks like an ear infection symptoms so it might need antibiotic. She was not convinced even after she saw some pus coming from the ear. She said stay for at least two days to see how the prognosis goes. But after three days, my son starts losing a bit of his hearing which made me afraid that the pathogens may also get into the brain and make everything worse. Even after all of this hassle we could not get antibiotics but fortunately the problem started subsiding thereafter. [...] I understand and agree that over prescribing antibiotics is really dangerous. However, this does not mean you become too careful that you under-treat people. P10 Yes, it was complicated for me to understand the health insurance at beginning. You know that we do not have health insurance system in Yemen. So I spent a lot of time reading and asking about different providers, basic insurance, different premiums, dental care and own risk. P10 [...] I have not had a communication problem with the doctors because, besides Dutch, I speak English well. But I also many people who struggle with the doctors because of the language. [...] With regard to going pharmacy, it is simple and easy. When you go to the pharmacy, your prescription is already placed at pharmacy's system by your doctor. You just need to pick it up. The family doctor can be problematic sometimes this especially when I was residing at the asylum center. It was almost impossible to get a referral from the family doctor at the asylum center to the hospital. But after I got out the center, it relatively easier but it still depends on your family doctor. The family doctors will often tell you that you are ok and will give you Paracetamol. P11 [...] so far, going to the family doctor is simple and easy. The same also goes with going to the pharmacy because your prescription is already in the system after you leave your doctor. [...] I do not face major problems in communicating with the healthcare providers because I can speak English very fluently. P12 [...] Though I usually receive sufficient instructions from the doctor and the pharmacist in how to use drugs. But this can be difficult sometimes if you miss something because everything is in Dutch. It is not only Dutch; there are some special terms that I cannot understand. So I look up the internet sometimes, for example, to check the side effects. [...] It can be helpful if the perceptions and the information about the drugs is available in English especially for the newly arrivals migrants. P12 I have been as an interpreter for some residents at my asylum center before I left it. I noticed that some people find it really difficult to communicate with the doctors in the asylum centers. This is because the phone interpretation service can be bad sometimes and some people become a bit reserved to explain their private problems in the phone compared to face-to-interpretation. P12 [...] This has been problem for me. As you know, we do not have health insurance policies in Yemen. I have been struggling to understand the deductibles and bills that I get after I see the specialist though I was told it is covered. Another striking point is the maternal healthcare insurance, I was not aware that if you do not take it at the beginning of the year, you will not be covered if you give a birth afterwards. P12 [...] I have not faced major problems with going to the GP. However, I had a language barrier with some doctors during my first months after arrival but I was able to manage with my English. Though it was not a big problem for me, I saw some refugees really struggle with it. P12 [...] I have been to a pharmacy. It is easy to go there after you get your prescription from the doctor. The pharmacists are also very approachable. P13
	Causes	"yes, if it is normal fever or cough, then I usually stay home, take rest and treat myself. But if it takes much time or very painful symptoms, I will go to the doctor." P1 "I go over the internet and see if there is a safe recipes that I can do at home. I usually do this if I have abdominal discomfort; I will mix some natural herbs and it usually helps. But if it is feels painful and serious, I will go to the doctor." P1 .If I have a common fever or cold, I would just stay home. But when it is a bit too annoying, I will call the GP but if it is too much, I will go to the hospital. P3 I feel like the role of the doctor is complementary in some instances. I think everyone should take care of their health. But this does not mean you exclude the expertise of the doctor who studied medicine for years. [...] I mean it is the general health literacy like using the internet and reading books about health. For example, now I am on low carbohydrate diet because I read and followed science series about the harmful effects of over-eating sugar. P3 [...] I use the internet. I found YouTube very helpful. I got some insights for my allergies from milk products. P4 Generally, you would go to your doctor when you really feel the symptoms. For example, I won't go to the doctor if I have cold. P5 [...] I usually check the internet. [...] However, I still believe that doctors are main source for medical information. P5 I used to look up the internet but now I am familiar with the situation here. Currently, I check the official family doctors' website in the Netherlands to see how much of a help I need in certain medical issues. [...] I do not fully trust whatever written in the internet. There is a massive amount of information over there. I once had a skin allergy on my hand and the internet confused and upset me as it showed me it could be a cancer. Then after consulting the doctor, it turned out to be a normal weather-related condition. P7 [...] sometimes I see things in the internet. Or sometimes I call my doctor friends in Germany. [...] This is in addition to going to the doctors here. P8 [...] I always go when I feel really bad and the symptoms does not subside for days. It is also because I got used to response from the family doctor. He will probably give me Paracetamol which I have at home. It is good because doctors here want to make our bodies defend against the diseases. P9 [...] I look up online. [...] But this does not mean I look up everything. I only do the things that are natural and will not have serious side effects. For instance, I would check the internet for the honey and herbal recipes for sore throat. Also, I sometimes ask my friends for the things that they tried and find them effective. This is especially for the minor health issues of my children. For example, if my children have a cough then I will call some other families that I know about the effectiveness of the common cough syrups. P9 [...] My daughter once had a persistent fever and we were told to give her Paracetamol but not exactly how. We were giving her the dose when the temperature goes up. But after few nights the temperature went really high and my daughter displayed kind of epilepsy. We rushed to the emergency room and it turned out to be a "fever convulsion". It was all due to our misunderstanding of the way we administer Paracetamol to her. We were told that it is wrong to wait until the temperature goes up, we should have given it to her like every 6 hours. P9 [...] I am pharmacist myself and I have worked in pharmaceuticals for 6 years in Yemen. So I know some aspects of health and disease. I also check some official medical websites in the Netherlands to see when I should go to the GP and when to go to the hospital and other medical information. P10 [...] Usually, I do not call the family doctor if I feel my body can cope with it. It is because, as I said, 90% you will get Paracetamol. So I would check the internet for these manageable problems. P11 [...] I check the internet which is not always good because there are a lot of information and you always need to be careful. I usually use the internet for normal stuff like the healthy lifestyle, herbal and alternative medicine. I notice that when you go over the internet for everything, you become more worried because the available information provide all extreme possibilities for your symptoms. So you need always to call a doctor because it is their profession and they know how to approach the problem. We also call my husband's relative to hear from him about medical issues because he is a doctor. P12
	Apply	"I will call 112. I already called the emergency for my friend who stopped moving his body after his sugar level went really high. I called them and they came quickly." P1 "I followed everything literally and regarding the pharmacy thing. [...] yes I went for my prescription and it was easy."P2 yes I know it is 112. P3 [...] I will call the ambulance. [...] It is 112. P4 I will call 112. P5 yes, it is 112 P7 I call the ambulance or the emergency in the hospital. [...] I have the phone numbers of the ambulance, the emergency for our hospital and the family doctor saved in my phone. P8 [...] I will call the emergency. [...] It is 112 to call for the ambulance. P9 I will directly call 112 to get the ambulance. P10 I should contact 112 to get the ambulance.P11 [...] I will contact the ambulance. [...] The emergency phone number is 112. P12 I will call the ambulance P13
Disease prevention	Access	"[...] certainly. It is like the Corona quarantine that we have these days." P1 "[...] you are just bringing the disease to yourself when doing these things. It also makes your life so stressful. [...] Exercising will definitely make your body feel better physically and mentally." P1 [...] I think this is true' if someone does not exercise and eat properly he will end having bad diseases that can be avoided at the first place. P2 "he will be prone to obesity and mental problems." P2 It negatively affects the lungs and the heart. I think it makes some sort of plaque inside your lung and heart which inhibits the lung and the heart function. P2 I think what we eat is very important when it comes to prevention. As I told you I followed this series about diet and sugars and now I am convinced that going on balanced diet, and avoid too much sugar and replace them with fruits. This will prevent a lot of physical and mental problems. I still have this in mind which is really interesting that over eating sugar is like over fueling your brain which in return disturb your mental health. P3 [...] True, you should protect yourself before you get the diseases. For example, in this coronavirus situation, I should not leave my home as I do normally and cannot travel to my friends. By doing so, I am trying to prevent the disease to catch me and to prevent transmitting it to others. These are preventive measures. P4 they are all unhealthy behaviors. Physical activity is important for you to concentrate, be active and be mentally relaxed. Regarding drinking, I think it affects your brain so much and causes addiction. But I do not specifically know what are the physical diseases caused by drinking. Concerning smoking, it can cause you cancer and heart diseases. P4 You should try to eat fruits, vegetables, generally keeping health diet and walk/exercise daily. Also you should report your health problems to the doctor as soon as you feel they are unbearable. This will help preventing chronic diseases. [...] For example, if you feel occasional pain from your kidneys' side, you should check it before it becomes a kidney failure. P5 Physical inactivity can cause overweight, bad cholesterol, body weakness and makes you more prone to heart diseases. Regarding smoking, it causes lung cancer. I think drinking also is very harmful for your liver. P5 [...] I believe that smoking and drinking are harmful for people. First of all I do not drink that much but I smoke and I feel smoking is a treatment for me in some way. I have faced very helpless and depressing days when I first arrived in the Netherlands. I have stayed for 15 months without having my asylum application settled. This affects me so much in terms of language and work opportunities. So at that point I started smoking and felt smoking clears the negative energy from my mind. [...] P6 Regarding physical activity, it depends on the person. Personally, I do not have enough time because I have 4 children but I walk a lot. [...] I also do not sit a lot because it stresses me. I like to go out and walk for hours. I think this is enough exercise for me. I also go with my kids to the football ground and encourage them to play. But I do not see myself able to do any vigorous physical activity at this point; my body is not prepared for these activities anymore. P6 [...] this is very important; it perfectly applies to the current Coronavirus situation. Social distancing embodies the "prevention is better than the cure". P7 [...] I believe that they are harmful. They negatively affect the person physically and mentally. [...] They can cause heart diseases, lung diseases, diabetes, cancers, obesity and mental issues. However, I do not how they really cause the disease physically especially alcohol. [...] I myself was smoking in the past. But fortunately I quit it was all because of stress but I think when replace this habit with healthy behavior, it will disappear. P7 Look at the Coronavirs situation now; if we are not taking the distancing measures, we will be at massive risk. P8 [...] these practices basically kill you. [...]When I exercise and walk, the sugar levels goes very normal in my blood. [...] Smoking is expensive and makes you an addict which brings you family troubles. I was smoker myself but fortunately I have quit. P8 [...] When you keep yourself clean and eat healthy you basically prevent a lot of diseases. P9 ..[] These behaviors have negative impacts on your health. I believe that physical activity boots immunity. [...] The physical inactivity causes obesity which leads to diabetes. [...] Smoking can harm the respiratory system and causes heart and lung cancer. [...] Regarding drinking alcohol, I do not exactly know the diseases that are caused by drinking except for intoxication. P9 [...] this is definitely the best. [...] You need to stay healthy: eat healthy, exercise and sleep well. P10 [...] Fortunately I do not any of them. Drinking, for example, is addictive and causes liver cirrhosis. Smoking is harmful too. It can cause all types of cancer and it is waste of money. [...] Physical inactivity makes you relatively prone to all different diseases because your lifestyle is basically unhealthy. I remember reading about an American company which offered a break for exercising during the working hours. This resulted in a substantial cut in the healthcare allowances thereafter. P10 [...] indeed, I agree. I believe we should eat healthy and keep healthy sleep habits so we avoid diseases. P11 [...] I believe they are dangerous to your health. Lucky me that I do not do any of them. [...] People who are physically inactive are prone to overweight, higher cholesterol levels and hypertension.P11 [...] It is one of the most important roles in life. I try very hard with my family to stay healthy. For instance, we try to obey the social distancing rules to prevent the spread of Coronavirus. P12 [...] If you eat and do not exercise, you will be more vulnerable to diabetes, hypertension and mental problems. Regarding smoking and drinking we do not do them. I used to smoke but I quit before I moved to the Netherlands. As you know, they are harmful to the lungs and kidneys. [...] But I do not exactly know what kind of specific diseases caused by smoking except for the respiratory problems in general. Also I think that drinking a lot of alcohol may harm the kidneys and cause brain damage. But I am not sure. P12 This is very true. As you may know how they maintain the primary healthcare here in the Netherlands. It is powerful method of prevention. Also, another way of prevention is when the chronic patients do regular checkups so they prevent any complications. P13
	Understand	"[...] have no full view on this. But I believe we have to take the vaccines so we would completely avoid the disease. However, my information on this are insufficient." P1 "[...] I agree with this. I used to do it yearly; not in Yemen but when I left Yemen to live in another country for my studies. I did it once in Netherlands but it was not full body check up. But I think this really helps to identify any diseases early on especially our diets are not good, I do not exercise regularly and I smoke." P1 we had it back home in Yemen but never know how it really works except for the fact it prevents the disease. But I do not know how. I also believe it is mandatory here in the Netherlands. But honestly I cannot answer you with more than this regarding vaccination. P2 [...] I do not smoke cigarettes but I smoke hokkah. I think hokkah is not as addictive as cigarettes. People who smoke cigarettes smoke everywhere and every time but at least for me I smoke hokkah few times day and sometimes a week. The smell of cigarettes is also disgusting. However, I am not promoting this view. I still believe they are both detrimental to health. P3 very important to keep yourself healthy. People who do not sport at all are usually in a vicious circle of over-eating, being overweight, feeling depressed then resorting on over-eating again to alleviate the mental instability. P3 I think they are part of the "prevention is better than the cure", we can avoid diseases before we have them. But I do not know how vaccination work. I never had a vaccine when I am adult. However, again, diet and healthy life style are paramount for me. P3 [...] just hear about them. It is like vaccinate yourself it is good for your health and protect yourself from disease. However, honestly, my knowledge about vaccination is very limited. [...] Regarding the flu vaccine, I have never heard about it. P4 I think they are important to protect you from infectious diseases. [...] Vaccines are a parts of the viruses injected to us so when we face them again, our body recognizes them and is prepared to react. But I have never used flu vaccine but I know a friend who did it. P5 [...] I have never vaccinated my children in Yemen. I believe that you should depend on your natural immune system. My oldest kid has never received a vaccine before in Yemen and has never suffered a measure infection or disease. But now, I vaccinate them here in the Netherlands. You have to do it here in the Netherlands. [...] Regarding the seasonal flu vaccine, I never heard about this and I never have had a vaccine in my life. P6 I think that they are important and I vaccinate my child. [...] It is a way of injecting you with part of the disease so when it attacks you in the future, your body is already familiar with it and can defend against it easily. [...] It is also surprising to me that some people in the Netherlands are anti-vaccination. [...] Regarding the flu vaccine, I have never had it. However, once I went to travel to Saudi Arabia, I took some vaccines requested by the Saudi government. P7 [...] I believe that they very necessary. You can protect yourself from some diseases and viruses after taking the vaccine such polio vaccine. My brother has some thoughts against vaccination but I believe that their advantages outweigh their disadvantages. Also, I have taken the seasonal flu vaccine once because I have a chronic disease (...diabetes). P8 [...] I think it is useful. To my knowledge, you undergo a checkup for certain diseases so you identify them earlier and prevent yourself from worst scansions. [...] However, I do not know when you should do it. Maybe if the person suffer from symptoms of a certain disease, then he should do it. P9 [...] I think they are amazing and I hope we find one for the Coronavirus. I know that the Dutch government has a basic free package of vaccines like polio vaccine. When you have kids, they will go on a schedule for these vaccines. P10 [...] well, I am very careful with this topic. Though many people are against vaccination, I have been committed to it since I was in Yemen. [...] It is because I believe that vaccines can prevent a lot of diseases. This also goes with making full use of all available means first, and only then leave the final result to God. [...] I personally used to take the seasonal flu vaccine regularly when I was in Yemen. P11 [...] so far I think they are important because they prevent you from getting serious diseases like measles. [...] I actually vaccinate my son; I have done all of the recommended vaccines. [...] They are basically a part of the disease given to the person so the body can learn and create an immunity against the disease. [...] Yes, I have heard about the flu shot, but I never had it before; though I will take it if I am at risk. P12
	Causes	"Yes, I never heard about this. But if it is necessary I will take it." P1 I think this is very important. I also have a chance to do it once a year with my current insurance scheme. I think the person can check if he has diabetes early on especially when he eats sugar all the time. So he can prevent worse scenarios. This can also show if you have cancer. P2 [...] things like full checks-ups are important to regularly check if you have any diseases early on especially the chronic ones. If I have the resources to do it, I would do it every year. P3 [...] It is very good to know if you are at risk of dangerous diseases. But I do not agree with making full checkups. You may end-up knowing diseases that are going to disappear over time, without treating them. This may causes you stress and you just add problems to yourself out of nothing. P4 It is extremely important especially against cancer. I know some women who did it and avoided late stages of breast cancer and others who did not and ended up in very extreme treatment regimens. P5 [...] just trust your body, be happy and be satisfied with your life. Screening may reveal something that will stress me out and then I will end up developing the disease because of stress. I believe that the body can treat itself over time and if it is your fate, only then treat it. P6 [...] I really like this idea. For example, if there is a certain type of genetic cancer or disease in your family, you should do it so you can avoid worse consequences. And this also a reason why I mentioned earlier that it is effective that we have family doctors in the Netherlands that they know your history very well and can make links when you have a problem. P7 Everyone should go healthy before getting the problem. [...] The healthy diet is key in this part. For example, if you eat everything without consideration you might end-up like me having diabetes. [...] I would usually go organic diet and products that are n [...] I agree with this. Everyone at risk of a disease should do it especially those who are at risk of cancer. P11 I think smoking and drinking alcohol plus online gaming and watching porn are addictive practices. These practices can get you into very harmful compulsion to use them and destroy your quality of life at the end. [...] Additionally smoking causes lung and heart diseases and cancer. This is my view and knowledge on this although I am smoker myself, but I am on a plan to quit. P3 I have taken the seasonal flu vaccine once because I have a chronic disease (...diabetes). P8
	Apply