

Supplementary File 1. The Belief and Practice Questionnaire.

BELIEFS QUESTIONNAIRE				
- Is hypothyroidism curable?	☐ Yes	☐ No	☐ Do not know	
- Hypothyroidism can affect your children/blood relations?	☐ Yes	☐ No	☐ Do not know	
- Iodized salt can be used to cure hypothyroidism.	☐ Yes	☐ No	☐ Do not know	
- Thyroid medications should be stopped after reports normalize.	☐ Yes	☐ No	☐ Do not know	
- Thyroid medicine should be discontinued during pregnancy as it harms the fetus.	☐ Yes	☐ No	☐ Do not know	
- Thyroxine requirement increases during pregnancy.	☐ Yes	☐ No	☐ Do not know	
- Cabbages, cauliflowers, soya should be avoided if you have hypothyroidism.	☐ Yes	☐ No	☐ Do not know	
- Hypothyroidism causes weight gain/obesity.	☐ Yes	☐ No	☐ Do not know	
- Hypothyroidism causes a low quality of life.	☐ Yes	☐ No	☐ Do not know	
PRACTICE QUESTIONNAIRE				
- Time of day you take your thyroid tablets.	☐ Early morning	☐ Afternoon	☐ Night	
- Do you take your thyroid tablets before food?	☐ Yes	☐ No		
- Do you have proper medicine compliance?	☐ Yes	☐ No		
- How frequently do you miss your medication?	☐ Once a week	☐ Twice a week	☐ More than twice a week	☐ Do not miss it.
- Do you follow the diet modification suggested by the doctor?	☐ Yes		☐ No	
- Do you take alternative medication/therapies for hypothyroidism?	☐ Yes		☐ No	
- Alternative therapy you follow.				
☐ Ayurvedic medicine/therapies	☐ Yoga	☐ Siddha	☐ Unani	☐ Homeopathy
☐ None of the above				
- Do you think alternative medication/therapies are helpful in hypothyroidism?	☐ Yes		☐ No	
- Do you take supplements (calcium, iron, vitamins, etc.) along with medications?	☐ Yes		☐ No	
- Do you have any adverse event with the use of treatment medication? <i>If yes then, fill the Adverse Drug Reaction (ADR) form.</i>	☐ Yes		☐ No	