

## Supplementary Table 1: STROBE Checklist for Cross-Sectional Studies

(Adapted from Von Elm et al.<sup>33</sup>)

Items	Section / Topic	Recommendation	Location in Manuscript
1	Title & Abstract	Indicate study design and summarize findings	Title page; Abstract
2	Background / Rationale	Explain scientific background and rationale	Introduction, ¶1–2
3	Objectives	State specific objectives, including hypotheses	Introduction, final paragraph
4	Study Design	Present key design elements early	Methods, “Design and Setting”
5	Setting	Describe setting, locations, dates, and relevant periods	Methods, “Setting”
6	Participants	Eligibility criteria and recruitment methods	Methods, “Participants and Recruitment”
7	Variables	Clearly define outcomes, exposures, confounders	Methods, “Variables and Definitions”
8	Data Sources / Measurement	Describe data collection methods and validity	Methods, “Survey Instrument”
9	Bias	Describe efforts to address bias	Methods, “Bias Control”
10	Study Size	Explain sample size determination	Methods, “Sample-Size Justification”
11	Quantitative Variables	Explain handling of quantitative variables	Methods, “Variables and Statistical Analysis”
12	Statistical Methods	Describe statistical methods, including confounder control	Methods, “Data Analysis”
13	Participants (Results)	Report numbers at each stage of study	Results, “Participant Flow”
14	Descriptive Data	Characteristics of participants	Results, Table 1
15	Outcome Data	Report main outcomes with measures of precision	Results, Tables 2–6
16	Main Results	Report unadjusted and adjusted estimates	Results, Tables 2–6
17	Other Analyses	Subgroup/interaction/sensitivity analyses	Results, “Predictors of Referral”
18	Key Results	Summarize key results with reference to objectives	Discussion, “Principal Findings”
19	Limitations	Discuss limitations and potential bias	Discussion, “Strengths and Limitations”
20	Interpretation	Cautious interpretation consistent with results	Discussion, “Interpretation and Implications”
21	Generalizability	Discuss external validity of results	Discussion, “Implications”
22	Funding	State funding source and role of funder	No external research funding received.

**Footnote:** ¶ Paragraph number(s) within the specified manuscript section where the STROBE item is addressed.

**Abbreviations:** STROBE, Strengthening the Reporting of Observational Studies in Epidemiology; APC, article processing charge; HRCE, Health Research Center of Excellence; PSMMC, Prince Sultan Military Medical City.

## Supplementary Table 2: CHERRIES Checklist for Web-Based Surveys

(Adapted from Eysenbach G.<sup>34</sup>)

Items	Domain	Description	Location in Manuscript
1	Survey Design	Type of study and objectives clearly stated	Abstract; Methods
2	Ethics & IRB	IRB approvals listed; informed consent obtained	Methods, "Ethics"
3	Development & Pre-testing	Questionnaire validated and pilot tested	Methods, "Survey Instrument"
4	Recruitment	Recruitment methods and inclusion criteria described	Methods, "Participants and Recruitment"
5	Response Rate	Number of complete vs partial responses; completion rate reported	Results, "Participant Flow"
6	Preventing Multiple Entries Survey Integrity	Post-hoc screening for duplicate timestamps and inconsistent responses; no evidence of duplicates	Methods – Data Quality and Bias Control
7	Incentives	None offered	Methods
8	Data Protection	Secure server, password protection, anonymity assured	Methods, "Ethical Considerations"
9	Handling of Incomplete Questionnaires	Partial data excluded	Methods, "Bias Control"
10	Analysis	Statistical methods fully described	Methods, "Data Analysis"
11	Technical Details	Platform (Google Forms) identified; format and duration stated	Methods, "Data Quality and Bias Control"
12	Results Reporting	Participation flow and key outcomes reported	Results, "Participant Flow"
13	Discussion of Bias	Coverage and self-selection bias acknowledged	Discussion, "Limitations"
14	Accessibility of Instrument	Survey and checklist available as appendices	Supplementary Figure 1 and Supplementary Tables 1–2

**Abbreviations:** CHERRIES, Checklist for Reporting Results of Internet E-Surveys; IRB, Institutional Review Board.