Appendix 1. The summary of construct on how to define a ‘healthy role-model’ in medical school

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| Category | Subcategory | Item |
| Physically, socially, mentally, and spiritually healthy | Physically healthy | Having a good physical appearance |
| Having an ideal body weight and height |
| Enthusiasm and have a healthy face |
| Having a good stamina |
| Able to do an activity without limitation caused by disease |
| Adopting healthy behaviors to maintain physical health, i.e., having routine physical exercise, no overeating, eat fruits and vegetable daily, drink water, not smoking, not addicted to alcohol nor drugs, routine medical checkup once every year |
| Be aware of any disease risk due to genetics or work. |
| Mentally healthy | Happy |
| Low profile |
| Productive |
| Hard-worker |
| a fun person whom others feel comfortable around |
| Positive thinkers |
| Honest |
| Brave to remind others when they practice unhealthy behavior in a healthy environment |
| Knowing self-limitations |
| Never feel excessive euphoria |
| Do not become stressed or depressed |
| Having excellent emotional management |
| Making priorities |
| Having specific goals to achieve |
| Using excellent coping skills |
| Having good time management skills, |
| Showing respect and are satisfied with life |
| Practicing a routine of self-reflection |
| Having a proper sleep during rest time |
| Having a pleasant attitude and work ethic |
| Socially healthy | Respect others |
| Use technology to share only trusted information |
| Making friends without discriminating |
| Supporting others’ self-development, e.g., by sharing tips on how to succeed in adopting healthy behavior |
| Creating a safe environment for others, e.g., by giving constructive feedback |
| Be obedient to norms, ethics, and policy in society and environment, |
| Working as a team |
| Practice empathy, compassion, and altruism |
| Having a healthy and good relationship with a partner |
| Spiritually healthy | Having an excellent vertical relationship with God |
| Entrusting life to God |
| Teaching life lessons to others based on experiences |
| Implementing the right teachings in religion by acting with kindness toward others. |
| *Internalized healthy behavior* |  | Adopting healthy behaviors consistently and continuously in life, not only follow a particular health trend |
| Making health a basic need of life, having self-motivation to be healthy and always creative to conduct healthy behavior regardless of any limitations they have |
| Having self-regulation to prevent the adoption of unhealthy behavior |
| *Willing to promote healthy lifestyles* |  | Having a commitment to inviting other people in practicing healthy behavior, e.g., by sharing stories about conducting healthy behavior |
| Teaching healthy behavior that is feasible to adopt by others |
| *Life-long learner* |  | Knowledgeable about healthy behavior which are adopted and the kind of diseases are prevented by doing that behavior |
| Conducting health research which benefits their environment |