

S1 Table. Correlation between self-care implementation rate and sub-items of the European Heart Failure Self-care Behavior Scale

EHFScBS	Self-care implementation rate	r	P-value
1. I weigh myself every day	I weigh myself	0.042	0.742
2. If I get shortness of breath, I take it easy	I check for shortness of breath with activity	0.001	0.992
3. If my shortness of breath increases, I contact my doctor or nurse	I check for shortness of breath with activity	-0.162	0.202
4. If my feet/legs become more swollen than usual, I contact my doctor or nurse	I check my feet/legs for swelling	0.002	0.988
5. If I gain 2 kg in 1 week, I contact my doctor or nurse	I monitor my weight (body weight gain by >2 kg in 3 days)	-0.055	0.665
6. I limit the amount of fluids I drink (not more than 1.5-2 L/day)	None	None	None

7. I take a rest during the day	I notice whether I am tired more than usual doing normal activities	-0.200	0.113
8. If I experience increased fatigue, I contact my doctor or nurse	I notice whether I am tired more than usual doing normal activities	-0.152	0.230
9. I eat a low-salt diet	None	None	None
10. I take my medication as prescribed	I take prescribed medicines without missing a dose	-0.283	0.024
11. I get a flu short every year	None	None	None
12. I exercise regularly	I get rehabilitation	-0.142	0.265

EHFScBS, European Heart Failure Self-care Behavior Scale; r, Spearman's rank correlation coefficient.