Fig. 1. The recruitment process and the study scheme

150 recruited patients

Drop-out = 10.7% (N=16) (reason: lack of time)

1 STAGE (N=134)

Pre-test - Questionnaire:
1. SCORE Risk Chart
2. Coping Inventory for Stressful Situation (CISS)

Patient and doctor discussion on:
- CVD risk (cardiovascular disease risk)
- Healthy lifestyle interventions and recommendations

Cognitive appraisal of CVD risk:
Questionnaire: Cognitive Situation Assessment Questionnaire

6 months later

2 STAGE (N=134)

Adherence to recommended lifestyle changes:
Questionnaire: Health Behaviors Inventory