**Figure 1** Study visual diagram

**Phase 1**

- **Procedure**
  - Cross-sectional survey

- **Data Collection**
  - QUAN

- **Data Analysis**
  - QUAN
    - SPSS software
    - Disciptive and analytic statistics
    - Regression
  - INTRODUCTION
    - Interpretation and explanation of quantitative and qualitative results
    - Literature review
    - Expert panel & nominal group technique

**Phase 2**

- **Procedure**
  - Focus group discussions or individual interviews

- **Data Collection**
  - qual

- **Data Analysis**
  - qual
  - Content analyses

**Integration of quantitative and qualitative results**

- **Product**
  - Discussion
  - Offering health promotion strategies
  - Implications
  - Future research