

## Supplemental materials

### INNOVATIONS IN PRIMARY CARE

Scenario-Based Discussion: Using Adult Learning Theory to Improve Discussion on Lifestyle Medicine for Healthy Adults

Andrew Baumgartner, MD Jill Tirabassi, MD, MPH Matthew Doyle, DO

Department of Family Medicine, Jacobs School of Medicine & Biomedical Sciences, Buffalo, New York

<b><u>Supplemental Table</u></b>		
<b>Domain</b>	<b>Description</b>	<b>Scenario-Based Questions (SBQs)</b>
Biologic	Starts a conversation on overall physical health. Emphasis is placed on overall functional capacity, such as cardiovascular health, flexibility, and nutrition.	"If you had to run a mile, how would that go?"  "Would you be able to touch your toes?"  "If you were going to make your diet a little healthier, what changes would you make?"
Psychologic	Starts a conversation about the patient's mental health, including mood and anxiety. Emphasis is placed on their coping mechanisms for day-to-day stressors. By developing these coping mechanisms, the patient can prevent stressors from escalating to a clinical diagnosis of a depressive or anxiety disorder.	"When you're feeling down or stressed, what do you do to feel better?"  "Think about what your life is going to be like after (graduation/new job/move), what do you think your biggest stressors are going to be then?"  "When you're feeling burnt out, what do you do that brings you joy?"
Social	Starts a conversation about the patient's social network including both its size and reliability. Discussing the importance of developing a strong social network in well-being and health.	"If you were stuck on the side of the road, who would you call?"  "If you had to go to the hospital suddenly, who would be the first person you would call?"

		<p>"If you needed a favor, who would you call?"</p>
Spiritual	<p>Starts a conversation about how the patient finds meaning in their day-to-day life.</p>	<p>"When you're having a hard day, what gets you up in the morning?"</p> <p>"Think about yourself in XX years, what do you think is going to bring you the most happiness?"</p> <p>Think about the worst thing that happened to you over the past year, where did you find strength to cope with that situation?</p> <p>"From what/whom do you find the strength to deal with a tough situation?"</p>