## Supplement 1: Atrial fibrillation knowledge questionnaire

1. Which of these are possible trigger factors for atrial fibrillation?
   - ☐ Allergy to grass, animals or house dust
   - ☐ Alcohol, coffee or spicy food
   - ☐ Noise or loud sounds

2. Why is it important to take my medication for atrial fibrillation properly?
   - ☐ Because the doctor wants me to
   - ☐ To prevent stroke
   - ☐ To prevent the possibility of a heart attack or sudden death

3. If atrial fibrillation is identified without the patient experiencing any complaints, the patient should immediately visit the hospital
   - ☐ True
   - ☐ False
   - ☐ Don’t know

4. What is atrial fibrillation?
   - ☐ A heart disease in which the heart is not able to pump a sufficient amount of blood through the body
   - ☐ A blood disorder causing blood clots in the heart
   - ☐ An electric disorder in the top chamber of the heart which results in the heart contracting too fast and irregularly

5. Why is oral anticoagulation medication prescribed in certain patients with atrial fibrillation?
   - ☐ To prevent the risk of blood clots which can cause a stroke
   - ☐ To make the blood flow more easily through the body
   - ☐ To prevent fluid retention in the body

6. Why should a person using anticoagulation medication be careful with the use of alcohol?
   - ☐ Alcohol increases the retention of fluid in the body resulting in the blood becoming too thin
   - ☐ Alcohol causes a blockage of the blood vessels which in turn, slows blood flow to the heart
   - ☐ Alcohol influences the effect of the medication and this effects the clotting ability of the blood

7. Atrial fibrillation is a rare condition.
   - ☐ True
   - ☐ False
   - ☐ Don’t know

8. It is particularly risky if a person does not feel his/her atrial fibrillation.
   - ☐ True
   - ☐ False
   - ☐ Don’t know

9. Which statement with regard to physical exercise is true of patients with atrial fibrillation?
   - ☐ It is important for patients to rest in order to maintain normal heart activity
   - ☐ Patients with chronic atrial fibrillation cannot work fulltime
   - ☐ It is important to exercise normally within personal limitations

10. Which statement is true?
    - ☐ Atrial fibrillation is life endangering because it can result in a heart attack
    - ☐ Atrial fibrillation is completely harmless
    - ☐ Atrial fibrillation is relatively harmless if the right medication is taken