**Additional file 5. Demographics and practices on restraint**

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| **Variables** | **Profession** | **University affiliated Hospital** | **Urban Population** | **Total****n(%)** |
| **Doctors****n=3,121(%)** | **Nurses****n=2,642(%)** | **Yes****n=2,550(%)** | **No****n=3,213(%)** | **<1 million****n=1,597(%)** | **1-5 million****n=2,785(%)** | **>5 million****n=1,381(%)** |
| Q1: Do you use physical restraint in patients without deep sedation?  |
| Never  | 402(12.88) | 294(11.13) | 309(12.12) | 387(12.04) | 183(11.46) | 333(11.96) | 180(13.03) | 696(12.08) |
| Restraint belt | 2566(82.22) | 2242(84.86) | 2108(82.67) | 2700(84.03) | 1344(84.16) | 2331(83.7) | 1133(82.04) | 4808(83.43) |
| Restraint clothes | 252(8.07) | 241(9.12) | 214(8.39) | 279(8.68) | 140(8.77) | 250(8.98) | 103(7.46) | 493(8.55) |
| Restraint gloves | 1482(47.48) | 1299(49.17) | 1254(49.18) | 1527(47.53) | 795(49.78) | 1285(46.14) | 701(50.76) | 2781(48.26) |
| Others | 144(4.61) | 187(7.08) | 152(5.96) | 179(5.57) | 112(7.01) | 160(5.75) | 59(4.27) | 331(5.74) |
| Q2:Do you observe the limb condition of the patient after immobilization?  |
|  Never/sometimes  | 483(15.48) | 305(11.54) | 359(14.08) | 429(13.35) | 230(14.4) | 375(13.46) | 183(13.25) | 788(13.67) |
| Frequently/always | 2638(84.52) | 2337(88.46) | 2191(85.92) | 2784(86.65) | 1367(85.6) | 2410(86.54) | 1198(86.75) | 4975(86.33) |
| Q3:Do you use protective measures to protect the patient's exposed elbow, wrist, and other areas during immobilization? |
|  Never/sometimes  | 568(18.2) | 470(17.79) | 458(17.96) | 580(18.05) | 296(18.53) | 507(18.2) | 235(17.02) | 1038(18.01) |
| Frequently/always | 2553(81.8) | 2172(82.21) | 2092(82.04) | 2633(81.95) | 1301(81.47) | 2278(81.8) | 1146(82.98) | 4725(81.99) |
| Q4: Do you intermittently change the body position during immobilization? |
| Never/sometimes  | 801(25.66) | 420(15.9) | 517(20.27) | 704(21.91) | 340(21.29) | 614(22.05) | 267(19.33) | 1221(21.19) |
| Frequently/always | 2320(74.34) | 2222(84.1) | 2033(79.73) | 2509(78.09) | 1257(78.71) | 2171(77.95) | 1114(80.67) | 4542(78.81) |