**Better health related quality of life reduced elevated Lp(a) levels in man**

**Supplement table1. Using the MOS 36-item short-form health survey (SF-36)**[1](#_ENREF_1)

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| HRQOL component | SF-36 question | SF-36 score calculation method |
| Physical functioning (PF) |  |  |
|  | Does your health now limit you in these activities? if so, how much? | PF= (The actual score-10)/20 **×**100  a-j: yes, limited a lot (1 score)  yes, limited a little (2 score)  no, not limited at all (3scor) |
|  | a. Vigorous activities, such as running or/ and lifting heavy objects, participating in strenuous sports |
|  | b. Moderate activities, such as moving a table, pushing a vacuum cleaner bowling, or playing golf |
|  | c. Lifting or carrying groceries |  |
|  | d. Climbing several flights of stairs |  |
|  | e. Climbing one flight of stairs |  |
|  | f. Bending, kneeling or stooping |  |
|  | g. Walking more than a mile |  |
|  | h. Walking several blocks |  |
|  | i. Waling one block |  |
|  | j. Bathing or dressing yourself |  |
|  |  |  |
| Role-physical (RP) |  |  |
|  | During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health? | RP= (The actual score-4)/4 **×**100 |
|  | a. Cut down the amount of time you spent on work or other activities | a-d: yes (1score)  no (2score) |
|  | b. Accomplished less than you would like |
|  | c. Were limited in the kind of work or other activities |  |
|  | d. Had difficulty performing the work or other activities (for example, it took extra effort |  |
|  |  |  |
| Bodily pain (BP) |  |  |
|  | a. How much bodily pain have you had during the past 4 weeks? | BP= (The actual score-2)/10 **×**100  a, b: none (6 score); very mild (5score); mild (4 score); moderately (3 score); severe (2 score); very severe (1score) |
|  | b. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework? |
|  |  |  |
| General health (GH) |  |  |
|  | a. In general, would you say your health is? | GH= (The actual score-5)/20 **×**100  a. excellent (5 score); very good (4 score); good (3 score); fair (2 score); poor (1 score)  b and d: definitely true (1 score); mostly true (2 score); don’t know (3 score); mostly false (4 score); definitely false (5 score);  c and e: definitely true (5 score); mostly true (4score); don’t know (3 score); mostly false (2 score); definitely false (1 score); |
|  | b. I seem to get sick a little easier than other people |
|  | c. I am as healthy as anybody I know |
|  | d. I except my health to get worse |
|  | e. My health is excellent |
| Vitality (VT) |  |
|  | How much of the time during the past 4 weeks | VT= (The actual score-4)/20 **×**100  a and b: all of the time (6 score); most of the time (5 score); a good bit of the time (4 score); some of the time (3 score); a little of the time (2 score); none of the time (1 score);  c and d: all of the time (1 score); most of the time (2 score); a good bit of the time (3 score); some of the time (4 score); a little of the time (5 score); none of the time (6 score); |
|  | a. Did you feel full of pep? |
|  | b. Did you have a lot or energy? |
|  | c. Did you feel worn out? |
|  | d. Did you feel tired? |
|  |  |
|  |  |
|  |  |  |
| Social functioning (SF) |  |  |
|  | a. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? | SF= (The actual score-2)/8 **×**100  a: not at all (5 score); slightly (4 score); moderately (3 score); quite a bit (2 score); extremely (1 score);  b: all the time (1 score); most of the time (2 score); some of the time (3 score); a little of the time (4 score); none of the time (5 score); |
|  | b. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc? |
|  |  |  |
| Role-emotional (RE) |  |  |
|  | During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious?) | RE= (The actual score-3)/3 **×**100  a-c: yes (1score);  no (2 score) |
|  | a. Cut down the amount of time you spent on work or other activities |  |
|  | b. Accomplished less than you would like |  |
|  | c. Didn't do work or other activities as carefully as usual |  |
|  |  |  |
| Mental health (MH) |  |  |
|  | a. Have you been a very nervous person? | MH= (The actual score-5)/25 **×**100  a-c: all of the time (1 score); most of the time (2 score); a good bit of the time (3 score); some of the time (4 score); a little of the time (5 score); none of the time (6 score);  d-e: all of the time (6 score); most of the time (5 score); a good bit of the time (4 score); some of the time (3 score); a little of the time (2 score); none of the time (1 score); |
|  | b. Have you felts so down in the dumps that nothing could cheer you up? |
|  | c. Have you felt calm and peaceful? |
|  | d. Have you felt down hearted and blue? |
|  | e. Have you been a happy person? |

HRQOL by using the SF-36, For each domain, a score ranking from 0 (worst health) to 100 (best health). Total score ranking from 0 to 100, so mental and physical health scores were combined from eight z-scores by using weights, standardized to have mean of 50 and standard deviation of 10. p-value<0.05 was considered statistically significant.

**References**

[1] Ware, JE, Jr. and Sherbourne, CD, The MOS 36-item short-form health survey (SF-36). I. Conceptual framework and item selection, Medical care, 1992;30:473-483.