**Additional file 1: English version of the final HBSO**

**Health behavior scale for older adults living alone receiving public assistance (HBSO)**

Evaluation

0: Disagree 1: Disagree to a certain extent 2: Agree to a certain extent 3: Agree

| No. | Domain & Item | Evaluation | | | |
| --- | --- | --- | --- | --- | --- |
| **Self-perception of personal power** | | | | | |
| 1 | I have places where I can relax besides home. | ０ | １ | ２ | ３ |
| 2 | I have someone that I can talk to comfortably if I need to. | ０ | １ | ２ | ３ |
| 3 | I have my own ways to distract or change my mind. | ０ | １ | ２ | ３ |
| 4 | I spend my time trying to help others even in a small way. | ０ | １ | ２ | ３ |
| 5 | I have goals and hopes for the future of my life. | ０ | １ | ２ | ３ |
| **Practical skills for daily health** | | | | | |
| 6 | I make sure to brush my teeth after every meal. | ０ | １ | ２ | ３ |
| 7 | I choose foods by checking information such as nutritional value,  salt and calories. | ０ | １ | ２ | ３ |
| 8 | I wash my hands and gargle regularly to protect against infection. | ０ | １ | ２ | ３ |
| 9 | I gather information that helps me stay healthy from articles,  TV programs and others. | ０ | １ | ２ | ３ |
| 10 | When I have dental problems, I do not leave them and go to  see the dentist as soon as possible. | ０ | １ | ２ | ３ |
|  | **No.1-10 total** | **point** | | | |

Isozaki A, Tadaka E: Development of a health behavior scale for older adults living alone receiving public assistance, BMC Public Health.