**Table S1** Baseline characteristic in patients with completed follow-up questionnaire

|  |  |  |  |
| --- | --- | --- | --- |
|  |  Interventionn = 128 | Controln = 126 | p-value |
|  |  |  |  |
| Male gender | 97 (76) | 93 (74) | 0.717 |
| Age, mean (±SD) | 65 (8.74) | 66 (9.31) | 0.540 |
| Family history of coronary artery disease¥ | 67 (52) | 61 (48) | 0.531 |
| Smokingβ | 25 (20) | 18 (14) | 0.265 |
| Hypertension≠ | 90 (70) | 89 (71) | 0.955 |
| Hypercholesterolemiaα | 94 (73) | 100 (79) | 0.266 |
| Diabetes mellitus | 30 (23) | 21 (17) | 0.178 |
| BMI ≥ 25 kg/m2 γ | 97 (76) | 97 (77) | 0.821 |
| Known heart disease | 76 (59) | 72 (57) | 0.718 |
| Comorbidityω | 39 (30) | 38 (30) | 0.957 |
| Radial arterial access site  | 17 (13) | 16 (13) | 0.890 |
| Low degree of educationμ | 26 (20) | 29 (23) | 0.601 |
| Low degree of employmentϕ | 43 (34) | 43 (34) | 0.892 |
| Low degree of co-habitingσ | 31 (24) | 19 (15) | 0.067 |
| HADS-Depression | 4 (3) | 6 (5) | 0.502 |
| HADS-Anxiety | 11 (9) | 16 (13) | 0.289 |

Data shown are numbers (percentage) if not started otherwise.

¥ Age < 56 years and < 66 years in first-degree relatives for male and female.

β Current smoking.

≠ Blood pressure ≥ 140/90 mmHg and/or use of anti-hypertensive medical therapy.

α Total –cholesterol ≥ 5 mmol/L or LDL-cholesterol ≥ 3 mmol/L and/or use of lipid-lowering medical therapy.

γ Defined as overweight.

ω Kidney disease, cerebral events, lung disease, and/or other diagnosed severe disease (e.g. cancer).

μ No education, special worker or base year education.

ϕ Retired or unemployed.

σ No co-habitation or unmarried.

HADS = Hospital anxiety and depression scale; LDL = Low-density lipoprotein.