

Supplementary Table S1 Distribution of the demographic pro forma

Demographic pro forma	Frequency (n = 210)	Percentage (%)
1. Age	144	68.6
a. 23–31	40	19.0
b. 32–40	16	7.6
c. 41–49	10	4.8
d. > 50		
2. Gender	5	2.4
a. Male	205	97.6
b. Female		
3. Education	1	0.5
a. MSc Nursing	33	15.7
b. BSc Nursing	162	77.1
c. GNM	14	6.7
d. PBBSc Nursing		
4. Marital status	95	45.2
a. Married	115	54.8
b. Unmarried		
5. Area of posting	77	36.7
a. Critical areas	22	10.5
b. OT	106	50.5
c. Wards	5	2.4
d. OPD		
6. Duration of duty hours in a day	58	27.6
a. 8 h	82	39.0
b. 10 h	70	33.3
c. > 10 h		
7. BMI	182	86.7
a. Normal (18.5–24 kg/m ²)	22	10.5
b. Overweight (25.5–29.9 kg/m ²)	6	2.9
c. Obese (30.0–34.9 kg/m ²)		
8. Year of experience	136	64.8
a. 1–5 y	40	19.0
b. 6–10 y	18	8.6
c. 11–15 y	16	7.6
d. > 15 y		
9. Have you ever been diagnosed with varicose vein	18	8.6
a. Yes	192	91.4
b. No		

Abbreviations: BMI, body mass index; BSc, Bachelor of Science; GNM, General Nursing and Midwifery; MSc, Master of Science; OPD, outpatient department; OT, operation theater; PBBSc, Post Basic Bachelor of Science.

Supplementary Table S2 Distribution of symptom checklist

Signs and symptoms	Frequency	Percentage (%)
1. Worsened leg pain after sitting or standing for a long time	163	77.6
a. Yes	47	22.4
b. No		
2. Bulging veins	37	17.6
a. Yes	173	82.4
b. No		
3. Night cramps	131	62.4
a. Yes	79	37.6
b. No		
4. Throbbing in the lower legs	79	37.6
a. Yes	131	62.4
b. No		
5. Visible spider veins under the legs and ankles	41	19.5
a. Yes	169	80.5
b. No		
6. Itching at the swollen vein	4	1.9
a. Yes	206	98.1
b. No		
7. Swollen ankles	29	13.8
a. Yes	181	86.2
b. No		
8. Irregular whitish patches over the ankles	5	2.4
a. Yes	205	97.6
b. No		
9. Shiny skin or discolored patches near bulged veins	13	6.2
a. Yes	197	93.8
b. No		
10. Difficulty in carrying out ADL (activities of daily living)	21	10.0
a. Yes	189	90.0
b. No		