Direction

1) What is the index of the severity of sleep apnea?
   a. AHI
   b. RDI
   c. BMI
   d. ESS

2) In moderate OSA, AHI is
   a. <5
   b. 5≤AHI<15
   c. 15≤AHI<30
   d. AHI≥30

3) Which of the following treatments is the best for mild-to-severe OSA?
   a. Positional therapy
   b. Surgery
   c. Change in lifestyle
   d. CPAP

4) Which of the following treatments is true for the real CPAP adherence rate?
   a. It is lower than that obtained through a self-report survey.
   b. It is higher than that obtained through a self-report survey.
   c. It is equal to that obtained through a self-report survey.
   d. It cannot be calculated through self-declaration.

5) Which of the following patient groups were considered to be adherent patients in this study?
   a. Patients with ≥4 hours per night use for at least 70% of the nights
   b. Patients with ≥6 hours per night use for at least 90% of the nights
   c. Patients with ≥4 hours per night use in all the nights
   d. Patients with ≥6 hours per night use in all the nights

6) According to the results, what percentage of the studied population was non-adherent?
   a. <30%
   b. 40–50%
   c. 50–70%
   d. >70%

7) What were the minimum and maximum percentages of the 4-hour adherence rate in the studied population?
   a. 47%, 67%
   b. 34%, 70%
   c. 34%, 100%
   d. 47%, 100%

8) Which of the following means was used in this study for data collection on the adherence rate?
   a. Questionnaire
   b. Memory chip in the CPAP device
   c. Telephone calls
   d. Estimation

9) What were the main barriers to CPAP adherence in the studied population?
   a. Knowledge, cost, and psychological factors
   b. Knowledge, demographic characteristics, and clinical factors
   c. Knowledge, device-related issues, and psychological factors
   d. Knowledge, cost, problems, and discomfort

10) Which of the following describes the adherence rate of women in comparison with men?
    a. Higher
    b. Lower
    c. Equal
    d. Not declared in the paper

11) Which of the following describes the adherence rate of older patients in comparison with younger ones?
    a. Higher
    b. Lower
    c. Equal
    d. Not declared in the paper

12) Which of the following statements is true?
    a. Patients with severe OSA are more adherent.
    b. Patients with severe OSA are less adherent.
    c. Patients with mild OSA are more adherent.
    d. Severity of OSA is not related to adherence.

13) Which of the following factors is a prerequisite for adopting a healthy behavior?
    a. Knowledge
    b. Attitude
    c. Family support
    d. Financial support

14) What is the golden time for the intervention to increase the CPAP adherence rate?
    a. During the first week
    b. Three months after utilization
    c. One year after utilization
    d. There is no golden time.

15) Which software was used for the qualitative analysis in this study?
    a. MATLAB
    b. SPSS
    c. MAXQDA
    d. R

16) Through which of the following was the qualitative study in this investigation conducted?
    a. Face-to-face structured interviews
    b. Face-to-face semi-structured interviews
    c. Telephone structured interviews
    d. Telephone semi-structured interviews

17) Which of the following factors plays the main role in CPAP adherence?
    a. Patients
    b. Sleep clinics
    c. Sales office
    d. All of the above options

18) Which of the following factors is considered a limitation of qualitative studies?
    a. Representativeness
    b. Reliability
    c. Validity
    d. Creditability

19) Which of the following is proposed for patient education to increase adherence?
    a. In-person education by sleep specialists
    b. In-person education by sales office operators
    c. Remote education via digital information technology
    d. Written education via pamphlets, brochures, etc

20) Which of the following was not a part of the inclusion criteria in this study?
    a. Completeness of medical records
    b. Availability of patients
    c. AHI≥5 events/hours
    d. Patients' willingness to participate in the study