

Supplementary S1

Questionnaire on awareness of psychobiotics

1. How old are you?

☐ 18-25

☐ >25-30

☐ >30-35

☐ >35-40

☐ >40-45

☐ >45-50

☐ >50-55

☐ >55-65

☐ >65

☐ I will skip this question

2. Your gender is

☐ Female

☐ Male

☐ I will skip this question

3. Do you have a diagnosed gastrointestinal disorder?

☐ Yes

☐ No

☐ I will skip this question

4. Do you have a diagnosed depression?

☐ Yes

☐ No

☐ I will skip this question

5. Do you have a diagnosed anxiety?

- ☐ Yes
- ☐ No
- ☐ I will skip this question

6. Do you use probiotics?

- ☐ Yes, regularly
- ☐ Yes, occasionally
- ☐ Only in combination with antibiotics
- ☐ No
- ☐ I will skip this question

7. Do you consume fermented dairy products?

- ☐ Yes, regularly
- ☐ Yes, occasionally
- ☐ No
- ☐ I will skip this question

8. Do you know what psychobiotics are?

- ☐ Yes
- ☐ No
- ☐ I will skip this question

9. Have you noticed any benefits of probiotics?

- ☐ Yes, they help me with digestion
- ☐ Yes, I am in a better mood when I use them
- ☐ Yes, I noticed various benefits
- ☐ No
- ☐ I will skip this question

10. Psychobiotics are live microorganisms or their metabolites that, when swallowed in adequate amounts, produce health benefits in users suffering from psychiatric disorders. Would you agree to use psychobiotics in tablet form now that you have heard about them?

☐ Yes

☐ No

☐ I will skip this question

11. Would you agree to use psychobiotics in yogurt form?

☐ Yes

☐ No

☐ I will skip this question

12. Would you agree to use psychobiotics in fermented dairy products such as cheese?

☐ Yes

☐ No

☐ I will skip this question

13. Do you use antidepressants and/or anxiolytics?

☐ Yes

☐ No

☐ I will skip this question

14. Would you like fermented products containing probiotics that are also psychobiotics to be adequately labeled with a noticeable inscription?

☐ Yes, I think that is important

☐ No, it is not important to me

☐ I don't care

☐ I will skip this question

15. Do you think you are well informed about probiotics, prebiotics, synbiotics, parabiotics, psychobiotics, postbiotics?

☐ Yes

- ☐No
- ☐I will skip this question

16. Would you use psychobiotics if your doctor recommends them?

- ☐Yes
- ☐No
- ☐I will skip this question

17. How often do you consume fermented dairy products?

- ☐On a daily basis
- ☐Several times a week
- ☐Once a week
- ☐Once every two weeks
- ☐Once a month
- ☐I don't have a habit of consuming fermented dairy products
- ☐I will skip this question

18. Would you rather try the latest probiotic or the latest psychobiotic?

- ☐Probiotic
- ☐Psychobiotic
- ☐I would try both
- ☐I wouldn't try either one of the first ones
- ☐I will skip this question

19. I agree that caring for mental health is very important and that there is a link between mental health and food

- ☐Yes
- ☐No
- ☐I will skip this question

20. Which microorganisms did the probiotics you used so far contain?

- ☐ Yeasts of the genus *Saccharomyces*
- ☐ Bacteria of the genus *Lactobacillus*
- ☐ Bacteria of the genus *Bifidobacterium*
- ☐ Bacteria of the genus *Bacillus* Bacteria of the species *Escherichia coli*
- ☐ A combination of several different microorganisms
- ☐ *Enterococcus*
- ☐ *Pediococcus*

21. In my daily diet plan I would include food that contains psychobiotics only if it is tasty

- ☐ Yes, it is important to me that it is tasty first and foremost
- ☐ No, it doesn't matter to me that it is so tasty, if it is primarily healthy
- ☐ It is important to me that it is both tasty and healthy
- ☐ I will skip this question

22. I would prefer that psychobiotics be a supplement in

- ☐ Yogurt
- ☐ Cheese
- ☐ Bread
- ☐ Chocolate
- ☐ I would prefer that they remain in tablet form
- ☐ I will skip this question

23. I am aware that pets, such as dogs, can share depressive disorders with their owners and I would share with them psychobiotic containing food

- ☐ Yes
- ☐ No
- ☐ I don't know
- ☐ I don't have pets and rarely come into contact with them
- ☐ I will skip this question