

## 1. Mojahedi Questionnaire

No.	Question	Response 1	Response 2	Response 3
q1	When others touch your hand, what do they say about its hotness or coolness?	Cold	Neither cold, nor hot	Hot
q2	What is the size of your palm?	Small	Neither small, nor large	Large
q3	How quickly are you affected by cold and heat?	Quickly by cold, I get cold	Affected equally by both	Quickly by heat, I get warm
q4	When speaking, how do you deliver several consecutive sentences?	With pauses	Neither with pauses, nor connected	Connected
q5	How fast is your anger and irritability?	Get angry late	Neither late, nor fast, I get angry	Get angry fast
q6	How quickly are you affected by hot-natured foods like honey, spices, pepper, or cold-natured foods like yogurt, and cucumber?	Quickly by cold foods, I get coldness	Affected equally by both	Quickly by hot foods, I get warmth
q7	How strong is your voice compared to others?	Weak	Neither weak, nor strong	Strong
q8	How fast are your physical movements compared to others?	Slow	Neither slow, nor fast	Fast
Total score in hotness/coldness (Active Quality)				
q9	What is your status regarding obesity and leanness compared to others?	Obese	Neither obese, nor lean	Lean
q10	What is the condition of your skin's softness and dryness?	Soft	Neither soft, nor dry	Dry
Total score in wetness/dryness (Receptive Quality)				

\*Responses in column 1 receive one point, Responses in column 2 receive two points, and Responses in column 3 receive three points. If the total score of the first eight questions related to hotness and coolness (Active Quality) is equal to or less than 14 is cold; 15-18 is balance state; equal to or above 19 is hot. And if the total score of the last two questions related to wetness and dryness (Receptive Quality) is equal to or less than 3 is wet; 4 is balance state; equal to or above 5 is dry.

## 2. Salmannezhad Questionnaire

No.	Question	Response 1	Response 2	Response 3	Response 4	Response 5
q1	<b>How is your walking speed?</b>	Slow and gentle	Relatively slow and gentle	Neither slow nor fast	Relatively fast and quick	Fast and quick
q2	<b>How do you rate your joy level?</b>	Completely dull	Relatively dull	Normal	Relatively vital	Completely vital
q3	<b>When others touch your hand, what do they say about its hotness or coolness?</b>	Cold	Relatively cold	Neither cold nor hot	Relatively hot	Hot
q4	<b>Overall, do you consider your social relationships cold or hot?</b>	Cold	Relatively cold	Neither cold nor hot	Relatively hot	Hot
q5	<b>In gatherings of friends and acquaintances, are you talkative or quiet?</b>	Quiet	Relatively quiet	Neither quiet nor talkative	Relatively talkative	Talkative
q6	<b>How loud is your voice?</b>	Quiet	Relatively quiet	Neither loud nor quiet	Relatively loud	Loud
q7	<b>In daily tasks, do you make decisions late or early?</b>	Late	Relatively late	Neither late nor early	Relatively early	Early

<b>q8</b>	<b>How is your energy in daily tasks?</b>	Low	Relatively low	Neither low nor high	Relatively high	High
<b>q9</b>	<b>Do you tolerate cold better or heat better?</b>	I always tolerate heat better	I usually tolerate heat better	Tolerating both is the same for me	I usually tolerate cold better	I always tolerate cold better
<b>q10</b>	<b>When speaking, how do you express consecutive sentences?</b>	Separate and deliberate	Relatively separate and deliberate	Neither deliberate nor fast	Relatively continuous and fast	Continuous and fast
<b>q11</b>	<b>What foods usually bother you? (Cold-natured foods like yogurt, and cucumber, or hot-natured foods like honey, spices, pepper)</b>	Very bothered by cold foods	Slightly bothered by cold foods	Both are the same for me	Slightly bothered by hot foods	Very bothered by hot foods
<b>q12</b>	<b>What is the size of your chest compared to others?</b>	Small	Relatively small	Medium	Relatively large	Large
<b>q13</b>	<b>Among your acquaintances, are you known as a fearful or fearless person?</b>	Fearful	Relatively fearful	Neither fearful nor fearless	Relatively fearless	Fearless
<b>q14</b>	<b>How is your speed of action in daily tasks?</b>	Slow	Relatively slow	Neither slow nor fast	Relatively fast	Fast
<b>q15</b>	<b>How wide is your palm?</b>	Narrow	Relatively narrow	Medium	Relatively wide	Wide

Total score in hotness/coldness <b>(Active Quality)</b>						
<b>q16</b>	<b>Are you usually a heavy sleeper or a light sleeper?</b>	Heavy sleeper	Relatively heavy sleeper	Neither heavy sleeper nor light sleeper	Relatively light sleeper	Light sleeper
<b>q17</b>	<b>How do you rate yourself in terms of obesity and leanness?</b>	Obese	Relatively obese	Neither obese nor lean	Relatively lean	Lean
<b>q18</b>	<b>Your skin color is in which range of the options?</b>	White	Approximately white	Red and white (normal)	Olive or wheatish	Yellow or dark
<b>q19</b>	<b>What is your tendency for weight gain?</b>	Very high	Relatively high	Neither high nor low	Relatively low	Very low
<b>q20</b>	<b>How is your hair in terms of thinness and thickness?</b>	Thin	Relatively thin	Neither thin nor thick	Relatively thick	Thick
Total score in wetness/dryness <b>(Receptive Quality)</b>						

\* Responses in column 1 receive one point, Responses in column 2 receive two points, and Responses in column 3 receive three points, Responses in column 4 receive four points, and Responses in column 5 receive five points. If total score of the first 15 questions related to hotness and coolness (Active Quality) is equal to or less than 46 is cold; 47 to 49 is balance state; equal to or above 50 is hot. And if the total score of the last 5 questions related to wetness and dryness (Receptive Quality) is equal to or less than 14 is wet; 15 to 16 is balance state; equal to or above 17 is dry.