

Supplementary File

			Trunk lateral flexion angle (°)		p-value	Cervical lateral flexion (°)				Shoulder height difference (cm)				Cervical deviation (cm)				Thoracic deviation (cm)		
		Group	Mean	SD		Mean	SD	p-value		Mean	SD	p-value		Mean	SD	p-value		Mean	SD	p-value
		All participants	1.550	0.440		1.420	2.450			1.190	1.270			0.919	0.788			0.527	0.495	
Health Literacy	Functional	Low	1.569	0.484	0.093	2.208	2.644	0.380		1.100	1.292	0.313		1.031	0.668	0.024	*	0.631	0.529	0.790
		High	1.523	0.361		0.623	1.618			1.277	1.329			0.808	0.711			0.423	0.460	
	Communicative	Low	1.530	0.580	0.886	2.010	2.760	0.340		1.380	1.191	0.555		1.050	0.758	0.515		0.660	0.527	0.288
		High	1.560	0.340		1.040	2.270			1.069	1.344			0.838	0.820			0.444	0.472	
	Critical	Low	1.470	0.576	0.497	3.050	2.800	0.005	*	1.550	1.455	0.260		0.630	0.492	0.142		0.460	0.534	0.596
		High	1.594	0.343		0.394	1.575				0.963		1.134		1.100		0.894		0.569	
Postural Awareness		Low	1.430	0.430		1.400	2.396	0.148		1.010	1.226	0.291		0.590	0.599	0.046	*	0.410	0.470	0.176
		High	1.619	0.445		1.425	2.576			1.300	1.327			1.125	0.838				0.600	
	Effect size Hedges' correction		0.450			2.592				1.332				0.782				0.512		
	95% CI		-1.186	0.362		-0.775	0.756			-0.983	0.552			-1.467	0.111			-1.176	0.418	

Citation: Kuruma H, Otsuka T, Ichikawa k (2025) Exploratory Study on the Relationship Between Health Literacy, Postural Awareness, and Postural Alignment in Healthy Adults. Int J Phys Ther Rehab 11: 195. doi: <https://doi.org/10.15344/2455-7498/2025/195>

Table 2: Sagital plane data.

			Trunk inclination angle (°)			Head tilt angle (°)				Head forward displacement (cm)			
		Group	Mean	S.D.	p-value	Mean	S.D.	p-value		Mean	S.D.	p-value	
		All participants	1.75	1.00		6.57	4.68			2.70	3.47		
Health Literacy	Functional	Low	1.40	1.05	0.13	7.07	4.95	0.30		1.86	1.10	0.20	
		High	2.11	0.86		6.07	4.50			3.54	4.73		
	Communicative	Low	1.82	0.94	0.80	6.31	5.72	0.83		1.86	1.13	0.34	
		High	1.71	1.06		6.73	4.10			3.23	4.31		
	Critical	Low	1.60	0.74	0.55	6.37	3.08	0.87		1.82	1.17	0.32	
		High	1.85	1.14		6.69	5.55			3.25	4.29		
Postural Awareness		Low	1.950	1.134	0.220	6.420	4.473	0.450		4.130	5.285	0.049	*
		High	1.631	0.921		6.663	4.950			1.806	1.058		

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