

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)

Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

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Table of Contents

<u>1.0</u>	<u>Introduction and Background</u>	3
<u>2.0</u>	<u>Objectives</u>	4
<u>3.0</u>	<u>Study Population</u>	4
<u>4.0</u>	<u>Methods</u>	5
<u>5.0</u>	<u>Outcome Measures</u>	7
<u>6.0</u>	<u>Analytic Plan</u>	8
<u>7.0</u>	<u>Data Management</u>	9
<u>8.0</u>	<u>Confidentiality and Privacy</u>	100
<u>9.0</u>	<u>Data Safety and Monitoring</u>	100
<u>10.0</u>	<u>Reporting of Unanticipated Problems, Adverse Events or Deviations</u>	11

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1.0 Background, Rationale and Context

In preparation for a full-scale randomized clinical trial (RCT) of an internet-delivered positive affect (PA) intervention for young adult cancer survivors, the EMPOWER study will collect pilot data on the feasibility and acceptability of a theoretically-driven, empirically-grounded, individual intervention to promote positive affect (PA).¹ An innovative, intervention for HIV patients (Lessons in Linking Affect and Coping: LILAC) will be adapted for use with young adult cancer survivors. This intervention teaches eight cognitive and behavioral skills to enhance PA, which may broaden and enhance an individual's resources for adapting to stressful events.² Feasibility and acceptability data will be collected with reports of daily positive and negative affect, general and domain-specific health-related quality of life, psychological well-being, and health behaviors. This will provide data to support further intervention studies, including an R01 proposal of a full-scale randomized clinical trial.

The number of people surviving cancer and even thriving with cancer grows annually. Historically, positive adjustment and growth in cancer has received little attention compared to impairment, disability and psychosocial morbidity. Today, this important area of research is demonstrating increased growth and interest^{3,4,5,6,7} with significant potential applications for cancer control and population sciences.⁸

A number of different psychosocial interventions have proven effective with cancer patients. The majority of these interventions are group-based and focus on alleviating the psychosocial burden of cancer by reducing or managing psychological distress.⁹⁻¹² Few interventions explicitly target PA. However, such interventions show promise for not only reducing the negative psychosocial impact of cancer and its treatment but for enhancing its positive psychosocial impact as well.¹³⁻¹⁶ A potential limiting factor of these PA interventions is that they are primarily group interventions targeted towards advanced cancer patients. Little is known about individualized PA interventions for cancer patients or survivors, but emerging and innovative research of a PA intervention for newly diagnosed HIV patients¹⁷⁻¹⁸ may have applications for cancer patients. Guided by Fredrickson's broaden-and-build theory of positive emotions²² and funded by the NIMH (R01MH084723), Moskowitz's RCT of a 5-session evidence-based intervention is designed to teach skills for increasing the frequency and intensity of daily PA and to examine the intervention's effects on subsequent psychological well-being, health behaviors, and physical health after diagnosis with HIV. Patients with HIV experience similar negative and positive psychosocial sequelae as patients with cancer.¹⁹⁻²² This manualized web-based and home-delivered intervention (LILAC) focused explicitly on increasing positive affect, and has shown good feasibility, acceptability, and preliminary efficacy in people coping with significant health-related stress^{23,24} including women with advanced breast cancer. Thus, Moskowitz' empirically-based PA intervention research may have beneficial

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH EMOTION REGULATION (*EMPOWER*)

Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

parallels to inform this current project. In this application, we propose to build on this prior work to adapt the LILAC intervention to improve health-related quality of life (HRQOL) for young adult survivors of cancer.

2.0 Objectives

2.1 Primary Objectives

- 2.1.1 To adapt an individualized positive affect intervention that was developed for newly diagnosed HIV patients to use with young adult cancer survivors.
- 2.1.2 To pilot test the positive affect intervention with young adult cancer survivors to determine its feasibility and acceptability.

2.2 Secondary Objective

- 2.2.1 To describe health related quality of life, psychological well-being, and health behaviors in young adult cancer survivors

3.0 Study Population

60 young adult cancer survivors will be recruited through the Comprehensive Cancer Center of Wake Forest University (N=40) and the Robert H. Lurie Comprehensive Cancer Center of Northwestern University (N=20).

All patients will meet the following inclusion criteria:

- Able to read and understand English
- Past history of a cancer diagnosis (excluding basal cell skin carcinoma)
- 15 to 39 years of age at diagnosis of first cancer and currently between the ages of 18-39
- Within 0-5 years post-active treatment for initial diagnosis or recurrence
- Wireless internet connection or a home computer that is connected to the internet

Exclusion criteria:

- Currently receiving palliative or hospice care
- Significant psychiatric history

We anticipate a large percentage of our target sample to have active mywakehealth accounts, and we plan to use the secure MyChart portal to send study information to potentially eligible patients to gauge their interest in the study and communicate as necessary with consented participants.

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
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4.0 Methods

4.1 Registration Procedures

All patients entered on any CCCWFU trial, whether treatment, companion, or cancer control trial, **must** be registered with the CCCWFU Protocol Registrar or entered into ORIS Screening Log within 24 hours of Informed Consent. Patients **must** be registered prior to the initiation of treatment.

You must perform the following steps in order to ensure prompt registration of your patient:

1. Complete the Eligibility Checklist (Appendix B)
2. Complete the Protocol Registration Form (Appendix A)
3. Alert the Cancer Center registrar by phone, *and then* send the signed Informed Consent Form, Eligibility Checklist and Protocol Registration Form to the registrar, either by fax or e-mail.

*Protocol Registration is open from 8:30 AM - 4:00 PM, Monday-Friday.

4. Fax/e-mail ALL eligibility source documents with registration. Patients **will not** be registered without all required supporting documents.

Note: If labs were performed at an outside institution, provide a printout of the results. Ensure that the most recent lab values are sent.

To complete the registration process, the Registrar will:

- assign a patient study number
- register the patient on the study

4.2 Study Design

Patients will be recruited through RHLCCC and CCCWFU. Study staff will work with the Wake Forest Health Sciences Comprehensive Cancer Center's Cancer Informatics Group to identify potential CCCWFU patients from the electronic medical record and/or cancer registry. Potentially eligible patients will be recruited through a direct in-clinic approach as well as mailed letters followed by a phone call by a study team member. The recruitment call will be followed by an email

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH EMOTION REGULATION (*EMPOWER*)

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CCCWFU 99516

outlining the details discussed during the phone call and instructions on next steps and a link to the screening questionnaire (*Recruitment Email Script*). IRB-approved study flyers will be placed in the community at large, the Comprehensive Cancer Center at Wake Forest Baptist Medical Center and other strategic locations associated with Wake Forest Baptist Medical Center. IRB-approved study flyers may also be disseminated through email blasts or postings on websites of local cancer support agencies such as Cancer Services.

Patients will then be screened for eligibility using an online screening questionnaire on Qualtrics. Those that are ineligible will be displayed a message stating that he/she was ineligible. Patients who are eligible based will be navigated to the consent form and initial study questionnaire on Qualtrics, an online data collection tool that enables researchers to create study-specific websites for capturing patient data securely online. The instrument library includes self-report batteries or profiles from Patient-Reported Outcomes Measurement Information System (PROMIS) and the NIH Toolbox which include many of the measures that will be used in the study. At completion of the baseline questionnaire, all patients will be given access to the PA intervention.

The PA intervention is a 5 session online intervention that teaches 8 skills for increasing the frequency of positive emotions: 1) noting daily positive events²⁵⁻²⁸ 2) capitalizing on or savoring positive events;²⁹⁻³⁰ 3) gratitude;³¹⁻³³ 4) mindfulness;³⁴⁻³⁷ 5) positive reappraisal;³⁸⁻⁴⁵ 6) focusing on personal strengths;^{42-43,49-52} 7) setting and working toward attainable goals;^{53-54,55-58} and 8) small acts of kindness.⁵⁹⁻⁶³ The skills are presented over the course of 5 weeks. A week will consist of 1-2 days of didactic material and several days of brief, real-life skills practice and reporting, with each day's "home practice" taking approximately 20-30 minutes to complete. Patients cannot skip ahead, but they can return to old lessons or exercises if they choose. Most exercises are done in a "diary" format in which patients' past responses are displayed next to their new ones, so that every time the patient visits that exercise they see their growing list of past positive experiences. Patients will be permitted up to 8 weeks to complete this self-guided intervention to account for normal interruptions and unexpected delays in life.

Acceptability Interview. Research staff will conduct a 30-minute audio-recorded, post-intervention phone interview with all patients approximately one week after the intervention is complete to gather acceptability data. The semi-structured interview includes questions where participants rank the skill sessions in terms of favorite topics, the likelihood of referral to others (a friend or someone diagnosed with cancer) and the likelihood of practicing learned skills. There is also a section with open-ended questions, including questions about participant experiences with use of the website and home practice exercises

Patient Incentives. Each patient will be paid \$10 for each completed assessment for a maximum of \$30. Patients will be paid in full upon completion of the study via virtual gift card.

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

Fidelity Monitoring. Whether patients understood and remember the intervention content will be assessed via multiple-choice "quiz" questions within each lesson. If patients are not able to answer a question, it will trigger a review of the relevant material (patients can also choose to review past material at any time). How frequently patients visit the website and how many times they complete the daily practice exercises for each skill will also be recorded. This information can be used in "dose-response" analyses to determine whether greater exposure to the exercises leads to stronger intervention effects. Patient progress will be monitored during the study and patients who appear to be having trouble or are disengaging from the intervention will be contacted. Our experience indicates that even very brief human contact can increase patients' commitment to the intervention. Patients will receive an email or phone call from a study staff member if they fail to visit the website more than 3 days in a week. Patients who cannot be reached or who do not resume visiting the website but also don't ask to leave the study will be re-contacted once per week for 3 weeks. After that they will be counted as non-completers, though we will still try to contact them to obtain post-intervention measures. Patients who do not reach the final lesson at the end of 8 weeks will also be considered non-completers and will be asked to take the post-intervention measures at that time.

5.0 Study Outcomes and Study Measures

Patients will complete self-report questionnaires at baseline (pre-test), approximately 8 weeks after baseline (post-test), then at 12 weeks (follow-up) for a total of 3 assessments, each lasting approximately 25-30 minutes. All measures will be completed from home via patients' personal computers. In addition to the measures listed below, key demographics will be assessed (race/ethnicity, education, household income, insurance status), cancer type, time since diagnosis, type of treatment, and time since treatment (See Appendix 3 for a complete list of measures).

5.1 Primary Outcomes

The primary outcomes for this study are measures of feasibility – accrual, refusal, retention, adherence and acceptability.

5.2 Secondary Outcomes

5.2.1 *Health-Related Quality of Life (HRQOL).* The PROMIS global health items will be used to assess overall HRQOL,⁶⁸ and the PROMIS-29⁶⁹⁻⁷⁰ to assess domain-specific aspects of HRQOL. The PROMIS Global scale consists of 10 items that assess general health, including overall physical and mental health. The PROMIS-29 consists of 29 items that assess physical functioning, anxiety, depression, fatigue, sleep disturbance, social

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

functioning, pain interference, and pain intensity. These PROMIS measures will be supplemented with additional items from the PROMIS physical function short form⁷¹ and the PROMIS anger short form.⁷² The 4 PROMIS items for depression in this measure do not assess suicidality.

- 5.2.2 *Psychological well-being.*** Psychological well-being will be assessed with NIH Toolbox short forms for positive affect, life satisfaction, and meaning and purpose.⁷³ In addition, the NIH PROMIS General Self-Efficacy short form⁷⁴ will be administered as it is a closely related construct to psychological well-being and positively associated with better patient-reported outcomes.
- 5.2.3 *Health Behaviors.*** Healthy behaviors often associated with enhanced coping and better adjustment will be assessed.⁷⁵ Physical health behaviors will include: diet,⁷⁶ exercise,⁷⁷ alcohol consumption,⁷⁶ and cigarette smoking.⁷⁶

6.0 Statistical Considerations

Wake Forest School of Medicine will be the Coordinating Center for the study and will conduct all data analysis.

6.1 Analysis of Primary Objective

Accrual will be estimated as the number of patients accrued divided by the number of months of accrual. A 95% confidence interval for the monthly accrual rate will be calculated based on the Poisson distribution. The refusal rate will be estimated as the number of patients who refuse to participate divided by the number eligible. Retention will be primarily defined as the proportion of patients who provide 8 week and 12 week data. Patients who discontinue the intervention (refuse phone calls) but complete the outcome assessments will be counted in the numerator for calculating retention. Retention estimates will be calculated overall and by site. Adherence to the intervention will be calculated as the number of intervention sessions completed, the frequency of completing exercises, and number of website visits. We will calculate and report the mean adherence across all individuals as well as the proportion of patients who completed three or more sessions. Several measures will be used to quantify acceptability, including quantitative measures and interview. Means and the proportion responding affirmatively to the highest two responses for each question will be combined and exact 95% CIs will be calculated for these estimates. In addition, Dr. Salsman and Dr. Moskowitz will review open-ended (written) feedback and audio-recordings of phone interviews to identify meta-themes and determine saturation of concepts.⁷⁸

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
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CCCWFU 99516

6.2 Analysis of Secondary Objective

Quantitative outcomes will be assessed by a covariance pattern model for repeated measures to examine change in PA and PROMIS scores over time.

6.2 Power and Sample Size

While this is a pilot study and we will not be testing the efficacy of the intervention, we do want to be able to estimate feasibility, acceptability, and changes in PA and PROMIS scores with a fair degree of precision. With a total of 60 patients we can estimate confidence intervals around means to within ± 0.25 SD, and proportions within $\pm 12.7\%$, with 95% confidence. Assuming that 20% of the patients may drop out, we could estimate confidence intervals for means within ± 0.28 SD and proportions within $\pm 14.1\%$ for measures evaluated at the end of the study. Furthermore, the sample size of $N=60$ should permit us to achieve data saturation, or the point at which successive information serves only to replicate previous content themes and no new information is obtained.⁷⁹ Past research reveals that saturation often occurs within the first 12 interviews.⁷⁸

6.3 Estimated Accrual Rate

It is anticipated that 3.2 patients a month will be accrued to this trial, meeting the target of 60 in 19 months. To date, we have recruited 18 patients in 6 months at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University.

6.4 Estimated Study Length

Patients will complete their participation in 12 weeks, for an estimated study length of 15 months.

7.0 Data Management

The web intervention is delivered via a customized website built on Moodle, a courseware platform that is used by schools and universities worldwide. Moodle allows delivery of text or video instruction as well as interactive activities such as journals and adaptive quizzes. Moodle is recognized as secure and well-tested software, and HIPAA-compliant. All communications with the website will use industry-standard TLS/SSL encryption. Another layer of security will be provided by avoiding any use of personally identifiable information, medical information, or other sensitive information in the context of the intervention. Patients' Moodle accounts will not be linked to their real name or email address. The design of our intervention website has been refined through a number of iterations based on user testing and feedback from study patients (e.g., simplifying the interface,

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)

Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

clearly labeling new material and exercises). We have also ensured that material is viewable on handheld, tablet, and laptop devices.

Informed consent document	ORIS
Protocol registration form	ORIS
Pre-, post- and follow-up test Questionnaires (Qualtrics)	Qualtrics
Intervention Sessions 1-5	Moodle
Phone Interview	Audio-recorded and stored among password protected study files

8.0 Confidentiality and Privacy

Confidentiality will be protected by collecting only information needed to assess study outcomes, minimizing to the fullest extent possible the collection of any information that could directly identify subjects, and maintaining all study information in a secure manner. To help ensure subject privacy and confidentiality, only a unique study identifier will appear on the data collection form. Any collected patient identifying information corresponding to the unique study identifier will be maintained on a linkage file, store separately from the data. The linkage file will be kept secure, with access limited to designated study personnel. Following data collection subject identifying information will be destroyed (state the anticipated time the data will be destroyed, e.g. three years after closure of the study, and the method of destruction), consistent with data validation and study design, producing an anonymous analytical data set. Data access will be limited to study staff. Data and records will be kept locked and secured, with any computer data password protected. No reference to any individual patient will appear in reports, presentations, or publications that may arise from the study.

9.0 Data Safety and Monitoring

The principal investigator will be responsible for the overall monitoring of the data and safety of study patients. The principal investigator will be assisted by other members of the study staff.

The risks of this study are low; however staff will be trained to handle situations with sensitivity and empathy. The study coordinator will be trained to monitor for significant patient distress or depressive symptoms and will be instructed on the appropriate courses of referral is a patient is considered to be at risk for a safety concern.

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
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CCCWFU 99516

**10.0 Reporting of Unanticipated Problems, Adverse Events or
Deviations**

Any unanticipated problems, serious and unexpected adverse events, deviations or protocol changes will be promptly reported by the principal investigator or designated member of the research team to the IRB and sponsor or appropriate government agency if appropriate.

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

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ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)

Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

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ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

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ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH
EMOTION REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

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ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH EMOTION
REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

Appendix A – Subject Eligibility Checklist

IRB Protocol No.	CCCWFU Protocol No.
Study Title:	
Principal Investigator:	

Inclusion Criteria (as outlined in study protocol)	Criteria is met	Criteria is NOT met	Source Used to Confirm * (Please document dates and lab results)
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
Exclusion Criteria (as outlined in study protocol)	Criteria NOT present	Criteria is present	Source Used to Confirm * (Please document dates and lab results)
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

This subject is eligible / ineligible for participation in this study.

ORIS Assigned PID: _____

Signature of research professional confirming eligibility: _____ Date: _____

Signature of Treating Physician**: _____ Date: _____

* Examples of source documents include clinic note, pathology report, laboratory results, etc. When listing the source, specifically state which document in the medical record was used to assess eligibility. Also include the date on the document. Example: "Pathology report, 01/01/14" or "Clinic note, 01/01/14"

**Principal Investigator signature can be obtained following registration if needed

ENHANCING MANAGEMENT OF PATIENT REPORTED OUTCOMES WITH EMOTION
REGULATION (*EMPOWER*)
Comprehensive Cancer Center of Wake Forest University (CCCWFU)
CCCWFU 99516

APPENDIX B: REDUCED REGISTRATION FORM

Comprehensive Cancer Center of Wake Forest University
REDUCED REVIEW REGISTRATION FORM**

Protocol #: _____ *Required Fields

Protocol Title: _____
(optional)

DEMOGRAPHICS

Name (last, first): _____
(or initials)

UNIT # (MRN): _____ (required if exists) Zip Code: _____ (required if no MRN)

*SEX MALE FEMALE

*ETHNICITY (choose one): HISPANIC NON-HISPANIC

*RACE (choose all that apply): WHITE AFRICAN-AMERICAN
 ASIAN PACIFIC ISLANDER (HAWAIIAN)
 NATIVE AMERICAN (ALASKAN)

*DIAGNOSIS: _____

BIRTH DATE: _____ (include if no MRN is provided)

*MD Name (last, first): _____

*DATE CONSENT WAS SIGNED _____

Date of Registration (if different) _____

PID #: _____ (to be completed by Registrar)

The Comprehensive Cancer Center requires that all registrations be sent to the CCCWFU Centralized Registrar the day the patient is consented; if this is not possible we require that all registrations be communicated to the Centralized Registrar within 72 hours of consent.

**Reduced review means eligibility and other review are not performed by CRM registrar.

Questions: call 713-6767

Submit by Email***

Print Form

***If not using the full wfubmc.edu outlook client (full outlook, not web outlook), save this file and attach to an email to registra@wfubmc.edu

Submitter of this form is responsible for insuring that all regulatory and eligibility requirements are met for this registration.

Appendix C – Study Measures

Variables	Construct/Measures
Demographics	Age, gender, ethnic, edu, income, job & mar. status, insurance, etc.
Clinical	Cancer dx, stage, adj. tx, etc.
Quality of Life	Global Impact Items PROMIS PROMIS Global 10 PROMIS-29 + 4 additional PROMIS physical function items PROMIS Anger SF
Psychological Well-Being	NIH PROMIS General Self-Efficacy Scale SF NIH Toolbox Life Satisfaction SF NIH PROMIS Meaning & Purpose SF NIH Toolbox Positive Affect SF
Health Behaviors	Diet Alcohol Use & Smoking Leisure Time Exercise Questionnaire

EMPOWER Sociodemographic Questions

SDC01 What is your current age?

SDC02 Are you of Hispanic origin, such as Latin American, Mexican, Puerto Rican, or Cuban?

- 01 Yes, of Hispanic origin
- 02 No, not of Hispanic origin
- 09 Decline to answer

SDC03 Do you consider yourself...?

- 01 White or Caucasian
- 02 Black or African American
- 03 Asian
- 04 Native Hawaiian/Other Pacific Islander
- 05 Native American or Alaska Native
- 06 Mixed racial background
- 07 Other race
- 09 Decline to answer

SDC04 What is your gender?

- 01 Female
- 02 Male

SDC05 What is your marital status?

- 01 Single, never married
- 02 Married
- 03 Divorced
- 04 Separated
- 05 Widowed
- 06 Living with partner

SDC06 Do you currently live alone or with others?

- 01 Live alone
- 02 Live with others (e.g., parent, roommate, spouse/partner, brother, sister, children)

SDC07 Are you now responsible for raising any children under the age of 18?

- 01 No
- 02 Yes

SDC08 Which of the following income categories best describes your total household income before taxes?

- 01 Less than \$15,000
- 02 \$15,000 to \$24,999
- 03 \$25,000 to \$34,999
- 04 \$35,000 to \$49,999
- 05 \$50,000 to \$74,999
- 06 \$75,000 to \$99,999
- 07 \$100,000 to \$124,999
- 08 \$125,000 to \$149,999
- 09 \$150,000 to \$199,999
- 10 \$200,000 to \$249,999
- 11 \$250,000 or more
- 994 Decline to answer

SDC09 What is the highest level of education you have completed?

- 01 Grade school – between 1 and 8 years
- 02 Some high school
- 03 High school diploma or equivalent (e.g., GED) – 12 years
- 04 Some college, vocational or training school
- 05 College graduate
- 06 Some graduate school
- 07 Graduate degree

SDC10 What was your school/employment status right before you were diagnosed with cancer? *Please mark all that apply.*

- 01 Part-time student
- 02 Full-time student
- 03 Working part-time
- 04 Working full-time
- 05 Unemployed
- 06 Full-time homemaker or family caregiver
- 07 Other (please describe in box below)

SDC11 How did your school/employment status change because of your cancer or its treatment? *Please mark all that apply.*

- 01 It has not changed because of my cancer or its treatment
- 02 I quit working completely
- 03 I quit going to school completely
- 04 I changed my work status from full-time to part-time
- 05 I changed my school status from full-time to part-time
- 06 I took more than 2 weeks total time off from work
- 07 I took more than 2 weeks total time off from school
- 08 Other (please describe in box below)

SDC12a Are you now covered by any type of health insurance?

- 01 No
- 02 Yes

If Yes, GO TO QUESTION SDC12b

SDC12b. How is this health insurance provided? MARK ALL THAT APPLY.

- 01 Through your employer/school
- 02 Through your spouse's employer/school
- 03 Through your parent
- 04 Medicaid or other public assistance program
- 05 Other State Program (for example, Medi-Cal , SCHIP)
- 06 Military or Veteran's Benefits
- 07 Other (please describe in the box below)

09 I don't know

Disease and Treatment Information

SDC13 Please circle which statement best describes your current activity level:

0= Normal activity, without symptoms

1= Some symptoms, but do not require bed rest during waking day

2= Require bed rest for less than 50% of waking day

3= Require bed rest for more than 50% of waking day

4= Unable to get out of bed

SDC14 What is your height? (feet/inches) _____ / _____

SDC15 What is your weight? (lbs) _____

SDC16 What was the date of your cancer diagnosis? (month and year) _____ / _____

SDC17 Please select one of the boxes below that reflects your “primary” cancer diagnosis (e.g., original location of your cancer). If none of the boxes is correct, please select “Other” and explain.

- | | | |
|--|--|-----------------------------------|
| <input type="checkbox"/> Basal cell skin cancer | <input type="checkbox"/> Bladder cancer | <input type="checkbox"/> Leukemia |
| <input type="checkbox"/> Bone tumor | <input type="checkbox"/> Lung cancer | |
| <input type="checkbox"/> Brain cancer | <input type="checkbox"/> Melanoma (skin cancer) | |
| <input type="checkbox"/> Breast cancer | <input type="checkbox"/> Myeloma | |
| <input type="checkbox"/> Central Nervous System tumor | <input type="checkbox"/> Non-hodgkin lymphoma | |
| <input type="checkbox"/> Cervical cancer | <input type="checkbox"/> Ovarian cancer | |
| <input type="checkbox"/> Colorectal cancer | <input type="checkbox"/> Prostate cancer | |
| <input type="checkbox"/> Esophageal cancer | <input type="checkbox"/> Sarcoma (bone or soft tissue) | |
| <input type="checkbox"/> Head and neck cancer | <input type="checkbox"/> Stomach cancer | |
| <input type="checkbox"/> Hepatobiliary cancer (liver, pancreas, bile duct) | <input type="checkbox"/> Testicular cancer | |
| <input type="checkbox"/> Hodgkin lymphoma | <input type="checkbox"/> Thyroid cancer | |
| <input type="checkbox"/> Kidney cancer | <input type="checkbox"/> Other: _____ (explain) | |

SDC18 Has your cancer spread to any lymph nodes:

- 0=No
- 1=Yes
- 2=Not sure

SDC19a. Has your cancer spread to another part of your body (other than to any lymph nodes)?

- 0=No
- 1=Yes
- 2=Not sure

SDC19b. If yes, please check all that apply:

- Bone
- Brain
- Lung
- Liver
- Other: _____ (please specify)

SDC20a Are you currently receiving treatment? (check all that apply)

- chemotherapy
- radiation treatment
- I am not currently receiving treatment.

SDC20b If applicable, when did you complete your cancer treatment(s)?

- a. surgery _____ / _____ (month and year) OR I did not receive surgery for my cancer.
- b. chemotherapy _____ / _____ (month and year) OR I did not receive chemotherapy for my cancer
- c. radiation _____ / _____ (month and year) OR I did not receive radiation for my cancer

SDC21a Where did you receive most of your primary active cancer treatment (surgery, chemotherapy, radiation therapy)?

- 01 Academic medical center
- 02 Community-based hospital or health center
- 03 Office-based private practice

SDC21b List the name of the institution where you received most of your primary active cancer treatment (surgery, chemotherapy, radiation therapy).

SDC22 A survivorship care plan (SCP) is a document that includes a summary of your cancer treatment and recommendations for follow-up care and for staying healthy. Following completion of your primary active treatment for cancer, did you receive a SCP from your nurse or doctor?

- 01 No
- 02 Yes
- 03 I don't know

SDC23 Do you now (within the past month), or have you ever had any of the following conditions? (please check all that apply)

- AIDS/HIV
- Acid Reflux (heartburn)
- Anemia
- Anxiety
- Arthritis
- Asthma
- Back Pain
- Depression
- Diabetes
- Fibromyalgia
- Heart Disease
- Hepatitis

- Hypertension
- Insomnia
- Multiple Sclerosis (MS)
- Migraine/Headaches
- Ulcers
- Other (specify below)

Global Impact

		<i>Completely positive</i>	<i>Mostly positive; a little negative</i>	<i>A little more positive than negative</i>	<i>Equally positive and negative</i>	<i>A little more negative than positive</i>	<i>Mostly negative; a little positive</i>	<i>Completely negative</i>
1	How positive or negative has the overall impact of your illness been on your views about yourself and your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		<i>Not at all</i>	<i>A little bit</i>	<i>Somewhat</i>	<i>Quite a bit</i>	<i>Very much</i>
2	Overall, how much has having your illness affected your views about yourself and your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Positive Affect

Positive Affect				
	Item ID		For the next set of questions, please tell us how true each statement was of you in the past 7 days.	
1	PA001	In the past 7 days:	I felt cheerful.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
2	PA002	In the past 7 days:	I felt attentive.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
3	PA006	In the past 7 days:	I felt delighted.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
4	PA010	In the past 7 days:	I felt happy.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
5	PA014	In the past 7 days:	I felt joyful.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
6	PA019	In the past 7 days:	I felt enthusiastic.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
7	PA020	In the past 7 days:	I felt determined.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
8	PA021	In the past 7 days:	I felt interested.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
9	PA025	In the past 7 days:	I was thinking creatively.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much

10	PA026	In the past 7 days:	I liked myself.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
11	PA030	In the past 7 days:	I felt peaceful.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
12	PA037	In the past 7 days:	I felt good-natured.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
13	PA039	In the past 7 days:	I felt useful.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
14	PA042	In the past 7 days:	I felt understood.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much
15	PA044	In the past 7 days:	I felt content.	1 = Not at all 2 = A little bit 3 = Somewhat 4 = Quite a bit 5 = Very much

General Life Satisfaction

General Life Satisfaction				
	Item ID		For the next set of questions, please indicate how much you agree or disagree with each statement.	
35	PA045m	Indicate how much you agree or disagree:	In most ways, my life is close to perfect.	1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree
36	PA046	Indicate how much you agree or disagree:	If I could live my life over, I would change almost nothing.	1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree
37	PA047	Indicate how much you agree or disagree:	I am satisfied with my life.	1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree
38	PA048	Indicate how much you agree or disagree:	So far I have gotten the important things I want in life.	1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree
39	PA049m	Indicate how much you agree or disagree:	My life situation is excellent.	1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree

Meaning and Purpose

		<i>Strongly disagree</i>	<i>Disagree</i>	<i>Neither agree nor disagree</i>	<i>Agree</i>	<i>Strongly agree</i>
PA203 C	I have a good sense of what makes my life meaningful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA205 C	I generally feel that what I do in my life is valuable and worthwhile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA210 C	I have very clear goals and aims for my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		<u>Not at all</u>	<u>A little bit</u>	<u>Somewhat</u>	<u>Quite a bit</u>	<u>Very much</u>
PA221 C	My life has meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA224 C	My life has significance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA227 C	I have a clear sense of direction in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA232 C	I experience deep fulfillment in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PA237 C	My life has purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

General Self-Efficacy

For the next set of questions, please read each sentence and rate your level of confidence in managing various situations, problems, and events.

		I am not At all Confident	I am a a little confident	I am somewhat confident	I am quite confident	I am very confident
GSE11_C	I can manage to solve difficult problems if I try hard enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GSE14_C	I am confident that I could deal efficiently with unexpected events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GSE19_C	If I am in trouble, I can think of a solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GSE20_C	I can handle whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PROMIS-29

(+4 additional PROMIS physical functioning items and PROMIS Anger SF)

Please respond to each question or statement by marking one box per row.

<u>Physical Function</u>		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
1	Are you able to do chores such as vacuuming or yard work?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Are you able to go up and down stairs at a normal pace?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Are you able to go for a walk of at least 15 minutes?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Are you able to run errands and shop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		Not at all	Very little	Somewhat	Quite a lot	Cannot do
5	Does your health now limit you in doing two hours of physical labor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Does your health now limit you in doing moderate work around the house like vacuuming, sweeping floors or carrying in groceries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Does your health now limit you in lifting or carrying groceries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Does your health now limit you in doing heavy work around the house like scrubbing floors, or lifting or moving heavy furniture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Anxiety</u> In the past 7 days...		Never	Rarely	Sometimes	Often	Always
9	I felt fearful.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I found it hard to focus on anything other than my anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	My worries overwhelmed me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I felt uneasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Depression**In the past 7 days...****Never****Rarely****Sometimes****Often****Always**

13 I felt worthless

14 I felt helpless.....

15 I felt depressed.....

16 I felt hopeless.....

Anger**During the past 7 days...****Never****Rarely****Sometimes****Often****Always**

17 I was irritated more than people knew

18 I felt angry

19 I felt like I was ready to explode

20 I felt grouchy

21 I felt annoyed

Fatigue**During the past 7 days...****Not at all****A little bit****Somewhat****Quite a bit****Very much**

22 I feel fatigued

23 I have trouble starting things because I am tired.....

<u>Fatigue</u> In the past 7 days...		Not at all	A little bit	Somewhat	Quite a bit	Very much
24	How run-down did you feel on average? ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	How fatigued were you on average?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Sleep Disturbance</u> In the past 7 days...		Very poor	Poor	Fair	Good	Very good
26	My sleep quality was.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>In the past 7 days...</u>		Not at all	A little bit	Somewhat	Quite a bit	Very much
27	My sleep was refreshing.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I had a problem with my sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	I had difficulty falling asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Ability to Participate in Social Roles and Activities</u>		Never	Rarely	Sometimes	Usually	Always
30	I have trouble doing all of my regular leisure activities with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	I have trouble doing all of the family activities that I want to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	I have trouble doing all of my usual work (include work at home)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I have trouble doing all of the activities with friends that I want to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Pain Interference</u> In the past 7 days...		Not at all	A little bit	Somewhat	Quite a bit	Very much
34	How much did pain interfere with your day to day activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	How much did pain interfere with work around the home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36	How much did pain interfere with your ability to participate in social activities? .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	How much did pain interfere with your household chores?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PROMIS Global Items

Please respond to each item by marking one box per row.

		Excellent	Very good	Good	Fair	Poor
Global01	In general, would you say your health is:.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global02	In general, would you say your quality of life is:	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global03	In general, how would you rate your physical health?.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global04	In general, how would you rate your mental health, including your mood and your ability to think?.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global05	In general, how would you rate your satisfaction with your social activities and relationships?.....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global09	In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Global10	How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?.....		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
		1	2	3	4	5																		
Global08	How would you rate your fatigue on average?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																
		1	2	3	4	5																		
Global07	How would you rate your pain on average?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		0 No pain	1	2	3	4	5	6	7	8	9	10 Worst imaginable pain												

Diet

1. About how many cups of fruit (including 100% pure fruit juice) do you eat or drink each day?

- a. None
- b. ½ cup or less
- c. ½ cup to 1 cup
- d. 1 to 2 cups
- e. 2 to 3 cups
- f. 3 to 4 cups
- g. 4 or more cups

1 cup of fruit could be:

- 1 small apple
- 1 large banana
- 1 large orange
- 8 large strawberries
- 1 medium pear
- 2 large plums
- 32 seedless grapes
- 1 cup (8 oz.) fruit juice
- ½ cup dried fruit
- 1 inch-thick wedge of watermelon

2. About how many cups of vegetables (including 100% pure vegetable juice) do you eat or drink each day?

- a. None
- b. ½ cup or less
- c. ½ cup to 1 cup
- d. 1 to 2 cups
- e. 2 to 3 cups
- f. 3 to 4 cups
- g. 4 or more cups

1 cup of vegetables could be:

- 3 broccoli spears
- 1 cup cooked leafy greens
- 2 cups lettuce or raw greens
- 12 baby carrots
- 1 medium potato
- 1 large sweet potato
- 1 large ear of corn
- 1 large raw tomato
- 2 large celery sticks
- 1 cup of cooked beans

3. About how often do you drink regular pop/soda or other sugar sweetened beverages (not diet or calorie-free) in a typical week?

- a. Every day
- b. 5 - 6 days a week
- c. 3 - 4 days a week
- d. 1 - 2 days a week
- e. Less often than 1 day a week
- f. I don't drink any regular soda/pop or other sugar sweetened beverages

4. How many times per week do you eat fast food meals or snacks?

- a. Every day
- b. 5 - 6 days a week

- c. 3 - 4 days a week
- d. 1 - 2 days a week
- e. Less often than 1 day a week
- f. I don't drink eat any fast food meals or snacks

Alcohol

5. Do you drink alcohol? Yes No

a. If yes, how many days per week do you drink alcohol? _____

b. How many drinks containing alcohol do you have on a typical day when you are drinking? _____

Smoking

6. Do you currently smoke? Yes No

a. If yes, how many packs a day do you smoke? _____

7. Did you smoke previously? Yes No

a. If you are a former smoker, how many years has it been since you quit? _____

Current Physical Activity

For this questionnaire, we want you to recall your **current** leisure time physical activity (do not include work or household activities) during a **typical week**. When considering the number of times per week, please only include those times that you were physically active for **more than 15 minutes**.

Example: You typically swim vigorously for 20 minutes 2 times per week and run for 40 minutes 3 times per week:

	Times per Week	Average Duration Each Time You Exercised (in minutes)
1) Strenuous Exercise (Heart Beats Rapidly) <i>(e.g., running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling)</i>	<u>5</u>	<u>30</u>

	Times per Week	Average Duration Each Time You Exercised (in minutes)
1) Strenuous Exercise (Heart Beats Rapidly) <i>(e.g., running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling)</i>	_____	_____
2) Moderate Exercise (Not Exhausting) <i>(e.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)</i>	_____	_____
3) Mild Exercise (Minimal Effort) <i>(e.g., yoga, archery, fishing from river bank, bowling, horseshoes, golf, snowmobiling, easy walking,</i>	_____	_____

Date: _____

I.D. # _____

Intervention Evaluation (Phone Interview Script)

Thank you for taking the time to talk with me today. I just wanted to remind you that this telephone conversation is being recorded for quality assurance purposes. I expect our conversation will be brief, under 30 minutes. Then in one month you'll be hearing from [name of RA] as a reminder to complete your final follow-up assessment.

First, I'd like to ask you a few questions about these sessions and the study so far.

Let's go back through the skills we've covered:

- a. Positive Events
- b. Capitalizing (revisiting positive events)
- c. Gratitude Journal
- d. Formal Mindfulness (breath awareness)
- e. Informal Mindfulness (mindfulness in daily life)
- f. Positive Reappraisal
- g. Personal strengths
- h. Goals
- i. Acts of Kindness

1. Please rank the sessions from your most favorite (1) to least favorite (9):

- _____ Positive Event
- _____ Capitalizing
- _____ Gratitude Journal
- _____ Mindfulness Formal (Breath Awareness)
- _____ Mindfulness Informal (Mindfulness in Daily Activities)
- _____ Positive Reappraisal
- _____ Personal strengths
- _____ Attainable Goals
- _____ Acts of Kindness

2. On a scale of 0 to 10, with 0 being "definitely not" to 10 being "definitely yes", to what extent would you recommend these skills to a friend?

(Please circle your response)

0 1 2 3 4 5 6 7 8 9 10
 Definitely not Definitely

3. To what extent would you recommend this intervention to someone newly diagnosed with cancer? (Please circle your response)

0 1 2 3 4 5 6 7 8 9 10
 Definitely not Definitely

How likely are you to practice the following skills over the next 6 months? (Please circle your response)

4. Positive Event:

0 1 2 3 4 Other ___
 Not at all Once a month Once a week 2-3 times/week Daily

5. Capitalizing:

0 1 2 3 4 Other ___
 Not at all Once a month Once a week 2-3 times/week Daily

6. Gratitude Journal:

0 1 2 3 4 Other ___
 Not at all Once a month Once a week 2-3 times/week Daily

7. Mindful Breath Awareness:

0 1 2 3 4 Other ___
 Not at all Once a month Once a week 2-3 times/week Daily

8. Mindfulness in Daily Activities:

0 1 2 3 4 Other ___
 Not at all Once a month Once a week 2-3 times/week Daily

9. Positive Reappraisal:

0 1 2 3 4 Other ____
Not at all Once a month Once a week 2-3 times/week Daily

10. Personal Strengths:

0 1 2 3 4 Other ____
Not at all Once a month Once a week 2-3 times/week Daily

11. Attainable Goals:

0 1 2 3 4 Other ____
Not at all Once a month Once a week 2-3 times/week Daily

12. Acts of Kindness

0 1 2 3 4 Other ____
Not at all Once a month Once a week 2-3 times/week Daily

Planning for continued practice

For this last section, I'd like to talk about continued practice of the skills we covered. A basic premise of these coping skills is that they only work if you continue to practice them. Again these skills are like muscles, if you don't exercise them, they aren't likely to work very well. For these skills to be beneficial to you, you need to make them habits.

It sounds like you plan to continue (XX skill from above participant is going to practice most frequently) but are less likely to continue (XX skill from above participant is going to practice less). First let's talk about the one that you plan to continue. What about it is appealing to you? How do you plan to fit it into your day and make it a habit?

How about your least favorite skill? Can you tell me what about that one makes you less likely to try and incorporate it into your life?

One of the interesting things about any new skill is that after a while you might get bored with it or it may stop having the same impact that it had initially. If (skill participant rates as most likely to continue) starts getting old for you, you should go back to the skills and choose another one and increase your practice of that one. Let's talk about (XX skill that participant rated the second most likely to practice) and ways you might be able to incorporate that into your daily life.

Questions about website usage:

Can you talk about your experience using the intervention website?

Probe: What features did you like?

What could have been clearer?

What did you think of the at home practice exercises?

If the participant did not progress through all the lessons

Why did you stop at lesson X?

In about four weeks (cite specific dates), I will email you the final online questionnaire for the study. This will mark the end of your participation in the study.

Are there any questions I can answer for you now?

Thank you again for your time and participation in this study. We really appreciate it!

Hang up.