B – Translation of contact letter and questionnaire

« Living in Switzerland » additional questions on health

Dear Sir (Madam),

We sincerely thank you for your participation in our annual survey « Living in Switzerland ». Exceptionally, we are asking you, as well as other participants of our survey, whether you would like to respond to an additional questionnaire on the topic of health and the consequences of health problems in everyday life.

This questionnaire is important because we do not know much about the ways in which persons experience their health problems. If you agree to fill in this questionnaire, you can possibly contribute to directing health policies and hence, to improving the quality of life of persons that have a health problem. Thank you for participating before the xx.

As a sign for our appreciation, it is our pleasure to send you a small anticipated thank-you in the form of 10.- francs.

Naturally, your participation is voluntary. Participation is very simple and takes between 20 and 30 minutes. Please enter the internet address indicated below in your web browser, then enter your username and password:

https://survey.mis-trend.ch/NCCR_N

Your user name:           Your password:

If you encounter technical problems, please contact the research institute MIS Trend at the free telephone number 0800 800 246 or by sending an email to info@mistrend.ch.

We thank you very much in advance for your help.
Yours sincerely,
Additional questionnaire on the role of health in Switzerland

This questionnaire deals with the quality of life and health of persons living in Switzerland. Up to now, our knowledge regarding how persons experience their eventual health problems is scarce. By responding to this questionnaire, you will possibly contribute to a better understanding of how persons cope with their health problems and how important they estimate their physical and psychological wellbeing.

Filling out this questionnaire will take about 20-30 minutes.
Naturally, your participation is voluntary. All your answers will be treated completely confidentially and anonymously. They will only be used for scientific purposes.

The questionnaire consists of 4 parts: a first general part on health and wellbeing, and three further parts that address more specifically health problems and their consequences.

Most of the questions include response options that you can mark with a cross. We also propose some questions where, if you wish to do so, you can express yourself using your own words.

There is no right or wrong answer; please respond according to your situation in life and your personal opinion.

Thank you very much for your kind assistance!
Part 1

In the beginning, we would like to ask you some questions concerning the topic well-being and health.

1  How satisfied are you with your life at the moment?

<table>
<thead>
<tr>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
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<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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2  How satisfied are you with your health at the moment?

<table>
<thead>
<tr>
<th>not at all</th>
<th>little</th>
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<tr>
<td>1</td>
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<td>5</td>
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</table>

Before turning to the role that physical and psychological wellbeing play in your life, we would like to know what these concepts mean to you.

3  What does physical wellbeing mean for you if you had to describe it in a few words?

4  What does psychological wellbeing mean for you if you had to describe it in a few words?
In the following part of this questionnaire, when talking about “physical wellbeing”, we mean a **good bodily or physical health status**. We are interested in your opinion as well as in how you see most people’s opinion.

### In your opinion

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>5  To what extent is <strong>physical wellbeing</strong> important to you?</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
<tr>
<td>6  To what extent are you able to take (any kind of) actions in order to <strong>maintain or increase</strong> your physical wellbeing?*</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
</tbody>
</table>

*What do you do in order to maintain or increase your **physical wellbeing**? If you would like to give some examples, you can write them down here:

### How you see most people’s opinion

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>7  In your opinion - To what extent are persons who have a <strong>physical health problem</strong> (for example hypertension, diabetes, cancer) responsible for their recovery?</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
<tr>
<td>8  To what extent is <strong>physical wellbeing</strong> important to most people?</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
<tr>
<td>9  According to most people, to what extent is it possible to take (any kind of) actions in order to <strong>maintain or increase</strong> one’s <strong>physical wellbeing</strong>?</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
<tr>
<td>10 According to most people, to what extent are persons who have a <strong>physical health problem</strong> (for example hypertension, diabetes, cancer) responsible for their recovery?</td>
<td>1 not at all 2 little 3 moderately 4 much 5 a great deal</td>
</tr>
</tbody>
</table>
In the following part of this questionnaire, when talking about “psychological wellbeing”, we mean a psychological or health status. We are interested in your opinion as well as in how you see most people’s opinion.

<table>
<thead>
<tr>
<th>In your opinion</th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 To what extent is psychological wellbeing important to you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>12 To what extent are you able to take (any kind of) actions in order to maintain or increase your psychological wellbeing?*</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

*What do you do in order to maintain or increase your psychological wellbeing? If you would like to give some examples, you can write them down here:

| 13 In your opinion - To what extent are persons who have a psychological health problem (for example burnout, depression, schizophrenia) responsible for their recovery? | 1 | 2 | 3 | 4 | 5 |

<table>
<thead>
<tr>
<th>How you see most people’s opinion</th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 To what extent is psychological wellbeing important to most people?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>15 According to most people, to what extent is it possible to take (any kind of) actions in order to maintain or increase one’s psychological wellbeing?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>16 According to most people, to what extent are persons who have a psychological health problem (for example burnout, depression, schizophrenia) responsible for their recovery?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
17 When you think of “most people”, who do you think of, in a few words?

18 In your opinion, what is the relationship between physical and psychological wellbeing? Only one answer is possible.

- There is no relationship between physical and psychological wellbeing
- Physical wellbeing influences psychological wellbeing to a greater extent than vice versa
- Psychological wellbeing influences physical wellbeing to a greater extent than vice versa
- Physical and psychological wellbeing influence each other to the same extent
Part 2

In this second part, we are interested in your medical history. The following questions deal with health problems that you have had all throughout your life.

19 Have you been diagnosed by a doctor one or more times with a physical health problem? It can be a health problem you have had once or more often, or one that lasts until today. Do not report any accidents. Health problems that were not diagnosed can be reported at the end of the list.

Please provide the following information next to every single health problem that you select:
- whether it is ongoing
- your age when first diagnosed
- if you had it once or several times

Several answers are possible.

- Asthma
  - Your age at diagnosis: 
    _ _ _ _ years
  - Is it an ongoing health problem?
    □ no* □ yes
  - *Your age at the end of the health problem:
    _ _ _ _ years
  - How often have you had this health problem?
    □ once/ one episode
    □ several times/ several episodes

- Arthrosis, rheumatism
  - Your age at diagnosis: 
    _ _ _ _ years
  - Is it an ongoing health problem?
    □ no* □ yes
  - *Your age at the end of the health problem:
    _ _ _ _ years
  - How often have you had this health problem?
    □ once/ one episode
    □ several times/ several episodes
* Which type of cancer? Several answers are possible.
  - Cervical/uterine cancer
  - Ovarian cancer
  - Skin cancer
  - Prostate cancer
  - Lung cancer
  - Breast cancer
  - Testicular cancer
  - Brain tumour
  - Other(s)

- Your age at diagnosis:
  _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes

- Chronic bronchitis

- Your age at diagnosis:
  _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes

- Diabetes

- Your age at diagnosis:
  _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes
- Gastric ulcer, duodenal ulcer
  - Your age at diagnosis: 
    _ _ _ _ years
  - Is it an ongoing health problem?
    - no*    - yes
  *Your age at the end of the health problem: 
    _ _ _ _ years
  - How often have you had this health problem?
    - once/ one episode
    - several times/ several episodes

- Hay fever, allergies
  - Your age at diagnosis: 
    _ _ _ _ years
  - Is it an ongoing health problem?
    - no*    - yes
  *Your age at the end of the health problem: 
    _ _ _ _ years
  - How often have you had this health problem?
    - once/ one episode
    - several times/ several episodes

- HIV, AIDS
  - Your age at diagnosis: 
    _ _ _ _ years

- Hypertension
  - Your age at diagnosis: 
    _ _ _ _ years
  - Is it an ongoing health problem?
    - no*    - yes
  *Your age at the end of the health problem: 
    _ _ _ _ years
  - How often have you had this health problem?
    - once/ one episode
    - several times/ several episodes
Kidney problems*

*One of the following?

- Kidney stones
- Renal failure
- Other(s):

- Your age at diagnosis:
  - _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  - _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes

Migraine

- Your age at diagnosis:
  - _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  - _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes

Myocardial infarction

- Your age at diagnosis:
  - _ _ _ _ years

- Is it an ongoing health problem?
  - no*
  - yes

- Your age at the end of the health problem:
  - _ _ _ _ years

- How often have you had this health problem?
  - once/one episode
  - several times/several episodes
☐ Osteoporosis

- Your age at diagnosis: 
  _ _ _ _ years

- Is it an ongoing health problem? 
  ☐ no* ☐ yes

  *Your age at the end of the health problem: 
  _ _ _ _ years

- How often have you had this health problem? 
  ☐ once/ one episode 
  ☐ several times/ several episodes

☐ Pain without known medical cause

- Your age at diagnosis: 
  _ _ _ _ years

- Is it an ongoing health problem? 
  ☐ no* ☐ yes

  *Your age at the end of the health problem: 
  _ _ _ _ years

- How often have you had this health problem? 
  ☐ once/ one episode 
  ☐ several times/ several episodes

☐ Stroke, cerebrovascular accident

- Your age at diagnosis: 
  _ _ _ _ years

- Is it an ongoing health problem? 
  ☐ no* ☐ yes

  *Your age at the end of the health problem: 
  _ _ _ _ years

- How often have you had this health problem? 
  ☐ once/ one episode 
  ☐ several times/ several episodes
☐ Other physical health problem (you can also report health problems which a medical doctor has not diagnosed):

☐ No physical health problem

☐ Your age at diagnosis: __ __ __ years

☐ Is it an ongoing health problem?
☐ no* ☐ yes

*Your age at the end of the health problem: __ __ __ years

☐ How often have you had this health problem?
☐ once/ one episode
☐ several times/ several episodes
Have you been diagnosed by a doctor one or more times with a psychological health problem? It can be a health problem you have had once or more often, or one that lasts until today. Do not report any accidents. Health problems that were not diagnosed can be reported at the end of the list.

Please provide the following information next to every single health problem that you select:
- whether it is ongoing
- your age when first diagnosed
- if you had it once or several times

Several answers are possible.

☐ Adjustment disorders
  (for example after a major life event)

- Your age at diagnosis: ___ ___ ___ years
- Is it an ongoing health problem?
  ☐ no* ☐ yes
  *
  *Your age at the end of the health problem: ___ ___ ___ years
- How often have you had this health problem?
  ☐ once/ one episode
  ☐ several times/ several episodes

☐ Anxiety disorders*
  (for example, phobia, panic)
  *One of the following?
  ☐ Generalised anxiety disorder
  ☐ Specific phobia
  ☐ Social phobia
  ☐ Panic
  ☐ Other(s):

- Your age at diagnosis: ___ ___ ___ years
- Is it an ongoing health problem?
  ☐ no* ☐ yes
  *
  *Your age at the end of the health problem: ___ ___ ___ years
- How often have you had this health problem?
  ☐ once/ one episode
  ☐ several times/ several episodes
- **Bipolar disorders**
  (for example, mania)
- **Your age at diagnosis:**
  _ _ _ _ years
- **Is it an ongoing health problem?**
  □ no* □ yes
- *Your age at the end of the health problem:
  _ _ _ _ years
- **How often have you had this health problem?**
  □ once/ one episode
  □ several times/ several episodes

- □ **Burnout**
- **Your age at diagnosis:**
  _ _ _ _ years
- **Is it an ongoing health problem?**
  □ no* □ yes
- *Your age at the end of the health problem:
  _ _ _ _ years
- **How often have you had this health problem?**
  □ once/ one episode
  □ several times/ several episodes

- □ **Depressive disorders**
- **Your age at diagnosis:**
  _ _ _ _ years
- **Is it an ongoing health problem?**
  □ no* □ yes
- *Your age at the end of the health problem:
  _ _ _ _ years
- **How often have you had this health problem?**
  □ once/ one episode
  □ several times/ several episodes
☐ Eating disorders* 
(for example, anorexia, bulimia) 
*One of the following? 
☐ Anorexia 
☐ Bulimia 
☐ Autre(s) : 
_______________________________________________________________________

☐ Hyperactivity, 
attention disorders

☐ Neurological disorders* 
(for example epilepsy, Parkinson's disease, multiple sclerosis) 
*One of the following? 
☐ Epilepsy 
☐ Parkinson's disease 
☐ Multiple sclerosis 
☐ Other(s) :
_______________________________________________________________________

• Your age at diagnosis: 
_ _ _ _ years 

• Is it an ongoing health problem? 
☐ no*  ☐ yes 

• Your age at the end of the health problem: 
_ _ _ _ years 

• How often have you had this health problem? 
☐ once/ one episode 
☐ several times/ several episodes 

• Your age at diagnosis: 
_ _ _ _ years 

• Is it an ongoing health problem? 
☐ no*  ☐ yes 

• Your age at the end of the health problem: 
_ _ _ _ years 

• How often have you had this health problem? 
☐ once/ one episode 
☐ several times/ several episodes 

• Your age at diagnosis: 
_ _ _ _ years 

• Is it an ongoing health problem? 
☐ no*  ☐ yes 

• Your age at the end of the health problem: 
_ _ _ _ years 

• How often have you had this health problem? 
☐ once/ one episode 
☐ several times/ several episodes
☐ Personality disorders*  
(for example, borderline)  
*Which type of personality order?  

- - - - - - - - - - - - - - - - - - - - -  
☐ Your age at diagnosis:  
_ _ _ _ years  

☐ Is it an ongoing health problem?  
☐ no*  ☐ yes  

*Your age at the end of the health problem:  
_ _ _ _ years  

☐ How often have you had this health problem?  
☐ once/ one episode  
☐ several times/ several episodes  

☐ Post-traumatic stress disorder  

☐ Your age at diagnosis:  
_ _ _ _ years  

☐ Is it an ongoing health problem?  
☐ no*  ☐ yes  

*Your age at the end of the health problem:  
_ _ _ _ years  

☐ How often have you had this health problem?  
☐ once/ one episode  
☐ several times/ several episodes  

☐ Schizophrenia  

☐ Your age at diagnosis:  
_ _ _ _ years  

☐ Is it an ongoing health problem?  
☐ no*  ☐ yes  

*Your age at the end of the health problem:  
_ _ _ _ years  

☐ How often have you had this health problem?  
☐ once/ one episode  
☐ several times/ several episodes
☐ Substance dependence* (for example alcohol, drugs, etc.)

- Your age at diagnosis: ___ years
- Is it an ongoing health problem?
  - no*  yes
  ↓
- Your age at the end of the health problem: ___ years
- How often have you had this health problem?
  - once/ one episode
  - several times/ several episodes

☐ Have you made one or several suicide attempts?

- Age at first attempt: ___ years
- How many suicide attempts have you made?
  - once
  - several times

☐ Other psychological health problem (you can also report health problems which a medical doctor has not diagnosed):

- Your age at diagnosis: ___ years
- Is it an ongoing health problem?
  - no*  yes
  ↓
- Your age at the end of the health problem: ___ years
- How often have you had this health problem?
  - once/ one episode
  - several times/ several episodes

☐ No psychological health problems
21 Have you reported one or more psychological health problems at question 20?

☐ yes  ⇔ Please continue with question 22

☐ no  ⇔ Please continue with question 23

22 Among the psychological health problems you have reported at question 20, select the one which is most important to you today and note it here:

Most important psychological health problem:

⇔ Please continue with question 25

23 Have you reported one or more physical health problems at question 19?

☐ yes  ⇔ Please continue with question 24

☐ no  ⇔ Please continue with question 93

24 Among the physical health problems you have reported at question 20, select the one which is most important to you today and note it here:

Most important physical health problem:

⇔ Please continue with question 25
25 Please note here the health problem you have reported at question 22 or 24.

Health problem:

________________________________________________________________________

In the following, we are particularly interested in the health problem that you have selected above. All following questions will be treating this health problem.

________________________________________________________________________

26 Is this health problem ongoing or does it affect you at the moment?

☐ yes ⇒ Please continue with part 3A

☐ no ⇒ Please continue with part 3B
Part 3 A

Please choose from the list the **symptoms** that you had at the onset of the health problem.

<table>
<thead>
<tr>
<th>27</th>
<th>Please choose from the list the symptoms that you had at the onset of the health problem.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td><strong>Body</strong></td>
</tr>
<tr>
<td></td>
<td>- Increase in appetite</td>
</tr>
<tr>
<td></td>
<td>- Cardiac arrhythmia</td>
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<td></td>
<td>- Speech difficulties</td>
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<td></td>
<td>- Fever</td>
</tr>
<tr>
<td></td>
<td>- Hypersomnia, difficulties waking up</td>
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<tr>
<td></td>
<td>- Insomnia, difficulties falling asleep</td>
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<tr>
<td></td>
<td>- Insomnia, waking up et not being able to fall asleep again</td>
</tr>
<tr>
<td></td>
<td>- Heaviness in the limbs, the back or the head</td>
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<tr>
<td></td>
<td>- Loss of appetite</td>
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<td></td>
<td>- Hair loss</td>
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<td></td>
<td>- Deceleration (Reduced motor activity)</td>
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<td></td>
<td>- Self-induced vomiting</td>
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<td></td>
<td>- Feeling of weakness</td>
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<td></td>
<td>- Gastrointestinal symptoms</td>
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<td></td>
<td>- Vision problems</td>
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<tr>
<td></td>
<td>- Vomiting</td>
</tr>
<tr>
<td></td>
<td><strong>Pain</strong></td>
</tr>
<tr>
<td></td>
<td>- Joint pain</td>
</tr>
<tr>
<td></td>
<td>- Upper limb pain</td>
</tr>
<tr>
<td></td>
<td>- Pain, pressure in the chest</td>
</tr>
<tr>
<td></td>
<td>- Back pain</td>
</tr>
</tbody>
</table>
☐ Headaches, facial pain
☐ Tummy ache

Mind
☐ Disorientation
☐ Difficulties with concentration
☐ Difficulties with thinking
☐ Difficulties in taking decisions
☐ Hallucinations
☐ Suicidal ideation
☐ No insight into health problem [only version B]
☐ Obsessive thoughts
☐ Slow thinking

Mood
☐ Agitation
☐ Anxiety
☐ General lack of interest
☐ Fatigue
☐ Euphoria
☐ Panic
☐ Loss of self-confidence
☐ Loss of control
☐ Withdrawal
☐ Feeling of guilt
☐ Feeling of loneliness
☐ Increased irritability
☐ Sadness

☐ Other(s): _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
☐ No symptoms
Now we will ask questions concern your health problem more directly.

28 How much time did you take after the first symptoms appeared before you looked for professional help (for example, first contact with a medical doctor or therapist)?

_ _ _ years  _ _ _ months  _ _ _ days

29 Are you currently undergoing one or more of the following treatments for your health problem? Several answers are possible. [only version A, ongoing HP]

- Medication  ↦ please continue with question 30
- Psychotherapy  ↦ please continue with question 31
- Complementary medicine  ↦ please continue with question 32
- Chemotherapy, radiation therapy
- Surgical operation (in the last 2 months or scheduled in the next 2 months)
- Physiotherapy
- Diets
- Sport
- Other(s): __________________________
- No current treatment  ↦ please continue with question 33

30 Which medications are you taking? Several answers are possible.

- Painkillers
- Antibiotics, medication to treat infections
- Sedatives, tranquillizers
- Laxatives
☐ Medication for the treatment of Asthma, chronic bronchitis, allergies
☐ Cholesterol lowering drugs
☐ Hypertension medication
☐ Stomach medication
☐ Psychotropic medication, please specify
  ☐ Antidepressants
  ☐ Antiepileptics
  ☐ Anxiolytics
  ☐ Lithium
  ☐ Neuroleptics
  ☐ Sleeping pills
☐ Osteoporosis medication
☐ Heart medication
☐ Diabetes therapy
☐ Hormone-replacement therapy
☐ Other(s): ___________________________

31 Which type of psychotherapy are you receiving? Several answers are possible.

☐ Psychoanalytic and psychodynamic psychotherapies
☐ Cognitive-behavioural psychotherapies
☐ Systemic psychotherapies
☐ Unspecified psychotherapy
☐ Other(s): ___________________________
Which type of **complementary medicine** do you use? Several answers are possible.

- [ ] Acupuncture
- [ ] Homeopathy
- [ ] Traditional Chinese medicine
- [ ] Osteopathy
- [ ] Autogenic training/ hypnosis
- [ ] Other(s): _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Did you undergo one or more of the following treatments for your health problem **in the past (after diagnosis)**? Several answers are possible.

- [ ] Exactly the same as in question 29. ⇒ Please continue with question 34.

- [ ] Medication ⇒ please continue with question 34
- [ ] **Psychotherapy** ⇒ please continue with question 35
- [ ] Complementary medicine ⇒ please continue with question 36
- [ ] Chemotherapy, radiation therapy
- [ ] Surgical operation
- [ ] **Physiotherapy**
- [ ] Diets
- [ ] Sport
- [ ] Other(s): _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
- [ ] No treatment in the past ⇒ please continue with question 37
Which medication did you take in the past (after diagnosis)?
Several answers are possible.

- Exactly the same as in question 30.
  ⇨ Please continue with question 35.

- Painkillers

- Antibiotics, medication to treat infections

- Sedatives, tranquillizers

- Laxatives

- Medication for the treatment of Asthma, chronic bronchitis, allergies

- Cholesterol lowering drugs

- Hypertension medication

- Stomach medication

- Psychotropic medication, please specify:
  - Antidepressants
  - Antiepileptics
  - Anxiolytics
  - Lithium
  - Neuroleptics
  - Sleeping pills

- Osteoporosis medication

- Heart medication

- Diabetes therapy

- Hormone-replacement therapy

- Other(s): _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
35 Which type of psychotherapy did you receive in the past (after diagnosis)?
Several answers are possible.

☐ Exactly the same as in question 31.
☞ Please continue with question 36.

☐ Psychoanalytic and psychodynamic psychotherapies
☐ Cognitive-behavioural psychotherapies
☐ Systemic psychotherapies
☐ Unspecified psychotherapy
☐ Other(s): ___________________________

36 Which type of complementary medicine did you use in the past (after diagnosis)?
Several answers are possible.

☐ Exactly the same as in question 32.
☞ Please continue with question 37.

☐ Acupuncture
☐ Homeopathy
☐ Traditional Chinese medicine
☐ Osteopathy
☐ Autogenic training/hypnosis
☐ Other(s): ___________________________

37 Have you been hospitalized for your health problem?
If yes, what was your longest hospital stay?

* ☐ yes ☐ non

* Longest hospital stay: __ __ years __ __ months __ __ days
The following questions deal with **how you feel about your life in general**.

To what extent do you agree with the following statements:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>I have my own plan for how to stay or become well</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>39</td>
<td>I have goals in life that I want to reach</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>40</td>
<td>I believe I can meet my current personal goals</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>41</td>
<td>I can handle what happens in my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>42</td>
<td>I like myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>43</td>
<td>I’m hopeful about my future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>44</td>
<td>Coping with my illness is no longer the main focus of my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>45</td>
<td>My symptoms interfere less and less with my life [only version A, ongoing HP]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>46</td>
<td>I ask for help, when I need it [only version A, ongoing HP]</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>47</td>
<td>I can handle stress</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>48</td>
<td>I have people I can count on</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Now we would like to ask you questions about the role of the health problem in your life and the consequences it has on your life.

We are still concerned with the health problem that you have selected as the most important.

Today, in your opinion, to what extent does this health problem have an impact on the following aspects of your life:

<table>
<thead>
<tr>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>49</td>
<td>I feel that this health problem has become part of my identity</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>50</td>
<td>This health problem has changed the way I understand myself and the world</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>51</td>
<td>I feel that this health problem has become a central part of my life story</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>52</td>
<td>This health problem was a turning point in my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>53</td>
<td>This health problem has changed the image that others have of me</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

A health problem can have **positive as well as negative consequences**. Please indicate to what extent your health problem has influenced different domains of your life in a positive or negative way:

<table>
<thead>
<tr>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>54</td>
<td>To what extent does the health problem still affect you today?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>55</td>
<td>To what extent does this health problem have positive consequences on your life today?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>56</td>
<td>To what extent does this health problem have negative consequences on your life today?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
### 57  **Today, from your perspective**, to what extent does this health problem have **positive** consequences on…

<table>
<thead>
<tr>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>… the relationships between you and your family and friends?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… the relationships between you and your work colleagues (or people you met during other activities, for example volunteer activities)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your professional activities (or other activities, for example volunteer activities)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your personal development?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your living comfort (your financial situation included)?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

### 58  **Today, from your perspective**, to what extent does this health problem have **negative** consequences on…

<table>
<thead>
<tr>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>… the relationships between you and your family and friends?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… the relationships between you and your work colleagues (or people you met during other activities, for example volunteer activities)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your professional activities (or other activities, for example volunteer activities)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your personal development?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>… your living comfort (your financial situation included)?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Please indicate to what extent does your health problem has influenced the following aspects of your life:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>59</td>
<td>Because of my illness I find it easier to accept what life has in store</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>60</td>
<td>Because of this health problem it is easier for me to accept that there are situations which I cannot control</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>61</td>
<td>Because of this health problem I can better act in order to maintain or increase my physical wellbeing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>62</td>
<td>Because of this health problem I can better act in order to maintain or increase my psychological wellbeing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>63</td>
<td>Because of my health problem I am more open to spirituality</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>64</td>
<td>This health problem has made me more creative</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>65</td>
<td>This health problem made me more aware of my strengths</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>66</td>
<td>This health problem helped me find myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>67</td>
<td>This health problem has completely changed me as a person</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>68</td>
<td>This health problem made me face up to problem areas of my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>69</td>
<td>Because of this health problem I can offer more to other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>70</td>
<td>I have been an inspiration to others</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>71</td>
<td>This health problem made me put an end to troublesome relationships</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>72</td>
<td>Because of this health problem I started one or more new group activities</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>73</td>
<td>Because of this health problem, I am part of one or more new groups</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Please indicate now to what extent you agree with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>74 Having (had) this health problem has made me a more understanding person</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>75 I worry about telling people I (have) receive(d) treatment</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>76 This health problem has made me more accepting of other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>77 I am scared of how other people will react if they find out about this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>78 I am angry with the way people have reacted to this mental health problems</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>79 People have avoided me because of this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>80 People have insulted me because of this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>81 Having had this health problem has made me a stronger person</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>82 I find it hard telling people I have (had) this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>83 People have helped me because of this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Please indicate now to what extent you agree with the following statements:
[only version A, ongoing HP]

<table>
<thead>
<tr>
<th>Statement</th>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>84 I have problems with adapting to limitations imposed by this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>85 I cannot do what I like best because of this health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>86 This health problem makes me sometimes feel unwanted</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>87 This health problem makes me rely on others more than I want to</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>88 This health problem makes me a burden for my family and friends</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>89 This health problem makes me feel a person of good value</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>90 I will never be self-dependent to the extent I would like to be</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>91 I think people around me feel often embarrassed because of health problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>92 If you had to give some advice to others with the same health problem as yours, what would be the three main points you would offer them in order support them in coping with their situation?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
93 How satisfied are you now with your life?

<table>
<thead>
<tr>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

94 How satisfied are you now with your health?

<table>
<thead>
<tr>
<th>not at all</th>
<th>little</th>
<th>moderately</th>
<th>much</th>
<th>a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

95 If you have remarks or comments, please write them down here.

96 Before you finish this survey, you find below a list of some possible resources in case that you are looking for information or help in order to cope with your health problem:

*At the following IP address* you find information and several options in order to receive help:

https://www.comment-vas-tu.ch/

*The following telephone numbers* can also provide you with support:

Psychological health: 143; « La main tendue »: offers an open ear and support to any person who would like to talk about an acute or ongoing difficulty he or she is encountering, with strict anonymity.

Physical health: 144; In case of health emergencies.
You have arrived at the end of the questionnaire.
Thank you very much for your valuable assistance.