



## 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 et 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](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](mailto: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**.

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

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not at all	little	moderately	much	a great deal
1	2	3	4	5

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2 How satisfied are you with your health at the moment?

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not at all	little	moderately	much	a great deal
1	2	3	4	5

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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.

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

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4 What does **psychological** wellbeing mean for you if you had to describe it in a few words?

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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

	not at all	little	moderately	much	a great deal
5 To what extent is <b>physical wellbeing</b> important to you?	1	2	3	4	5
6 To what extent are you able to take (any kind of) actions in order to <b>maintain or increase</b> your <b>physical wellbeing</b> ?	1	2	3	4	5

\***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:

7 <b>In your opinion</b> - To what extent are persons who have a <b>physical health problem (for example hypertension, diabetes, cancer)</b> responsible for their recovery?	1	2	3	4	5
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How you see most people's opinion

	not at all	little	moderately	much	a great deal
8 To what extent is <b>physical wellbeing</b> important to <b>most people</b> ?	1	2	3	4	5
9 According to <b>most people</b> , to what extent is it possible to take (any kind of) actions in order to <b>maintain or increase</b> one's <b>physical wellbeing</b> ?	1	2	3	4	5
10 According to <b>most people</b> , to what extent are persons who have a <b>physical health problem (for example hypertension, diabetes, cancer)</b> responsible for their recovery?	1	2	3	4	5

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**.

In your opinion

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

\***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:

<b>13</b> <b>In your opinion</b> - To what extent are persons who have a <b>psychological health problem (for example burnout, depression, schizophrenia)</b> responsible for their recovery?	1	2	3	4	5
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How you see most people's opinion

	not at all	little	moderately	much	a great deal
<b>14</b> To what extent is <b>psychological wellbeing</b> important to <b>most people</b> ?	1	2	3	4	5
<b>15</b> According to <b>most people</b> , to what extent is it possible to take (any kind of) actions in order to <b>maintain or increase</b> one's <b>psychological wellbeing</b> ?	1	2	3	4	5
<b>16</b> According to <b>most people</b> , to what extent are persons who have a <b>psychological health problem (for example burnout, depression, schizophrenia)</b> responsible for their recovery?	1	2	3	4	5

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17 When you think of “**most people**”, who do you think of, in a few words?

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

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- 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

Cancer, tumour\*



▪ Your age at diagnosis:

\_\_\_\_\_ years



\* 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)

▪ 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

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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) :

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▪ 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**):

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▪ 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 physical health problem

**20** 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?



▪ 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

- Generalised anxiety disorder
- Specific phobia
- Social phobia
- Panic
- Other(s):

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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) :

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▪ 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

Hyperactivity,  
attention 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

Neurological disorders\*   
(for example epilepsy, Parkinson's  
disease, multiple sclerosis)

\*One of the following?

Epilepsy

Parkinson's disease

Multiple sclerosis

Other(s) :

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▪ 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?

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▪ 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**):

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▪ 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

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**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**

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**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:

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⇒ Please continue with question **25**

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**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**

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**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:

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⇒ Please continue with question **25**

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

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**Health problem:**

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**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.**

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

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yes                      ⇒ Please continue with part **3A**

no                            ⇒ Please continue with part **3B**

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## Part 3 A

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

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

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### Body

- Increase in appetite
- Cardiac arrhythmia
- Speech difficulties
- Fever
- Hypersomnia, difficulties waking up
- Insomnia, difficulties falling asleep
- Insomnia, waking up et not being able to fall asleep again
- Heaviness in the limbs, the back or the head
- Loss of appetite
- Hair loss
- Deceleration (Reduced motor activity)
- Self-induced vomiting
- Feeling of weakness
- Gastrointestinal symptoms
- Vision problems
- Vomiting

### Pain

- Joint pain
- Upper limb pain
- Pain, pressure in the chest
- Back pain

- Headaches, facial pain
- Tummy ache

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### **Mind**

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- 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



- 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): \_\_\_\_\_

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

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- Psychoanalytic and psychodynamic psychotherapies
- Cognitive-behavioural psychotherapies
- Systemic psychotherapies
- Unspecified psychotherapy
- Other(s): \_\_\_\_\_





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**34 Which medication did you take in the past (after diagnosis)?**

Several answers are possible.

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- Exactly the same as in question 30.  
⇒ Please continue with question **35**.
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Painkillers

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Antibiotics, medication to treat infections

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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): \_\_\_\_\_

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**35** Which type of **psychotherapy** did you receive **in the past (after diagnosis)**?  
Several answers are possible.

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- 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.

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- 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?

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\*  yes     non

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\* Longest hospital stay: \_\_\_ years    \_\_\_ months    \_\_\_ days

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## Part 4 A

The following questions deal with **how you feel about your life in general**.

To what extent do you agree with the following statements:

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

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:

	not at all	little	moderately	much	a great deal
<b>49</b> I feel that this health problem has become part of my identity	1	2	3	4	5
<b>50</b> This health problem has changed the way I understand myself and the world	1	2	3	4	5
<b>51</b> I feel that this health problem has become a central part of my life story	1	2	3	4	5
<b>52</b> This health problem was a turning point in my life	1	2	3	4	5
<b>53</b> This health problem has changed the image that others have of me	1	2	3	4	5

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:

	not at all	little	moderately	much	a great deal
<b>54</b> To what extent does the health problem still affect you today?	1	2	3	4	5
<b>55</b> To what extent does this health problem have <b>positive consequences on your life today?</b>	1	2	3	4	5
<b>56</b> To what extent does this health problem have <b>negative consequences on your life today?</b>	1	2	3	4	5

**57 Today, from your perspective, to what extent does this health problem have positive consequences on...**

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

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

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

Please indicate to what extent does your health problem has influenced the following aspects of your life:

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

Please indicate now to what extent you agree with the following statements:

	not at all	little	moderately	much	a great deal
<b>74</b> Having (had) this health problem has made me a more understanding person	1	2	3	4	5
<b>75</b> I worry about telling people I (have) receive(d) treatment	1	2	3	4	5
<b>76</b> This health problem has made me more accepting of other people	1	2	3	4	5
<b>77</b> I am scared of how other people will react if they find out about this health problem	1	2	3	4	5
<b>78</b> I am angry with the way people have reacted to this mental health problems	1	2	3	4	5
<b>79</b> People have avoided me because of this health problem	1	2	3	4	5
<b>80</b> People have insulted me because of this health problem	1	2	3	4	5
<b>81</b> Having had this health problem has made me a stronger person	1	2	3	4	5
<b>82</b> I find it hard telling people I have (had) this health problem	1	2	3	4	5
<b>83</b> People have helped me because of this health problem	1	2	3	4	5

Please indicate now to what extent you agree with the following statements:  
 [only version A, ongoing HP]

	not at all	little	moderately	much	a great deal
<b>84</b> I have problems with adapting to limitations imposed by this health problem	1	2	3	4	5
<b>85</b> I cannot do what I like best because of this health problem	1	2	3	4	5
<b>86</b> This health problem makes me sometimes feel unwanted	1	2	3	4	5
<b>87</b> This health problem makes me rely on others more than I want to	1	2	3	4	5
<b>88</b> This health problem makes me a burden for my family and friends	1	2	3	4	5
<b>89</b> This health problem makes me feel a person of good value	1	2	3	4	5
<b>90</b> I will never be self-dependent to the extent I would like to be	1	2	3	4	5
<b>91</b> I think people around me feel often embarrassed because of health problem.	1	2	3	4	5

**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?



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**93** How satisfied are you now with your life?

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not at all	little	moderately	much	a great deal
1	2	3	4	5

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**94** How satisfied are you now with your health?

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not at all	little	moderately	much	a great deal
1	2	3	4	5

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

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**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.

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**You have arrived at the end of the questionnaire.  
Thank you very much for your valuable assistance.**