

Appendix—Modified QOL Survey

Survival

1. Rate your overall physical health

extremely 0 1 2 3 4 5 6 7 8 9 10 excellent
poor

2. How difficult is it for you to cope today as a result of your disease?

not at all 0 1 2 3 4 5 6 7 8 9 10 very
difficult difficult

3. How difficult is it for you to cope today as a result of your treatment?

not at all 0 1 2 3 4 5 6 7 8 9 10 very
difficult difficult

4. How good is your quality of life?

extremely 0 1 2 3 4 5 6 7 8 9 10 excellent
poor

5. How much happiness do you feel?

none at all 0 1 2 3 4 5 6 7 8 9 10 a great deal

6. Do you feel like you are in control of situations in your life?

not at all 0 1 2 3 4 5 6 7 8 9 10 completely

7. To what extent are you fearful of:

Future diagnostic tests
no fear 0 1 2 3 4 5 6 7 8 9 10 extreme
fear

8. Recurrence of cancer

no fear 0 1 2 3 4 5 6 7 8 9 10 extreme
fear

9. How much anxiety do you have as a result of your illness and treatment?

none at all 0 1 2 3 4 5 6 7 8 9 10 a great deal

10. How satisfying is your life?

not at all 0 1 2 3 4 5 6 7 8 9 10 completely

Restitution

11. Has your illness or treatment caused changes in your appearance?

not at all 0 1 2 3 4 5 6 7 8 9 10 extremely

12. Has your illness or treatment caused changes in you self-concept (the way you see yourself)?

not at all 0 1 2 3 4 5 6 7 8 9 10 completely

13. How distressing is/was cancer surgery?
not at all 0 1 2 3 4 5 6 7 8 9 10 very distressing
14. To what degree do you feel your life is back to normal?
none at all 0 1 2 3 4 5 6 7 8 9 10 a great deal
15. Is your sexuality impacted by your illness?
none at all 0 1 2 3 4 5 6 7 8 9 10 a great deal
16. To what degree has your illness and treatment interfered with your employment?
no problem 0 1 2 3 4 5 6 7 8 9 10 severe problem
17. To what degree has your illness and treatment interfered with your activities at home?
no problem 0 1 2 3 4 5 6 7 8 9 10 severe problem
18. How much uncertainty do you feel about your future?
not at all 0 1 2 3 4 5 6 7 8 9 10 very uncertain
19. How did the idea of immediate reconstruction help?
not at all 0 1 2 3 4 5 6 7 8 9 10 a lot
20. Are you affected by changes to your breast?
not at all 0 1 2 3 4 5 6 7 8 9 10 a lot

Symmetry

21. How often do you notice breast asymmetry?
never 0 1 2 3 4 5 6 7 8 9 10 all the time
22. How often do you notice nipple asymmetry?
never 0 1 2 3 4 5 6 7 8 9 10 all the time
23. How bothersome is breast asymmetry?
not at all 0 1 2 3 4 5 6 7 8 9 10 very
24. How bothersome is nipple asymmetry?
not at all 0 1 2 3 4 5 6 7 8 9 10 very
25. To what degree do you feel your breasts are back to normal?
not at all 0 1 2 3 4 5 6 7 8 9 10 very much
26. How important are normal appearing breasts?

not at all	0	1	2	3	4	5	6	7	8	9	10	very important
27. How happy are you with your result?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very happy
28. To what extent are you fearful of a poor result in reconstruction?												
no fear	0	1	2	3	4	5	6	7	8	9	10	extreme fear
29. Do you feel a need to correct asymmetries?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very much
30. How important are symmetry revisions for your psychological well-being?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very much

Enhancement

31. To what extent has your illness made positive changes in your life?												
none at all	0	1	2	3	4	5	6	7	8	9	10	a great deal
32. To what extent has your illness made positive changes in your family's life?												
none at all	0	1	2	3	4	5	6	7	8	9	10	a great deal
33. To what extent has your illness made positive changes in your relationships?												
none at all	0	1	2	3	4	5	6	7	8	9	10	a great deal
34. Do you sense a purpose/mission for your life or a reason for being alive?												
none at all	0	1	2	3	4	5	6	7	8	9	10	a great deal
35. How hopeful do you feel?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very hopeful
36. Are you interested in physical enhancement?												
not at all	0	1	2	3	4	5	6	7	8	9	10	a lot
37. How important is your aesthetic outcome?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very important
38. How important is an improved functional outcome?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very Important
39. How important is an improved cosmetic outcome?												
not at all	0	1	2	3	4	5	6	7	8	9	10	very important
40. To what extent has your self-esteem changed?												
negatively	0	1	2	3	4	5	6	7	8	9	10	positively

41. To what extent will physical enhancement improve your recovery?
not at all 0 1 2 3 4 5 6 7 8 9 10 a lot