

Appendix—Modified QOL Survey

Survival

1. Rate your overall physical health

extremely poor	0	1	2	3	4	5	6	7	8	9	10	excellent
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2. How difficult is it for you to cope today as a result of your disease?

not at all difficult	0	1	2	3	4	5	6	7	8	9	10	very difficult
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3. How difficult is it for you to cope today as a result of your treatment?

not at all difficult	0	1	2	3	4	5	6	7	8	9	10	very difficult
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4. How good is your quality of life?

extremely poor	0	1	2	3	4	5	6	7	8	9	10	excellent
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5. How much happiness do you feel?

none at all	0	1	2	3	4	5	6	7	8	9	10	a great deal
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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
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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
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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
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10. How satisfying is your life?

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