

PSSCAN-R Psychological Screening

Please answer the following questions to help us learn more about your well being. A serious illness can affect the quality of your life in many ways. We may contact you to offer our counselling services based on the information you provide to us, or contact you regarding opportunities to participate in research.

Part A:

Please respond to each question with “Yes” or “No” by making a circle around the appropriate answer. There are no right or wrong answers.

- | | | |
|---|----|-----|
| 1. Do you live alone? | No | Yes |
| 2. When you need help, can you count on anyone to help with daily tasks such as grocery shopping, cooking, giving you a ride? | No | Yes |
| 3. Do you have regular contact with friends or relatives? | No | Yes |
| 4. Have you lost your life partner within the last few years? | No | Yes |
| 5. Can you count on anyone to provide you with emotional support? | No | Yes |

Part B:

Please check all of the following items that have been of concern or a problem for you in the past week including today.*

| | |
|---|--|
| 6. Emotional: <input type="checkbox"/> Fears/Worries <input type="checkbox"/> Sadness <input type="checkbox"/> Frustration/Anger <input type="checkbox"/> Changes in appearance <input type="checkbox"/> Intimacy/Sexuality | 7. Informational: <input type="checkbox"/> Understanding my illness/treatment <input type="checkbox"/> Talking with the health care team <input type="checkbox"/> Making treatment decisions <input type="checkbox"/> Knowing about available resources |
| 8. Practical: <input type="checkbox"/> Work/School <input type="checkbox"/> Finances <input type="checkbox"/> Getting to & from appointments <input type="checkbox"/> Accommodation | 9. Spiritual: <input type="checkbox"/> Meaning/Purpose of life <input type="checkbox"/> Faith |
| 10. Social/Family: <input type="checkbox"/> Feeling a burden to others <input type="checkbox"/> Worry about family/friends <input type="checkbox"/> Feeling alone | 11. Physical: <input type="checkbox"/> Concentration/Memory <input type="checkbox"/> Sleep <input type="checkbox"/> Weight |

Other concerns, please specify: _____

* Canadian Problem Checklist developed by the Canadian Partnership Against Cancer, August 2010.

Part C: Please place an 'X' in the box that best describes what you have experienced.

| | Not at all | A little bit | Moderately | Quite a bit | Very much |
|---|------------|--------------|------------|-------------|-----------|
| 12. During the past week I have felt my heart race and I tremble. | | | | | |
| 13. During the past week I have felt that I cannot control anything. | | | | | |
| 14. During the past week I have lost interest in things I usually cared for or enjoyed. | | | | | |
| 15. During the past week I have felt nervous and shaky inside. | | | | | |
| 16. During the past week I have felt tense and cannot relax. | | | | | |
| 17. During the past week my thoughts are repetitive and full of scary things. | | | | | |
| 18. During the past week I have felt restless and find it difficult to sit still. | | | | | |
| 19. I have <i>recently</i> thought about taking my life. NOTE: If you have, please speak with a member of your health care team and/or your family doctor today. | | | | | |
| 20. In the past year, I have had 2 weeks or during which I felt sad, blue or depressed. | | | | | |
| 21. I have had 2 years or more in my life when I felt depressed or sad most days even if I felt okay sometimes. | | | | | |

Thank you for taking the time to respond to this form.

If you or your family is currently struggling with the stress of your diagnosis, information and support is available on our website: www.bccancer.bc.ca/health-info/coping-with-cancer or by calling: BC Cancer Patient & Family Counselling Departments

| | |
|---------------|-----------------------|
| Abbotsford | 604.851.4733 |
| Kelowna | 250.712.3963 |
| Prince George | 250.645.7330 |
| Surrey | 604.930.4000 |
| Vancouver | 604.877.6000 x 672194 |
| Victoria | 250.519.5525 |

Patient and Family Counselling Documentation:

D = _____ A = _____
Comments: _____
Reviewed by: _____
Date: _____

Supplementary Table 1: Reported Concerns on the Canadian Problem Checklist by Patient Subgroups

| Patient reported experience at diagnosis | All | Gender: Female (N=198) | Gender: Male (N=215) | P value | Age: 39 years or less (N=69) | Age: 40 years or older (N=344) | P value | Location: Upper Extremity (N=61) | Location: Trunk/ Head and Neck (N=123) | Location: Lower extremity (N=229) | P value | Stage: Resectable (N=176) | Stage: Unresectable or metastatic (N=35) | Stage: Unknown (N=202) | P value | PS: ECOG 0-1 (N=341) | PS: ECOG 2 or greater (N=38) | PS: Unknown (N=34) | P value |
|--|-------------|------------------------|----------------------|---------|------------------------------|--------------------------------|---------|----------------------------------|--|-----------------------------------|---------|---------------------------|--|------------------------|---------|----------------------|------------------------------|--------------------|---------|
| EMOTIONAL | | | | | | | | | | | | | | | | | | | |
| Fear/Worry | 187 (45.3%) | 102 (51.5%) | 85 (39.5%) | 0.018 | 28 (40.6%) | 159 (46.2%) | 0.428 | 21 (34.4%) | 64 (52%) | 102 (44.5%) | 0.074 | 88 (50.0%) | 21 (60.0%) | 78 (38.6%) | 0.016 | 158 (46.3%) | 18 (47.4%) | 11 (32.4%) | 0.285 |
| Sadness | 70 (16.9%) | 40 (20.2%) | 30 (14.0%) | 0.115 | 17 (24.6%) | 53 (15.4%) | 0.078 | 7 (11.5%) | 27 (22%) | 36 (15.7%) | 0.155 | 38 (21.6%) | 10 (28.6%) | 22 (10.9%) | 0.003 | 52 (15.2%) | 12 (31.6%) | 6 (17.6%) | 0.039 |
| Frustration/Anger | 75 (18.2%) | 36 (18.2%) | 39 (18.1%) | 0.991 | 15 (21.7%) | 60 (17.4%) | 0.395 | 10 (16.4%) | 32 (26%) | 32 (14.4%) | 0.025 | 33 (18.8%) | 15 (42.9%) | 27 (13.4%) | 0.001 | 55 (16.1%) | 15 (39.5) | 5 (14.7%) | 0.002 |
| Change in Appearance | 24 (5.8%) | 14 (7.1%) | 10 (4.7%) | 0.303 | 4 (5.8%) | 20 (5.8%) | 1.00 | 4 (6.6%) | 12 (9.8%) | 8 (3.5%) | 0.055 | 12 (6.8%) | 6 (17.1%) | 6 (3.0%) | 0.009 | 18 (5.3%) | 4 (10.5%) | 2 (5.9%) | 0.423 |
| Intimacy Sexuality | 17 (4.1%) | 9 (4.5%) | 8 (3.7%) | 0.805 | 4 (5.8%) | 13 (3.8%) | 0.502 | 2 (3.3%) | 11 (8.9%) | 4 (1.7%) | 0.005 | 8 (4.5%) | 3 (8.6%) | 6 (3.0%) | 0.337 | 12 (3.5%) | 2 (5.3%) | 3 (8.8%) | 0.310 |
| INFORMATIONAL | | | | | | | | | | | | | | | | | | | |
| Understanding of Illness | 188 (45.5%) | 99 (50.5%) | 89 (41.4%) | 0.093 | 29 (42%) | 159 (46.2%) | 0.597 | 23 (37.7%) | 67 (54.5%) | 98 (42.8%) | 0.046 | 77 (43.8%) | 20 (57.1%) | 91 (45.0%) | 0.343 | 159 (46.6%) | 17 (44.7%) | 12 (35.3%) | 0.447 |
| Talking with Team | 61 (14.8%) | 33 (16.7%) | 28 (13.0%) | 0.332 | 7 (10.1%) | 54 (15.7%) | 0.27 | 10 (16.4%) | 23 (18.7%) | 28 (12.2%) | 0.245 | 18 (10.2%) | 10 (28.6%) | 33 (16.3%) | 0.019 | 46 (13.5%) | 9 (23.7%) | 6 (17.6%) | 0.216 |
| Making Treatment Decision | 78 (18.9%) | 43 (21.7%) | 35 (16.3%) | 0.168 | 8 (11.6%) | 70 (20.3%) | 0.095 | 11 (18%) | 24 (19.5%) | 43 (18.8%) | 0.969 | 29 (16.5%) | 10 (28.6%) | 39 (19.3%) | 0.268 | 65 (19.1%) | 9 (23.7%) | 4 (11.8) | 0.427 |
| Knowledge of Available Resources | 77 (18.6%) | 40 (20.2%) | 37 (17.2%) | 0.451 | 9 (13%) | 68 (19.8%) | 0.236 | 14 (23%) | 32 (26%) | 31 (13.5%) | 0.011 | 33 (18.8%) | 8 (22.9%) | 36 (17.8%) | 0.786 | 63 (18.5%) | 12 (31.6%) | 2 (5.9%) | 0.020 |
| PRACTICAL | | | | | | | | | | | | | | | | | | | |
| Work/School | 49 (11.9%) | 23 (11.6%) | 26 (12.1%) | 0.881 | 16 (23.3%) | 33 (9.6%) | 0.003 | 7 (11.5%) | 17 (13.8%) | 25 (10.9%) | 0.720 | 23 (13.1%) | 8 (22.9%) | 18 (8.9%) | 0.069 | 35 (10.3%) | 9 (23.7%) | 5 (14.7%) | 0.046 |
| Finance | 68 (16.5%) | 30 (15.2%) | 38 (17.7%) | 0.509 | 14 (20.3%) | 54 (15.7%) | 0.374 | 7 (11.5%) | 32 (26%) | 29 (12.7%) | 0.003 | 32 (18.2%) | 9 (25.7%) | 27 (13.4%) | 0.151 | 56 (16.4%) | 8 (21.1%) | 4 (11.8%) | 0.569 |
| Getting to Appointment | 47 (11.4%) | 24 (12.1%) | 23 (10.7%) | 0.757 | 7 (10.1%) | 40 (11.6%) | 0.837 | 9 (14.8%) | 19 (15.4%) | 19 (8.3%) | 0.088 | 27 (15.3%) | 4 (11.4%) | 16 (7.9%) | 0.076 | 38 (11.1%) | 5 (13.2%) | 4 (11.8%) | 0.931 |
| Accommodation | 23 (5.6%) | 12 (6.1%) | 11 (5.1%) | 0.831 | 4 (5.8%) | 19 (5.5%) | 1.00 | 2 (3.3%) | 13 (10.6%) | 8 (3.5%) | 0.016 | 14 (8.0%) | 5 (14.3%) | 4 (2.0%) | 0.003 | 18 (5.3%) | 3 (7.9%) | 2 (5.9%) | 0.798 |
| SPIRITUAL | | | | | | | | | | | | | | | | | | | |
| Meaning of Life | 16 (3.9%) | 7 (3.5%) | 9 (4.2%) | 0.802 | 3 (4.3%) | 13 (3.8%) | 0.738 | 1 (1.6%) | 5 (4.1%) | 10 (4.4%) | 0.613 | 6 (3.4%) | 0 (0.0%) | 10 (5.0%) | 0.178 | 13 (3.8%) | 2 (5.3%) | 1 (2.9%) | 0.869 |
| Faith | 32 (7.7%) | 18 (9.1%) | 14 (6.5%) | 0.361 | 2 (2.9%) | 30 (8.7%) | 0.137 | 5 (8.2%) | 8 (6.5%) | 19 (8.3%) | 0.827 | 12 (6.8%) | 5 (14.3%) | 15 (7.4%) | 0.376 | 256 (75.1%) | 30 (78.9%) | 18 (52.9%) | 0.015 |
| SOCIAL | | | | | | | | | | | | | | | | | | | |
| Feeling of Burden to Others | 60 (14.5%) | 34 (17.2%) | 26 (12.1%) | 0.163 | 8 (11.6%) | 52 (15.1%) | 0.575 | 7 (11.5%) | 26 (21.1%) | 27 (11.8%) | 0.046 | 26 (14.8%) | 10 (28.6%) | 24 (11.9%) | 0.056 | 47 (13.8%) | 8 (21.1%) | 5 (14.7%) | 0.483 |
| Worry about Family | 95 (23.0%) | 51 (25.8%) | 44 (20.5%) | 0.242 | 14 (20.3%) | 81 (23.5%) | 0.640 | 14 (23%) | 32 (26%) | 49 (21.4%) | 0.618 | 44 (25.0%) | 13 (37.1%) | 38 (18.8%) | 0.049 | 78 (22.9%) | 13 (34.2%) | 4 (11.8%) | 0.077 |
| Feeling Alone | 30 (7.3%) | 16 (8.1%) | 14 (6.5%) | 0.574 | 4 (5.8%) | 26 (7.6%) | 0.801 | 5 (8.2%) | 8 (6.5%) | 17 (7.4%) | 0.908 | 16 (9.1%) | 4 (11.4%) | 10 (5.0%) | 0.184 | 26 (7.6%) | 3 (7.9%) | 1 (2.9%) | 0.597 |
| PHYSICAL | | | | | | | | | | | | | | | | | | | |
| Concentration/Memory | 70 (16.9%) | 46 (23.2%) | 24 (11.2%) | 0.002 | 9 (13%) | 61 (17.7%) | 0.385 | 9 (14.8%) | 31 (25.2%) | 30 (13.1%) | 0.014 | 35 (19.9%) | 7 (20.0%) | 28 (13.9%) | 0.260 | 58 (17.0%) | 10 (26.3%) | 2 (5.9%) | 0.070 |
| Sleep | 95 (23.0%) | 43 (21.7%) | 52 (24.2%) | 0.561 | 15 (21.7%) | 80 (23.3%) | 0.876 | 12 (19.7%) | 41 (33.3%) | 42 (18.3%) | 0.005 | 44 (25.0%) | 17 (48.6%) | 34 (16.8%) | <0.001 | 74 (21.7%) | 13 (34.2%) | 8 (23.5%) | 0.220 |
| Weight | 69 (16.7%) | 39 (19.7%) | 30 (14.0%) | 0.146 | 6 (8.7%) | 63 (18.3%) | 0.053 | 7 (11.5%) | 26 (21.1%) | 36 (15.7%) | 0.213 | 28 (15.9%) | 11 (31.4%) | 30 (14.9%) | 0.076 | 52 (15.2%) | 12 (31.6%) | 5 (14.7%) | 0.036 |
| ECOG, Eastern Cooperative Oncology Group; PS, performance status | | | | | | | | | | | | | | | | | | | |