

Study number:

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# headandneck 5000

## Questionnaire Pack – 4 month

**Thank you for continuing to take part in this study.**

**This questionnaire pack contains several sets of questions that we would like you to complete.**

**You will be familiar with all the questions, but please take time to read the instructions for each set of questions, but do not waste too much time thinking about your responses, as there are no right or wrong answers.**

**If you have any questions whilst completing the questionnaire, do not hesitate to contact the study team (details below).**

**In the unlikely event that you may find some of the questions intrusive or upsetting, please contact the study team and we will respond to your concerns.**

**Thank you once again for taking the time to answer these questions.**

**We assure you that your responses will be kept confidential.**

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### About You

A1. Date (day/month/year)   /   /   <sub>1</sub>

A2. What is your date of birth? (day/month/year)   /   /   <sub>1</sub>

A4. What is your current weight?    <sub>1</sub> Kg OR   <sub>2</sub> Stone    <sub>3</sub> lbs

A5. Are you currently?

Single	<input type="text"/> <sub>1</sub>	Widowed	<input type="text"/> <sub>2</sub>	Separated	<input type="text"/> <sub>3</sub>
Married	<input type="text"/> <sub>4</sub>	Divorced	<input type="text"/> <sub>5</sub>	Living with a partner	<input type="text"/> <sub>6</sub>

A8. Are you a current user of tobacco  <sub>1</sub> or have you recently quit using tobacco or never used tobacco, if so go to question A13  <sub>2</sub>

A11. About how much do you use tobacco on average each day?

- <sub>1</sub> a) Numbers of cigarettes per day?
- <sub>1</sub> b) Numbers of hand rolled cigarettes per day?
- <sub>1</sub> c) Numbers of pipes or cigars per day?
- <sub>1</sub> d) Number of smokeless tobacco per day?

A12. What brand of cigarettes/tobacco do you normally smoke?

\_\_\_\_\_ <sub>1</sub>

A13. In a typical week how many days do you drink alcohol? Please enter number of days in the box  <sub>1</sub>

If none, tick the box and go to question A17  <sub>2</sub>

A15. About how many bottles of wine, spirits and pints of beers do you drink on average each week?

	a) Bottles of wine	b) Bottles of Spirits	c) Pints of beer/lager/cider
None	<input type="text"/> <sub>1</sub>	<input type="text"/> <sub>1</sub>	None <input type="text"/> <sub>1</sub>
Less than 1	<input type="text"/> <sub>2</sub>	<input type="text"/> <sub>2</sub>	Less than 7 <input type="text"/> <sub>2</sub>
1	<input type="text"/> <sub>3</sub>	<input type="text"/> <sub>3</sub>	7-14 <input type="text"/> <sub>3</sub>
2-3	<input type="text"/> <sub>4</sub>	<input type="text"/> <sub>4</sub>	15-21 <input type="text"/> <sub>4</sub>
4-6	<input type="text"/> <sub>5</sub>	<input type="text"/> <sub>5</sub>	22-28 <input type="text"/> <sub>5</sub>
7-10	<input type="text"/> <sub>6</sub>	<input type="text"/> <sub>6</sub>	28-35 <input type="text"/> <sub>6</sub>
11 or more	<input type="text"/> <sub>7</sub>	<input type="text"/> <sub>7</sub>	36 or more <input type="text"/> <sub>7</sub>

A16. What brand of alcohol do you normally drink?

\_\_\_\_\_ <sub>1</sub>

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A17. Are you currently working? Yes <sub>1</sub> No <sub>2</sub>

A18. If you are currently working, how many hours per week do you work?   <sub>1</sub>

A21. What is your total household income from all sources before tax & other deductions?

<u>Weekly income before tax</u>	<u>Annual income before tax</u>
Less than £77 <input type="checkbox"/> <sub>1</sub>	Less than £3999 <input type="checkbox"/> <sub>9</sub>
£77 - £154 <input type="checkbox"/> <sub>2</sub>	£4000 - £7999 <input type="checkbox"/> <sub>10</sub>
£155 - £230 <input type="checkbox"/> <sub>3</sub>	£8000 - £11999 <input type="checkbox"/> <sub>11</sub>
£231 - £346 <input type="checkbox"/> <sub>4</sub>	£12000 - £17999 <input type="checkbox"/> <sub>12</sub>
£347 - £442 <input type="checkbox"/> <sub>5</sub>	£18000 - £22999 <input type="checkbox"/> <sub>13</sub>
£443 - £558 <input type="checkbox"/> <sub>6</sub>	£23000 - £28999 <input type="checkbox"/> <sub>14</sub>
£559 - £673 <input type="checkbox"/> <sub>7</sub>	£29000 - £34999 <input type="checkbox"/> <sub>15</sub>
£674 or more <input type="checkbox"/> <sub>8</sub>	£35000 or more <input type="checkbox"/> <sub>16</sub>

A22. What proportion of your household income (including your own) would you say comes from benefits?

None <sub>1</sub> About a quarter <sub>2</sub> About three quarters <sub>3</sub>  
 Very little <sub>4</sub> About half <sub>5</sub> All <sub>6</sub>

A23. At present do you have any concerns about any of the following aspects of living with or after cancer?

No <input type="checkbox"/> <sub>1</sub>	Financial concerns <input type="checkbox"/> <sub>2</sub>	Staying in work/college <input type="checkbox"/> <sub>3</sub>
Cost of attending appointments <input type="checkbox"/> <sub>4</sub>	Taking time off work/college <input type="checkbox"/> <sub>5</sub>	Returning to work/college <input type="checkbox"/> <sub>6</sub>

A24. Please tick the box that describes best what you can do:

a) Able to carry out all normal activities without restriction	<input type="checkbox"/> <sub>1</sub>
b) Restricted in physically strenuous activity but able to walk and do light work	<input type="checkbox"/> <sub>1</sub>
c) Able to walk and carry out all self care but unable to carry out any work, up and about more than 50% of waking hours	<input type="checkbox"/> <sub>1</sub>
d) Capable of only limited self care, confined to bed or chair more than 50% of waking hours	<input type="checkbox"/> <sub>1</sub>
e) Completely disabled cannot carry out self care, totally confined to bed or chair	<input type="checkbox"/> <sub>1</sub>

**A25. Under each heading, please tick the ONE box that best describes your health today:**

**a) Mobility**

- I have no problems in walking about  1
- I have slight problems in walking about  2
- I have moderate problems in walking about  3
- I have severe problems in walking about  4
- I am unable to walk about  5

**b) Self care**

- I have no problems washing or dressing myself  1
- I have slight problems washing or dressing myself  2
- I have moderate problems washing or dressing myself  3
- I have severe problems washing or dressing myself  4
- I am unable to wash or dress myself  5

**c) Usual activities** (e.g. work, study, house work, family or leisure activities)

- I have no problems doing my usual activities  1
- I have slight problems doing my usual activities  2
- I have moderate problems doing my usual activities  3
- I have severe problems doing my usual activities  4
- I am unable to do my usual activities  5

**d) Pain discomfort**

- I have no pain or discomfort  1
- I have slight pain or discomfort  2
- I have moderate pain or discomfort  3
- I have severe pain or discomfort  4
- I have extreme pain or discomfort  5

**e) Anxiety/depression**

- I am not anxious or depressed  1
- I am slightly anxious or depressed  2
- I am moderately anxious or depressed  3
- I am severely anxious or depressed  4
- I am extremely anxious or depressed  5

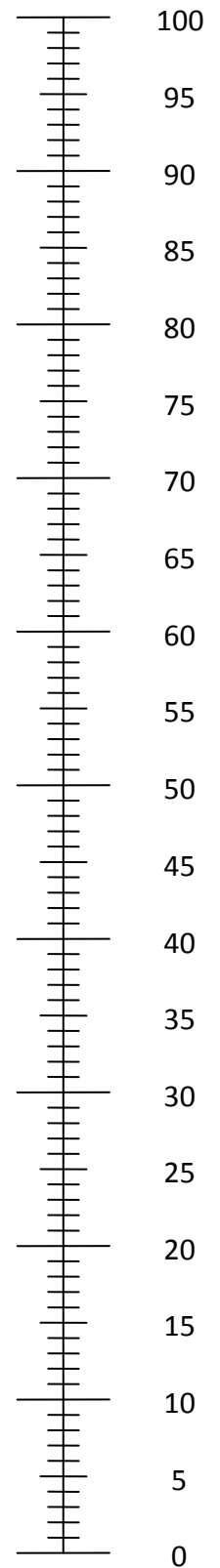
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The best health  
you can imagine

**A26.**

- We would like to know how good or bad your health is **TODAY**
- This scale is numbered from 0 – 100
- 100 means the best health you can imagine
- 0 means the worst health you can imagine
- Mark an X on the scale to indicate how your health is **TODAY**
- Now, please write the number you marked on the scale in the box below

**YOUR HEALTH TODAY =**



The worst health  
you can imagine

### Your Outlook

**Instructions:**

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale.

Be as honest as you can throughout, and try not to let your responses to one statement influence your response to other statements. There are no right or wrong answers. Answer according to your own feelings rather than how you think 'most people' would answer.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
B1. In uncertain times, I usually expect the best.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B2. It's easy for me to relax.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B3. If something can go wrong for me, it will.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B4. I'm always optimistic about my future.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B5. I enjoy my friends a lot.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B6. It's important for me to keep busy.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B7. I hardly ever expect things to go my way.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B8. I don't get upset too easily.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B9. I rarely count on good things happening to me.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
B10. Overall, I expect more good things to happen to me than bad.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>

### Your General Health

We are interested in some things about you and your health. Please answer all of the questions yourself by ticking the box that best applies to you. There are no "right" or "wrong" answers.

	Not at all	A little	Quite a bit	Very much
C1 Do you have any trouble doing strenuous activities, like carrying a heavy shopping bag or a suitcase?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C2 Do you have any trouble taking a <u>long</u> walk?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

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		Not at all	A little	Quite a bit	Very much
C3	Do you have any trouble taking a <u>short</u> walk outside of the house?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C4	Do you need to stay in bed or a chair during the day?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C5	Do you need help with eating, dressing, washing yourself or using the toilet?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
<b>During the past week:</b>					
C6	Were you limited in doing either your work or other daily activities?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C7	Were you limited in pursuing your hobbies or other leisure time activities?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C8	Were you short of breath?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C9	Have you had pain?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C10	Did you need to rest?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C11	Have you had trouble sleeping?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C12	Have you felt weak?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C13	Have you lacked appetite?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C14	Have you felt nauseated?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C15	Have you vomited?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C16	Have you been constipated?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C17	Have you had diarrhoea?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C18	Were you tired?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

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During the past week:		Not at all	A little	Quite a bit	Very much
C19	Did pain interfere with your daily activities?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C20	Have you had difficulty in concentrating on things, like reading a newspaper or watching television?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C21	Did you feel tense?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C22	Did you worry?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C23	Did you feel irritable?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C24	Did you feel depressed?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C25	Have you had difficulty remembering things?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C26	Has your physical condition or medical treatment interfered with your <u>family</u> life?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C27	Has your physical condition or medical treatment interfered with your <u>social</u> activities?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
C28	Has your physical condition or medical treatment caused you financial difficulties?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

**For the following questions please tick the box between 1 and 7 that best applies to you**

C29	How would you rate your overall <u>health</u> during the past week?
	Very poor <input type="checkbox"/> <sub>1</sub> <input type="checkbox"/> <sub>2</sub> <input type="checkbox"/> <sub>3</sub> <input type="checkbox"/> <sub>4</sub> <input type="checkbox"/> <sub>5</sub> <input type="checkbox"/> <sub>6</sub> <input type="checkbox"/> <sub>7</sub> Excellent
C30	How would you rate your overall <u>quality of life</u> during the past week?
	Very poor <input type="checkbox"/> <sub>1</sub> <input type="checkbox"/> <sub>2</sub> <input type="checkbox"/> <sub>3</sub> <input type="checkbox"/> <sub>4</sub> <input type="checkbox"/> <sub>5</sub> <input type="checkbox"/> <sub>6</sub> <input type="checkbox"/> <sub>7</sub> Excellent



**Specific Aspects of Your Health**

*Patients sometimes report that they have the following symptoms or problems. Please indicate the extent to which you have experienced these symptoms or problems during the past week. Please answer all of the questions yourself by ticking the box that best applies to you. There are no "right" or "wrong" answers.*

<b>During the past week:</b>	<b>Not at all</b>	<b>A little</b>	<b>Quite a bit</b>	<b>Very much</b>
D1 Have you had pain in your mouth?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D2 Have you had pain in your jaw?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D3 Have you had soreness in your mouth?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D4 Have you had a painful throat?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D5 Have you had problems swallowing liquids?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D6 Have you had problems swallowing pureed food?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D7 Have you had problems swallowing solid food?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D8 Have you choked when swallowing?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D9 Have you had problems with your teeth?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D10 Have you had problems opening your mouth wide?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D11 Have you had a dry mouth?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D12 Have you had sticky saliva?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D13 Have you had problems with your sense of smell?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D14 Have you had problems with your sense of taste?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

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During the past week:		Not at all	A little	Quite a bit	Very much
D15	Have you coughed?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D16	Have you been hoarse?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D17	Have you felt ill?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D18	Has your appearance bothered you?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D19	Have you had trouble eating?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D20	Have you had trouble eating in front of your family?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D21	Have you had trouble eating in front of other people?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D22	Have you had trouble enjoying your meals?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D23	Have you had trouble talking to other people?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D24	Have you had trouble talking on the telephone?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D25	Have you had trouble having social contact with your family?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D26	Have you had trouble having social contact with friends?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D27	Have you had trouble going out in public?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D28	Have you had trouble having physical contact with family or friends?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D29	Have you felt less interest in sex?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
D30	Have you felt less sexual enjoyment?	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

**During the past week:****Yes****No**

- |     |  |                                       |                                       |
|-----|--|---------------------------------------|---------------------------------------|
| D31 | Have you used pain-killers?                                      | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> |
| D32 | Have you taken any nutritional supplements (excluding vitamins)? | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> |
| D33 | Have you used a feeding tube?                                    | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> |
| D34 | Have you lost weight?  | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> |
| D35 | Have you gained weight?  | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> |

**Your Feelings**

Please choose one response from the four given for each question. Please give your immediate response and don't think too long about your answer.

**E1 I feel tense or 'wound up':**

- <sub>1</sub> Most of the time  
<sub>2</sub> A lot of the time  
<sub>3</sub> From time to time, occasionally  
<sub>4</sub> Not at all

**E2 I still enjoy the things I used to enjoy:**

- <sub>1</sub> Definitely as much  
<sub>2</sub> Not quite so much  
<sub>3</sub> Only a little  
<sub>4</sub> Hardly at all

**E3 I get a sort of frightened feeling as if something awful is about to happen:**

- <sub>1</sub> Very definitely and quite badly  
<sub>2</sub> Yes, but not too badly  
<sub>3</sub> A little, but it doesn't worry me  
<sub>4</sub> Not at all

**E4 I can laugh and see the funny side of things:**

- <sub>1</sub> As much as I always could  
<sub>2</sub> Not quite so much now  
<sub>3</sub> Definitely not so much now  
<sub>4</sub> Not at all

**E5 Worrying thoughts go through my mind:**

- <sub>1</sub> A great deal of the time
- <sub>2</sub> A lot of the time
- <sub>3</sub> From time to time, but not too often
- <sub>4</sub> Only occasionally

**E6 I feel cheerful:**

- <sub>1</sub> Not at all
- <sub>2</sub> Not often
- <sub>3</sub> Sometimes
- <sub>4</sub> Most of the time

**E7 I can sit at ease and feel relaxed:**

- <sub>1</sub> Definitely
- <sub>2</sub> Usually
- <sub>3</sub> Not often
- <sub>4</sub> Not at all

**E8 I feel as if I am slowed down:**

- <sub>1</sub> Nearly all the time
- <sub>2</sub> Very often
- <sub>3</sub> Sometimes
- <sub>4</sub> Not at all

**E9 I get a sort of frightened feeling like 'butterflies' in the stomach:**

- <sub>1</sub> Not at all
- <sub>2</sub> Occasionally
- <sub>3</sub> Quite often
- <sub>4</sub> Very often

**E10 I have lost interest in my appearance:**

- <sub>1</sub> Definitely
- <sub>2</sub> I don't take as much care as I should
- <sub>3</sub> I may not take quite as much care
- <sub>4</sub> I take just as much care as ever

**E11 I feel restless as I have to be on the move:**

- <sub>1</sub> Very much indeed  
<sub>2</sub> Quite a lot  
<sub>3</sub> Not very much  
<sub>4</sub> Not at all

**E12 I look forward with enjoyment to things:**

- <sub>1</sub> As much as I ever did  
<sub>2</sub> Rather less than I used to  
<sub>3</sub> Definitely less than I used to  
<sub>4</sub> Hardly at all

**E13 I get sudden feelings of panic:**

- <sub>1</sub> Very often indeed  
<sub>2</sub> Quite often  
<sub>3</sub> Not very often  
<sub>4</sub> Not at all

**E14 I can enjoy a good book or radio or TV program:**

- <sub>1</sub> Often  
<sub>2</sub> Sometimes  
<sub>3</sub> Not often  
<sub>4</sub> Very seldom

## Your Diet

*We would now like to ask you a few questions about your diet over the past year.*

**F1 In summary, how many servings of fruit do you usually eat, not counting juices?**

- <sub>1</sub> None  
<sub>2</sub> Less than one per month  
<sub>3</sub> 1 – 3 per month  
<sub>4</sub> 1 per week  
<sub>5</sub> 2 – 4 per week  
<sub>6</sub> 5 – 6 per week  
<sub>7</sub> 1 per day  
<sub>8</sub> 2 – 3 per day  
<sub>9</sub> 4 – 5 per day  
<sub>10</sub> 6 or more per day

**F2 In summary, how many servings of vegetables do you usually eat, not counting salad or potatoes?**

- <sub>1</sub> None
- <sub>2</sub> Less than one per month
- <sub>3</sub> 1 – 3 per month
- <sub>4</sub> 1 per week
- <sub>5</sub> 2 – 4 per week
- <sub>6</sub> 5 – 6 per week
- <sub>7</sub> 1 per day
- <sub>8</sub> 2 – 3 per day
- <sub>9</sub> 4 – 5 per day
- <sub>10</sub> 6 or more per day

**F3 In summary, how often do you eat deep fried food (e.g. French fries, fried chicken, fried fish, fried clams, fried shrimp etc.)?**

- <sub>1</sub> Never
- <sub>2</sub> Less than once per week
- <sub>3</sub> Once per week
- <sub>4</sub> 2 – 4 times per week
- <sub>5</sub> 5 – 6 times per week
- <sub>6</sub> Daily

**You and Cancer**

**G1. I am afraid that my cancer may recur.**

- <sub>1</sub>  
Not at all
- <sub>2</sub>  
A little
- <sub>3</sub>  
Sometimes
- <sub>4</sub>  
A lot
- <sub>5</sub>  
All the time

**G2. I am worried about the possibility of cancer recurrence.**

- <sub>1</sub>  
Not at all
- <sub>2</sub>  
A little
- <sub>3</sub>  
Sometimes
- <sub>4</sub>  
A lot
- <sub>5</sub>  
All the time

**G3. How often have you worried about the possibility of getting cancer again?**

- <sub>1</sub>  
None of the time
- <sub>2</sub>  
Rarely
- <sub>3</sub>  
Occasionally
- <sub>4</sub>  
Often
- <sub>5</sub>  
All the time

**G4. I get waves of strong feelings about the cancer coming back.**

- <sub>1</sub>  
Not at all
- <sub>2</sub>  
A little
- <sub>3</sub>  
Sometimes
- <sub>4</sub>  
A lot
- <sub>5</sub>  
All the time

### Your personal costs

We'd like to ask you about any **expenses** you or your immediate family members have incurred as a result of you being diagnosed with head and neck cancer.

Please think of the time since you were diagnosed with cancer, and answer each of the following questions in relation to yourself and/or any member of your immediate family.

Yes\* No\* NA\*  
\*Please tick as appropriate  
NA – not applicable

If yes, please indicate

H1. Paid for any kind of **medication**?  
(e.g. conventional, alternative)

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Type(s) of medication

\_\_\_\_\_a

Approximate amount

£ \_\_\_\_\_b

H2. Paid for any kind of **treatment**, i.e. private health care?  
(e.g. conventional, alternative)

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Type(s) of treatment

\_\_\_\_\_a

Approximate amount

£ \_\_\_\_\_b

H3. Paid for **home help**?

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount

£ \_\_\_\_\_a

H4. Incurred any **travel expenses** for your hospital/clinic appointments? (.e.g. train fares, bus fares, petrol, parking costs, overnight accommodation)

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount

£ \_\_\_\_\_a

H5. Incurred any **other out-of-pocket expenses**? (e.g. special dietary items, pain relief)

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Type(s) of expenditure

\_\_\_\_\_a

Approximate amount

£ \_\_\_\_\_b

H6. Have you taken **time off work** because of your illness?

<sub>1</sub> <sub>2</sub> <sub>3</sub>

For you

Number of weeks or months (delete as appropriate)

\_\_\_\_\_a

H7. Has a member of your immediate family taken **time off work** because of your illness?

<sub>1</sub> <sub>2</sub> <sub>3</sub>

For your family

Number of weeks or months (delete as appropriate)

\_\_\_\_\_a

Please think of the time since you were diagnosed with cancer, and answer each of the following questions in relation to yourself and/or any member of your immediate family.

Yes\* No\* NA\*

\*Please tick as appropriate  
NA – not applicable

If yes, please indicate

H8. Have you suffered any **reduction of income** as a result of taking time off work because of your illness?

For you

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount of gross income that has been lost in total

£ \_\_\_\_\_<sup>a</sup>

H9. Has any member of your immediate family suffered any **reduction of income** as a result of he/she taking time off work because of your illness?

For your family

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount of gross income that has been lost in total

£ \_\_\_\_\_<sup>b</sup>

H10. Have you **given up work completely** because of your illness?

For you

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount of gross income that has been lost in total

£ \_\_\_\_\_<sup>a</sup>

H11. Has any member of your immediate family **given up work completely** because of your illness?

For your family

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Approximate amount of gross income that has been lost in total

£ \_\_\_\_\_<sup>a</sup>

H12 Have you run into difficulties with paying the **mortgage or rent** for the property where you live?

<sub>1</sub> <sub>2</sub> <sub>3</sub>

Number of months having this difficulty

£ \_\_\_\_\_<sup>a</sup>

Approximate amount of mortgage or rent per month

£ \_\_\_\_\_<sup>a</sup>

Thank you for  
completing the questionnaire