

Supplementary Materials

Article Title: Mental health status and associated factors among Chinese postoperative breast cancer survivors of working age: a cross-sectional study

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1. S Table 1 Geographic distribution of participants (n=443)
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3. Questionnaire (Chinese-English bilingual; original in Chinese, translated into English)

1. S Table 1 Geographic distribution of participants (n=443)

Municipality/Province/ Autonomous Region	n	%
Beijing	195	44.02
Hebei	71	16.03
Ningxia	3	0.68
Heilongjiang	11	2.48
Inner Mongolia	41	9.26
Shandong	23	5.19
Guangdong	2	0.45
Henan	12	2.71
Jiangsu	3	0.68
Shanxi	18	4.06
Sichuan	2	0.45
Chongqing	2	0.45
Liaoning	25	5.64
Anhui	5	1.13
Jilin	6	1.35
Hubei	5	1.13
Tianjin	4	0.90
Jiangxi	6	1.35
Fujian	1	0.23
Yunnan	1	0.23
Xinjiang	1	0.23
Hainan	1	0.23
Guizhou	1	0.23
Gansu	1	0.23
Total	443	100.00

2. S Table 2 Association between current work status and occupation before diagnosis (n=443)

Occupation before diagnosis	Total (%)	Work status at research time						<i>p-value</i>
		Same position and hours ^a (%)	Different position (%)	Shortened hours (%)	Resigned (%)	Retired (%)	Others ^b (%)	
All	443 (100)	197 (44.5)	30 (6.8)	28 (6.3)	55 (12.4)	42 (9.5)	91 (20.5)	<0.001
Professionals	232 (52.4)	123 (53.0)	25 (10.8)	15 (6.5)	19 (8.2)	13 (5.6)	37 (15.9)	
Managers (ISCO I) ^c	53 (12.0)	26 (49.1)	6 (11.3)	3 (7.5)	6 (11.3)	4 (7.5)	8 (15.1)	
Professionals (ISCO II)	179 (40.4)	97 (54.2)	19 (10.6)	12 (6.7)	13 (7.3)	9 (5.0)	29 (16.2)	
Non-Professionals	211 (47.6)	74 (35.1)	5 (2.4)	13 (6.2)	36 (17.1)	29 (13.7)	54 (15.6)	
Technicians and Associate Professionals (ISCO III)	29 (6.5)	9 (31.0)	2 (6.9)	3 (10.3)	4 (13.8)	3 (10.3)	8 (27.6)	
Clerical Support Workers (ISCO IV)	40 (9.0)	14 (35.0)	2 (5.0)	5 (12.5)	5 (12.5)	6 (15.0)	8 (20.0)	
Service and Sales Workers (ISCO V)	49 (11.1)	13 (26.5)	0 (0.0)	1 (2.0)	14 (28.6)	11 (22.4)	10 (20.4)	
Skilled Agricultural, Forestry, and Fishery Workers (ISCO VI)	8 (1.8)	4 (50.0)	0 (0.0)	0 (0.0)	1 (12.5)	1 (12.5)	2 (25.0)	
Craft and Related Trade Workers (ISCO VII)	18 (4.1)	8 (44.4)	0 (0.0)	0 (0.0)	5 (27.8)	3 (16.7)	2 (11.1)	
Plant and Machine Operators, and Assemblers (ISCO VIII)	2 (0.5)	0 (0.0)	0 (0.0)	1 (50.0)	1 (50.0)	0 (0.0)	0 (0.0)	
Elementary Occupations (ISCO IX)	11 (2.5)	6 (54.5)	1 (9.1)	0 (0.0)	0 (0.0)	0 (0.0)	4 (36.4)	
Others	54 (12.2)	20 (37.0)	0 (0.0)	3 (5.6)	6 (11.1)	5 (9.3)	20 (37.0)	

^a Return-to-work referred to as returning to the same employer, position, and working hours in this study.

^b Others included participants who changed employers after diagnosis, became self-employed, or provided unclear employment information.

^c ISCO categories are defined by International Standard Classification of Occupation (ISCO). <https://isco.ilo.org/en/isco-08/>

3. Questionnaire (Chinese-English bilingual; original in Chinese, translated into English)

有关肿瘤患者的心理状况以及重返工作状况的调查问卷
Questionnaire survey concerning Chinese breast cancer survivors' mental health status and return-to-work

【肿瘤确诊时的基本信息】

Demographic information at the time of first cancer diagnosis

1. 出生年月 ____年 ____月；年龄 ____岁；性别: (1) 男 (2) 女

Date of Birth ____ (yyyy/mm); Age ____; Sex: (1) Male or (2) Female

2. 教育程度:

(1) 初中或以下 (2) 高中, 职高, 中专 (3) 大学、大专或以上

Education:

(1) Junior high school or below (2) High school or vocational school (3) College or above

3. 居住地 (以户口所在地为准) ____省、自治区、直辖市

(1) 城镇 (2) 农村

Residence (based on the registration): ____ Province/Provincial city/Autonomous region

(1) Urban (2) Rural

4. 肿瘤的首次确诊时间 ____年 ____月

First cancer diagnosis: ____ (yyyy/mm)

5. 肿瘤诊断分期

(0) 0期 (1) I期 (2) II期 (3) III期 (4) IV期 (5) 不清楚

Stage at first diagnosis:

(0) Phase 0 (1) Phase I (2) Phase II (3) Phase III (4) Phase IV (5) Don't know

6. 肿瘤确诊时除肿瘤之外是否患有其他器质性疾病?

(1) 患有其他疾病 (可多选)

(a) 心血管疾病 (冠心病等) (b) 脑血管疾病 (c) 高血压 (d) 慢性呼吸系统疾病

(e) 糖尿病 (f) 接受人工透析的肾脏疾病 (g) 全身免疫性疾病

(h) 阿尔茨海默症 (i) 帕金森症 (j) 其他疾病 (_____)

(2) 无其他疾病

Any other comorbidities (other than cancer) at the time of first cancer diagnosis?

(1) Yes (multiple choices)

(a) Cardiovascular diseases (coronary heart disease, etc.)

(b) Cerebrovascular disease

- (c) Hypertension
- (d) Chronic respiratory diseases
- (e) Diabetes
- (f) Kidney diseases requiring dialysis
- (g) Systemic autoimmune diseases
- (h) Alzheimer's disease
- (i) Parkinson's disease
- (j) Others (specify: _____)

(2) No other comorbidities (other than cancer) at the time of first cancer diagnosis.

7. 肿瘤确诊时的婚姻状况

- (1) 已婚 (2) 离婚 (3) 未婚

Marriage status at the time of first cancer diagnosis

- (1) Married (2) Divorced (3) Single

8. 肿瘤确诊时的家庭成员及收入来源（可多选）

- (1) 家有需要抚养的未成年子女 (2) 单亲抚养子女
- (3) 家有需要赡养的老人（共同生活）
- (4) 家有需要赡养的老人（不共同生活，需定期提供生活费）
- (5) 本人为家庭主要收入来源 (6) 家有夫妻双份收入
- (7) 家有工资之外的收入来源（房租收入等）
- (8) 接受政府低保补助
- (9) 其他特殊情况（_____）

Family members and income sources at the time of first cancer diagnosis (multiple choices)

- (1) Living with child (children)
- (2) Single parent living with child (children)
- (3) Living with aged parents, and providing financial support to them
- (4) Not-living with aged parents, but providing financial support to them
- (5) Self as main income source for family
- (6) Double-income family
- (7) Having income other than salaries (rent income, etc.)
- (8) Receiving financial assistance from government
- (9) Other situations (specify: _____)

9. 肿瘤确诊时的医疗保险：（可多选）

- (1) 城镇职工医疗保险
- (2) 城镇居民医疗保险
- (3) 新型农村合作医疗（新农合）
- (4) 商业医疗保险
 - (a) 癌症专门保险 (b) 重大疾病险（含癌症投保项目）
 - (c) 其他商业医疗保险（百万医疗险） (d) 具体不清楚
- (5) 未加入任何保险

Enrolled national insurance at the time of the first cancer diagnosis (multiple choices)

- (1) Urban employee medical insurance
- (2) Urban residence medical insurance
- (3) New rural cooperative medical insurance

- (4) Commercial medical insurance
(a) Cancer insurance (b) Insurance for severe disease (including cancer)
(c) Other commercial medical insurance (Million Health Insurance) (d) Not clear

【肿瘤诊断之后治疗、康复情况，以及工作的变化】

Treatments, recovery and work changes after first cancer diagnosis

10. 从肿瘤确诊到现在，您接受过哪些治疗？（可多选）

- (1) 手术：(a) 有 (b) 无
(2) 化疗：(a) 有 (b) 无
(3) 放疗：(a) 有 (b) 无

Any cancer treatments after first cancer diagnosis? (multiple choices)

- (1) Operation (a) Yes. (b) No.
(2) Chemotherapy: (a) Yes. (b) No.
(3) Radiotherapy: (a) Yes. (b) No.

11. 从肿瘤确诊到现在，您是否出现复发？

- (1) 出现复发
(2) 没有复发

Any recurrence after first cancer diagnosis?

- (1) Yes,
(2) No.

12. 在肿瘤确诊之前的工作状况

- (1) 管理者（政府机构或国有事业单位领导、企业经理）
(2) 专业技术人员（包括科学家、医生、律师、教师、工程师、建筑师、设计师及工商业专业人员等各领域专业技能/技术人员）
(3) 技术人员与助理专业技术人员（秘书、技术员、助理、代理人、经纪人等）
(4) 文员支持人员（柜员、出纳、秘书、材料记录员等各类文职人员）
(5) 服务和销售人员（服务员、售票员、导游、厨师、美容美发师等各服务业人员及销售人員）
(6) 有技能的农林渔业从业者（园丁、农作物/林业/牧民/渔业从业者等以市场销售为导向的从业者/商人）
(7) 工艺及相关行业工人（建筑工人、油漆工、钳工、焊工、铁匠、印刷业工人、手工业者、电气安装/维修、食品相关工人、服装相关工人等工人）
(8) 工厂和机器操作员以及装配工（固定设备/器械操作员、工厂安装组装人员、汽车/重型卡车/船舶等设备操作员）
(9) 初级职业（保洁工、农/林/渔民、矿工、建筑工人、街边商贩等体力劳动者）
(10) 武装部队职业（军人、军官等武装部队相关职业）
(11) 其他

Occupation before first cancer diagnosis (The International Classification of Occupations (ISCO)-08)

[International Standard Classification of Occupations \(ISCO\) - ILOSTAT](#)

- (1) Managers
(2) Professionals
(3) Technicians and associate professionals
(4) Clerical support workers
(5) Service and sales workers
(6) Skilled agricultural, forestry and fishery workers

- (7) Craft and related trades workers
- (8) Plant and machine operators, and assemblers
- (9) Elementary occupations
- (10) Armed forces occupations
- (11) Others (specify: _____)

13. 病假

休病假时间: ____ 年 ____ 月

Length of sick leave: ____ year(s) ____ month(s)

14. 您现在的工作状况

- (1) 同一工作岗位, 同一工作时间
- (2) 内部调换工作岗位
- (3) 内部缩短工作时间
- (4) 病退、提前退休
- (5) 从原单位辞职 (请继续回答 14-1)
- (6) 其他 (具体: _____)

Current work status (at the time of survey research)

- (1) Same position, with same working hours
- (2) Different position
- (3) Shortened working hours
- (4) Early retirement
- (5) Resigned from the previous workplace (please continue to answer question 14-1)
- (6) Others (specify: _____)

14-1. 请问您从原单位辞职的原因: (可多选)

- (1) 原单位不同意调整工作强度或时间
- (2) 被原单位降了工资
- (3) 被原单位以各种理由要求辞退
- (4) 感到被原单位同事歧视
- (5) 需异地就医, 无法继续工作
- (6) 身体状况不好, 无法继续工作
- (7) 精神状态不好, 无法继续工作
- (8) 因其他个人理由辞职 (如: 想把时间放在和家人在一起等) (具体: _____)

Reasons for resigning from the previous workplace (multiple choices)

- (1) Previous employer didn't agree to change positions and/or working hours to match my physical needs
- (2) Previous employer lowered my salary
- (3) Previous employer asked me to quit
- (4) Stigmatized at previous workplace
- (5) Can't continue working because I needed to go to another city to receive medical care
- (6) Can't continue working because my physical condition was not well
- (7) Can't continue working because my mental condition was not well
- (8) Other personal reasons (for instance, wanted to spend more time with family) (specify: _____)

14-2. 请问您辞职之后是否重新工作?

- (1) 重新找了工作, 目前在工作
- (2) 正在找工作, 但目前没有找到合适的

(3) 准备再休息一段再找工作

Whether to work again after resigning from the previous work?

(1) Started working again with a different employer

(2) Started looking for work, but haven't found one

(3) Thinking of resting for a little longer before looking for a job

15. 您现在是否感到有经济压力？

(0) 没有明显经济压力

(1) 目前家里收入勉强维持生活开支和医疗费用

(2) 目前家里日常生活足够，但难以支付高额医疗费用

(3) 目前家里入不敷出，需要向亲友借债

Do you currently have any financial problems?

(0) No financial problems.

(1) Barely able to pay for basic living expenses and medical fees

(2) Able to pay for basic living expenses, but can't afford medical care anymore

(3) Need to borrow money from relatives or friends

16. 如果您目前正在找工作，您觉得是否受到疫情影响？

(1) 疫情已经过去，不受影响

(2) 整体经济就业环境未恢复到疫情前，仍受疫情影响

1 2 3 4 5 6 7 8 9 10 (1 为受影响很小。10 为受影响很大)

If you're currently looking for a job, do you think the COVID-19 pandemic still negatively affects the job market?

(1) No. I think the COVID-19 pandemic is over.

(2) Yes. I think the economy still needs time to recover. The job market is affected negatively.

1 2 3 4 5 6 7 8 9 10 (1 for very limited impact; 10 for significantly strong impact)

【工作的意义】

Meaning of work

17. 请问工作对您的意义是什么？（可多选）

(1) 需要工作维持生活和医疗费开销

(2) 担心没有工作收入会成为家人负担

(3) 想在职场有所作为，体现社会价值

(4) 想通过工作和社会保持一定的联系，避免和社会脱节

(5) 工作帮助我克服对疾病的恐惧

(6) 工作让我对生活抱有希望

(7) 感觉如果不工作，自尊心接受不了（失去自我价值）

(8) 工作不是最重要的，希望把时间花在和家人朋友在一起

(9) 如果没有经济压力，不想工作

(10) 其他（具体：_____）

What is the meaning of work to you? (multiple choices)

(1) I need a job to pay for living expenses and medical care

(2) Without a job, I'm afraid I will become a burden to my family

(3) I want to show my value through working

(4) I want to keep connection with society through working

- (5) Working helps overcome my fear about cancer
- (6) Working enables me to have a hope about life again
- (7) If I don't work anymore, I feel I will lose self-esteem
- (8) To me, work is not the priority. I'd like to spend more time with my family and friends
- (9) If financial situation allows, I'd like to spend more time with my family and on my hobbies
- (10) Other (specify: _____)

18. 您认为哪些来自单位、公司的支持是重要的？（可多选）

- (1) 按劳动法规定允许休病假
- (2) 按劳动法规定不得随意劝退肿瘤患者
- (3) 根据就医需要，灵活安排上班时间
- (4) 根据身体状况，灵活安排工作内容
- (5) 提供转岗业务培训，帮助员工内部转岗
- (6) 提供心理咨询服务，帮助患病员工缓解心理压力
- (7) 开展内部宣教，创造对患病员工没有歧视的良好工作环境
- (8) 其他（具体：_____）

What kinds of support from workplace are important? (multiple choices)

- (1) Allowing enough sick leave according to the Labor Law
- (2) Prohibiting forced resignation after cancer diagnosis according to the Labor Law
- (3) Allowing flexible working schedule for receiving necessary treatment and follow-ups
- (4) Allowing change of positions to match my physical capabilities
- (5) Providing necessary training for me to fit a newly assigned job
- (6) Providing consultation services, so I can keep a good mental health
- (7) Encouraging a positive attitude towards workers with severe diseases including cancer
- (8) Others (specify: _____)

GAD-7 自评量表

过去两周内,您是否遇到如下问题：

1、紧张、焦虑或愤怒

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

2、易被激怒

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

3、害怕什么可怕的事情发生

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

4、担心很多事情

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

5、疲劳,坐不住

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

6、不能停止或不能控制的担心

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

7、很难放松。

☐ 根本没有 ☐ 有些天存在那些感觉 ☐ 超过一半的时间 ☐ 基本每天都是如此

GAD-7 Anxiety

Over the last two weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Becoming easily annoyed or irritable	0	1	2	3
3. Feeling afraid, as if something awful might happen	0	1	2	3
4. Worrying too much about different things	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Not being able to stop or control worrying	0	1	2	3
7. Trouble relaxing	0	1	2	3

Spitzer RL, Kroenke K, Williams JBW, Löwe B. A Brief Measure for Assessing Generalized Anxiety Disorder: The GAD-7. *Arch Intern Med.* 2006;166(10):1092–1097. doi:10.1001/archinte.166.10.1092

恐惧癌症复发筛查量表 (FCRI-SF)

多数癌症患者都会有不同程度的担心癌症是否会再次复发。这里的复发，指的是癌症会在同一个部位或身体其他部位再次复发或进展的可能性。此问卷是为了更好的了解您对癌症复发的担忧过程。请您回答以下问题，并根据您过去一个月的情况选择最适当的选项。

0	1	2	3	4
从不	很少	有点	很多	非常

1. 我对癌症复发感到焦虑或担忧.....0 1 2 3 4
2. 我害怕癌症复发..... 0 1 2 3 4
3. 我认为，担忧或焦虑癌症复发是正常的..... 0 1 2 3 4
4. 当我考虑癌症复发时，其他不愉快的想法或是画面会进入脑海中（包括死亡、痛苦、对家人的打击等） 0 1 2 3 4
5. 我相信我已经治愈，并且不再复发 0 1 2 3 4
6. 在你看来，你是否有癌症复发的可能性？

0	1	2	3	4
没有风险	一点风险	有些风险	很大风险	非常大的风险
7. 你是否经常考虑癌症复发的可能性？

0	1	2	3	4
从不	一个月几次	一个星期几次	一天几次	一天多次
8. 每天你会花多少时间思考癌症？

0	1	2	3	4
我不会想它	几秒钟	几分钟	几小时	多个小时
9. 你思考癌症复发多久了？

0	1	2	3	4
我不会想它	几星期	几个月	几年	很多年

Fear of Cancer Recurrence Inventory-Short Form (FCRI-SF)

Screening

Most people who have been diagnosed with cancer are worried, to varying degrees, that there might be a recurrence of the cancer. By recurrence, we mean that possibility that the cancer could return or progress in the same place or in another part of the body. This questionnaire aims to better understand the experience of worries about cancer recurrence. Please read each statement and indicate to what degree it applied to you during the past month by circling the appropriate number.

0	1	2	3	4
Not at all	A little	Somewhat	A lot	A great deal

1. I am worried or anxious about the possibility of cancer recurrence.....0 1 2 3 4

2. I am afraid of cancer recurrence 0 1 2 3 4

3. I believe it is normal to be worried or anxious about the possibility of cancer recurrence ... 0 1 2 3 4

4. When I think about the possibility of cancer recurrence, this triggers other unpleasant thoughts or images (such as death, sufferings, the consequences for my family).....0 1 2 3 4

5. I believe that I am cured, and that the cancer will not come back.....0 1 2 3 4
(reversed scored item)

6. In your opinion, are you at risk of having a cancer recurrence?

0	1	2	3	4
Not at all at risk	A little at risk	Somewhat at risk	A lot at risk	A great deal at risk

7. How often do you think about the possibility of cancer recurrence?

0	1	2	3	4
Never	A few times a month	A few times a week	A few times a day	Several times a day

8. How much time per day do you spend thinking about the possibility of cancer recurrence?

0	1	2	3	4
I don't think about it	A few seconds	A few minutes	A few hours	Several hours

9. How long have you been thinking about the possibility of cancer recurrence?

0	1	2	3	4
I don't think about it	A few weeks	A few months	A few years	Several years

PHQ-9 自评量表

- | | |
|---|--|
| 1 做什么事都没兴趣, 沒意思 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 2 感到心情低落, 抑郁, 沒希望 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 3 入睡困难,总是醒着, 或睡得太多嗜睡 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 4 常感到很疲倦,沒劲 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 5 口味不好,或吃的太多 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 6 自己对自己不满, 觉得自己是个失败者,或让家人丢脸了 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 7 无法集中精力,即便是读报纸或看电视时,记忆力下降 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 8 行动或说话缓慢到引起人们的注意,或刚好相反, 坐臥不安,烦躁易怒易怒,到处走动 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |
| 9 有不如一死了之的念头, 或想怎样伤害自己一下 | <ul style="list-style-type: none">• 沒有• 有几天• 一半以上時間• 几乎天天 |

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depression, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have notices. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

ISI 失眠量表

1. 描述您最近（例如：最近 2 周）失眠问题的**严重程度**

1a.入睡困难

- 无
- 轻度
- 中度
- 重度
- 极重度

1b.维持睡眠困难

- 无
- 轻度
- 中度
- 重度
- 极重度

1c.早醒

- 无
- 轻度
- 中度
- 重度
- 极重度

2.对您当前睡眠模式的**满意度**

- 很满意
- 满意
- 一般
- 不满意
- 很不满意

3.您认为您的睡眠问题在多大程度上**干扰**了您的日间功能（如：日间疲劳、处理工作和日常事务的能力、注意力、记忆力、情绪等）：

- 没有干扰
- 轻微
- 有些
- 较多
- 很多干扰

4.与其他人**相比**，您的失眠问题对您的生活质量有多大程度的影响或损害：

- 没有
- 一点
- 有些
- 较多
- 很多

5.您对自己当前睡眠问题有多大程度的**担忧/沮丧**：

- 没有
- 一点
- 有些
- 较多
- 很多

Insomnia Severity Index (ISI)

1. Please rate the current (i.e. last 2 weeks) **SEVERITY** of your insomnia problem(s).

	None	Mild	Moderate	Severe	Very
1a. Difficulty falling asleep	0	1	2	3	4
1b. Difficulty staying asleep	0	1	2	3	4
1c. Problem waking up too early	0	1	2	3	4

2. How **SATISFIED**/dissatisfied are you with your current sleep pattern?

Very Satisfied					Very Dissatisfied
0	1	2	3	4	

3. To what extent do you consider your sleep problem to **INTERFERE** with your daily functions (e.g. daytime fatigue, ability to function at work/daily chores, concentration, memory, mood, etc.)

Not at all Interfering	A little	Somewhat	Much	Very Much Interfering
0	1	2	3	4

4. How **NOTICEABLE** to others do you think your sleeping problem is in terms of impairing the quality of your life?

Not at all Noticeable	Barely	Somewhat	Much	Very Much Noticeable
0	1	2	3	4

5. How **WORRIED**/distressed are you about your current sleep problem?

Not at all	A little	Somewhat	Much	Very Much
0	1	2	3	4

生活质量问卷

请在下面的数字（0-10）中选择最能说明您在过去一周中的生活质量情况，0 表示“能想到最糟糕的情况”，到 10 表示“能想到最好的情况”。

[illegible]

Quality of Life Scale

Please circle one number (0-10) that best describes your quality of life *during the past week*. 0 indicates “worst-thinkable situation”; 10 indicates “best-thinkable situation”.

[illegible]