SUPPLEMENTARY MATERIAL - TO BE PUBLISHED ELECTRONICALLY

Manuscript title: Understanding the impact of pulmonary arterial hypertension on patients' and carers' lives
Manuscript ID: ERR-0057-2013.R1
This supplementary material includes the following documents:
Patient questionnairepg. 2

Carer questionnairepg. 19

harris 1 July 2011

PATIENT QUESTIONNAIRE

ID 1111101011



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Thank you for requesting a copy of this questionnaire. In total we hope to receive feedback from approximately 300 patients and carers, across France, Germany, Spain, Italy and the UK, whose lives are affected by pulmonary arterial hypertension (PAH).

We would like to explore how PAH has affected your life. In particular we would like to know the impact PAH has had on your emotional wellbeing, since your diagnosis, as this is an area that has not been researched widely in the past.

Your responses will be collected with those from the other patients and carers and used to improve our understanding of the impact of PAH. We would like to use these insights to develop new information resources to support patients, carers and healthcare professionals. The findings from the questionnaire will also help us to raise public awareness about the emotional impact PAH has on the lives of both patients and carers.

We will be developing the information resources during 2012. If you would like to know more about their status please contact your local PAH patient organisation, which will be able to update you on progress.

About the questionnaire

This questionnaire has been commissioned by Actelion Pharmaceuticals Ltd, Switzerland, and the content has been developed and approved by a team of doctors and nurses who manage patients with PAH. Patient organisations and healthcare professionals at PAH centre in the participating countries are aware that this research is taking place.

Thank you

We would like to thank you for agreeing to take part in this survey. Your input to this piece of work as a PAH patient is highly appreciated. If possible, please return your questionnaire by Saturday 31 December.

When completing the questionnaire, please consider the following:

- We recommended that you find a quiet and comfortable place to sit by yourself and complete this. If you need to stop and take a break while completing the questionnaire, we suggest that you do this and continue with the remainder of the questionnaire when you are ready. If you are completing this questionnaire on the Internet, you may get an automated reminder to complete the questionnaire. In addition, online administration of questionnaire allows you to complete it either all in one sitting or to complete it a little at a time, logging on and off the questionnaire according to your preference. Our secure platform will automatically keep track of your progress, so when you log back into the questionnaire you will pick up where you left off. This will be the same in case your browser remains inactive for a while. Once you have started the online completion, there is not any time limit to complete the entire questionnaire.
- You will be asked about physical, practical, social and emotional impact of the PAH from the patient perspective. We understand that is must be difficult for you to talk about these life aspects and you have the possibility to not answer to a specific question should you not want to disclose such information. The content has been developed and approved by a team of doctors and nurses who manage PAH patients

Before completing the questionnaire, we would like to reassure you that:

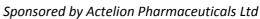
- As an independent market research company, we (Harris Interactive) comply with the codes of conduct of market research associations (ESOMAR and EphMRA) and all [insert country] laws in protecting your personal data
- Your responses will be collated with other respondents and presented to the sponsor in aggregated or anonymous form; your identity will not be revealed at any time. Your responses will be confidential and will not be used for any other purposes than the above mentioned or disclosed to any third party without your approval.
- Any personal information you give us is only used for the purposes for which you provide it; e.g. your mail/email
 address will only be used to send you information you specifically requested. We will never send you unsolicited
 mails/emails, we will not pass any data you supply to any other party and all employees who process your data are
 required to respect the confidentiality of your personal data.

PLEASE NOTE:

If you experience any distress while taking part in this survey please stop the survey immediately and seek assistance from either your PAH patient organization or your healthcare professional.

Do you agree to participate in this survey under the above conditions and that you will be asked to provide information on your health and how you are living with PAH?

Yes	1. 🗆
No	2. 🗆





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GENERAL INFORMATION

S1.Please specify your ger	nder	N	∕ale 1. □] Fema	ale 2. 🗆
S2. Please specify your ag	e:	years old			
S3. What is your marital s Single answer	tatus?		S4. Currentl Single answ	=	any children are there in your household?
Married	1. 🗆]			
Living with a partner	2. 🗆	-			
Widowed	3. 🗆	0		1. 🗆	→ GO TO QUESTION S6
Divorced	4. 🗆	1		2. 🗆	
Separated	5. 🗆	2		3. □	
Single, never married	6. □	3		4. 🗆	→ PLEASE FILL IN THE QUESTION S5
Other, please specify	7. 🗆	4		5. 🗆	
		5	or more	6. □	

S5. Please specify the age for each of these children?

Child N# 1	Child N# 2	Child N# 3	Child N# 4	Child N# 5
years	years	years	years	years

S6. What is your level of education?

Single answer

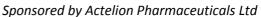
omgre amone.	
Up to high school	1. 🗆
Up to university	2. 🗆
Technical/non-university	3. □
Post-graduate education	4. 🗆
Other	5. 🗆

S7. What is the annual income of your household?

Single answer

Under £10,000	1. 🗆
£10,000 - £14,999	2. 🗆
£15,000 – £19,999	3. □
£20,000 – £24,999	4. □
£25,000 - £29,999	5. □
£30,000 or more	6. □







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Background information on PAH

S8a. Would you please indicate the year of your first symptoms and the year of PAH diagnosis?

Please indicate the year in the following boxes using this date format: yyyy.

١	First s	symp	toms	5		First	diag	nosis	
		1					2		
I_	_l_	_l_	_l_	_l	I_	_l_	_l_	_l_	_I

S8b. What were these first symptoms?

Several answers possible. Please select all that apply.

cereius anomero peccinici ricuse cereat an enat apprij	
Breathlessness/dyspnoea	1. 🗆
Tiredness/fatigue	2. 🗆
Chest pain	3. □
Fainting/loss of consciousness	4. □
Irregularities in heart beat	5. 🗆
Anxiety	6. □
Other, please specify	7. 🗆

S9. PAH can have no known cause, run in the family or be associated with one or more related conditions. Do you know what type of PAH you have?

Single answer

No known cause	1. 🗆
Family history of PAH	2. 🗆
Associated with connective tissue disease (such as scleroderma or lupus)	3. □
Associated with congenital heart disease	4. □
Associated with HIV	5. 🗆
Associated with other condition	6. □
Not sure	7. 🗆

S10. Which of the following statements best describes the impact of your PAH on your <u>current</u> level of activity? *Single answer*

5	
I have no symptoms and no limitations in ordinary physical activity (e.g. when walking, climbing stairs, running errands etc)	1. 🗆
I experience mild symptoms and slight limitations during ordinary activity (e.g. I get breathless when walking, climbing stairs, running errands etc).	2. 🗆
I experience significant limitation in ordinary physical activity due to my symptoms. I am comfortable only when resting/not active.	3. 🗆
I am not able to carry out any physical activity without symptoms and symptoms may even be present at rest. My discomfort is increased by any physical activity (e.g. I feel breathless all the time and/or I find it difficult to sleep)	4. 🗆



None

Don't know

PATIENT QUESTIONNAIRE

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Backaround information on PAH

	Бискугоиг	iu iiije	Ulliution on PAH
S11a. Have you heard of the term "Wor Class" with regard to PAH? Single answ.	_	zation	n (WHO) or New York Heart Association (NYHA) Functional
Yes 1. □ → PLEASE ANSWER QUES			
No 2. □ → GO TO QUESTION S12	711014 3110		
NO 2. 11 7 40 10 QUESTION 312			
	s best describes y	our le	vel of understanding of this term? Single answer
I understand what it means			1. ☐ → PLEASE ANSWER QUESTIONS S11c AND S11d
I partially understand what it means			2. ☐ → PLEASE ANSWER QUESTIONS S11c AND S11d
I don't understand what it means, I on	ly know it by nam	e	3. □ → GO TO QUESTION S12
S11c. What relevance does it have for y	ou? Select the mo	ost rel	evant one. Single answer
It helps me to understand my condition		1. 🗆	
It allows me to better know what I can		2. 🗆	
It can show how effective my treatmer		3. □	
It reassures me		4. 🗆	
It does not help me		5. L	
It frightens me		6. L	
It helps me plan for the future		7. 🗆	
S11d. Has your PAH specialist/doctor o Several answers possible. Please tick all	=	ld you	ı your WHO or NYHA Functional class?
	ANSWER QUEST	ION S	11e
	ANSWER QUEST		
None 3. □ → GO TO			
3. <u></u> 2 co !c	<u> </u>		
S11e. What is your current WHO or NYI	HA Functional cla	ss? Sii	nale answer
	1. 🗆		
	2. 🗆		
	3. 🗆		
·	4. 🗆		
	5. 🗆		
rum not sure / ruo not remember	у. Ц		
S12. Do you suffer from any other disea	ase(s) or condition	n(s) re	equiring regular visits to a doctor or regular drug treatment?
Several answers possible. Please select a			
High blood pressure	1. 🗆		
Other heart & blood vessel disease	2. 🗆		
Asthma	3. 🗆		
Other lung disease	4. 🗆		
Psoriasis or other skin conditions	5. 🗆		
Kidney disease	6. 🗆		
Diabetes	7. 🗆		
Obesity	8. 🗆		
Depression	9. 🗆		
Anxiety	10. 🗆		
Panic attacks	11. 🗆		
Sleep disorders	12. 🗆		
Cancer	13. 🗆		
Systemic sclerosis / scleroderma	14. 🗆		
Another chronic disease or problem	15. 🗆		
Other conditions, please specify:	16. 🗆		
product specify.			

17. 🗆

18. □







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Background information on PAH

S13a. Who would you say is your main carer (the person who supports you and takes care of you and your needs the most)? Single answer

My spouse/partner	1. 🗆	
My son/daughter	2. 🗆	
My mother/father	3. □	
Other family member	4. □	
A friend	5. □	
A colleague	6. □	
A neighbour	7. 🗆	
Other, please specify	8. 🗆	
None	9. 🗆	→ GO TO QUESTION S14a

S13b. On scale from 1 to 10, how much do you believe/estimate that your main carer has contributed to your quality of life? Please use the following scale where 1 means "no contribution at all" and 10 means "very significant contribution". Single answer

No contribution at all									Very significant contribution
1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10.□

S14a. Do you currently belong to any patient association/support group?

Single answer

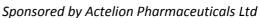
Yes, I belong to a patient association and I am an active member	1. □ → PLEASE ANSWER QUESTION S14b, S14c AND S14d
Yes, I belong to a patient association but I am not an active member	1. □ → PLEASE ANSWER QUESTION \$14b,
	S14c AND S14d
No, I do not belong to / I am not in contact with a patient association	2. □ → GO TO QUESTION S14e

S14b. Which of the following patient associations do you belong to?

Several answers possible. Please select all that apply

HTAP France (FR only)	1. 🗆
Association des Sclérodermiques de France (FR only)	2. 🗆
pulmonale hypertonie ev (GER only)	3. □
Associazione Malati Ipertensione Polmonare (AMIP) (IT only)	4. 🗆
Associazione Ipertensione Polmonare Italiana Onlus (AIPI) (IT only)	5. □
Asociacion Nacional de Hipertension Pulmonar (SP only)	6. □
Fundación Contra la Hipertensión Pulmonar (SP only)	7. 🗆
Pulmonary Hypertension Association UK (UK only)	8. 🗆
Other association(s) please specify (ALL COUNTRIES)	9. 🗆
Patient Organisations outside your country (ALL COUNTRIES)	10. 🗆







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Background information on PAH

S14c. How did you learn about the above organisation(s)?

Several answers possible. Please select all that apply.

From family doctor or General Practitioner (GP)	1. 🗆
From specialists involved in the management of PAH	2. □
From nurses	3. □
From other PAH patients	4. □
Internet search	5. □
The association approached me	6. □
Media (press, TV, etc)	7. 🗆
Other, please specify	8. □

S14d. Why did you decide to join the above patient organisation(s)?

Several answers possible. Please select all that apply.

I have not been satisfied with the information I have received so far	1. 🗆
I wanted to hear about/meet other patients and how they were coping	2. 🗆
I needed practical help (with disability, insurance, pensions etc.)	3. 🗆
I heard about the association from other patients and was curious	4. 🗆
My family suggested I contact a patient association	5. 🗆
My doctor told me about the association	6. □
I wanted to know all about the condition	7. 🗆
Other, please specify	8. □

If you do not currently belong to any patient association / support group

S14e. We are trying to understand why patients do not join patient/support groups. Which of the following best describes your reasons for <u>not</u> joining patient/support groups?

Select the most relevant one. Single answer

I didn't know a PAH related patient organisation/support group existed	1. 🗆
I don't see what benefit belonging to a patient organisation/support group would have	2. 🗆
I don't want to be associated with/around other people with PAH	3. □
I used to be involved with a patient association/support group but did not see the benefit	4. 🗆
I used to be involved with a patient association/support group but it became emotionally to difficult	5. 🗆
Other, please specify:	6. □

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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q1a. On a scale from 1 to 10, how would you describes the impact of your PAH on your daily life?

Please use the following scale where 1 means "no impact at all" and 10 means "very significant impact". Single answer

No impact at all									Very significant impact
1.□	2. 🗆	3. □	4. □	5. □	6. □	7. 🗆	8. 🗆	9. □	10.□

Q1b. In the last month how often have you experienced the following?

Single answer per item

	Never	Rarely	Sometimes	Often	Very often (almost every day)
1. Breathlessness	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
2. Fatigue	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. Dizziness	1.□	2. 🗆	3. □	4. □	5. 🗆
4. Chest pain	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
5. Sleep disorders	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
6. Depression (or related symptoms)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
7. Lack of concentration	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
8. Little energy	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
9. Poor appetite	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
10. Over-eating	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
11. Fidgety/restless	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
12. Stress	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
13. Difficulty with remembering things	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
14. Talking more slowly than usual	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
15. Thinking more slowly than usual	1.□	2. 🗆	3. □	4. 🗆	5. □
16. Loss of libido/interest in sex	1.□	2. 🗆	3. □	4. 🗆	5. □

IF YOU INDICATED THAT YOU HAVE EXPERIENCED "LOSS OF LIBIDO/INTEREST IN SEX" PLEASE ANSWER THE QUESTION Q2, OTHERWISE GO TO THE QUESTION Q3

Q2. If you have experience loss in libido/interest in sex since your diagnosis, what has caused it? Several answers possible. Please select all that apply.

I have low self-esteem/negative body image	1.□
I am afraid of getting more ill	2.□
I am physically not able due to PAH	3.□
I have lost interest since having PAH	4.□
I am afraid of pregnancy	5.□
It was due to the presence of one or more serious diseases or conditions in addition to PAH (or due to the effects of such additional disorders)	6.□
Other	7.□





Q3. Please indicate your ability to perform or carry out the following activities <u>compared to your ability prior to your diagnosis</u>

Single answer per item

	I can manage it without difficulty	I can manage it but with some difficulty	I can manage it but with a lot of difficulty and may need help	I cannot do it anymore and need help
1. Getting dressed	1.□	2. 🗆	3. □	4. 🗆
2. Taking a shower	1.□	2. 🗆	3. □	4. □
3. Walking a short distance	1.□	2. 🗆	3. □	4. □
4. Climbing a flight of stairs	1.□	2. 🗆	3. □	4. □
5. Leisure and cultural activities such as going to movies, museum etc	1.□	2. 🗆	3. □	4. □
6. Cooking	1.□	2. 🗆	3. □	4. □
7. Dealing with domestic work/household chores	1.□	2. 🗆	3. □	4. 🗆
8. Visiting relatives/friends	1.□	2. 🗆	3. □	4. 🗆
9. Being visited by friends/relatives	1.□	2. 🗆	3. □	4. □
10. Playing with my children or grandchildren/helping them do their homework (FOR PARENTS/GRANDPARENTS ONLY)	1.□	2. 🗆	3. □	4. □
11. Fulfilling the role of spouse/partner within my personal relationship	1.□	2. 🗆	3. □	4. □
12. Being fully intimate with my spouse/partner	1.□	2. 🗆	3. □	4. □
13. Going on errands e.g. shopping for food	1.□	2. 🗆	3. □	4. 🗆
14. Having a telephone conversation	1.□	2. 🗆	3. □	4. □
15. Travelling/going on holiday	1.□	2. 🗆	3. □	4. □
16. Sport activity/doing exercise	1.□	2. 🗆	3. □	4. □
17. Employment / work	1.□	2. 🗆	3. □	4. 🗆

Q4. For which three activities are you most concerned or frustrated regarding the impact PAH had on your ability to perform them?

Single answer per column

,		_nd .	_rd .
	Most concerned	2 nd most concerned	3 rd most concerned
1. Getting dressed	1.□	2. 🗆	3. □
2. Taking a shower	1.□	2. 🗆	3. □
3. Walking a short distance	1.□	2. 🗆	3. □
4. Climbing a flight of stairs	1.□	2. 🗆	3. □
5. Leisure and cultural activities such as going to movies,	1.□	2. 🗆	3. □
museum etc			
6. Cooking	1.□	2. 🗆	3. □
7. Dealing with domestic work/household chores	1.□	2. 🗆	3. □
8. Visiting relatives/friends	1.□	2. 🗆	3. □
9. Being visited by friends/relatives	1.□	2. 🗆	3. □
10. Playing with my children or grandchildren/helping	1.□	2. 🗆	3. □
them do their homework (FOR PARENTS/GRANDPARENTS			
ONLY)			
11. Taking on the role of spouse/partner within my couple	1.□	2. 🗆	3. □
12. Being fully intimate with my spouse/partner	1.□	2. 🗆	3. □
13. Going on errands e.g. shopping for food	1.□	2. 🗆	3. □
14. Having a telephone conversation	1.□	2. 🗆	3. □
15. Travelling/going on holiday	1.□	2. 🗆	3. □
16. Sport activity/doing exercise	1.□	2. 🗆	3. □
17. Employment / work	1.□	2. 🗆	3. □





Q5. On a scale from 1 to 10, how has your role/status in the following changed since your PAH diagnosis? Single answer per item

	My role/ status has not changed at all									My role/ status has changed significantly
1. My autonomy/independence	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆
2. My role in my personal relationship with my partner/spouse	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆
3. My role in my family	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆
4. My role as a parent/my role with my children or grandchildren (FOR PARENTS/GRANDPARENT)	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆	7. 🗆	8. 🗆	9. 🗆	10. 🗆
5. My role in my relationship with friends	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆	7. 🗆	8. 🗆	9. 🗆	10. 🗆
6. My role in society	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆	7. 🗆	8. 🗆	9. 🗆	10. 🗆

Q6a. Have you had to stop working since being diagnosed with PAH? Single answer

Yes, totally	1. 🗆)
Yes, partially	2. 🗆	
No, but I changed my occupation	3. 🗆	PLEASE ANSWER Q6b AND Q6c
No, but my working conditions have changed (e.g. work from	4. 🗆	J
home, changed responsibilities, adaptations at my work place)		
No	5. 🗆	
Not relevant as I was not working prior to being diagnosed with	6. 🗆	PLEASE GO TO Q7
PAH		J

Q6b. How would you describe the impact of having to change job/change working conditions/stop working partially or totally had on your emotional well-being? Single answer

Very negative	1. 🗆
Negative	2. 🗆
Neutral (neither negative nor positive)	3. □
Positive	4. 🗆
Very positive	5. □

Q6c. Did this change in your working activity have an impact on the overall income of your household? Single answer

Yes	1. □ → PLEASE ANSWER QUESTION Q6d
No	2. □ → GO TO Q7

Q6d. Could you please estimate the impact it had on the overall income of your household? Single answer

The overall income of my household	
Decreased by 76% or more	1. 🗆
Decreased by 51-75%	2. 🗆
Decreased by 26-50%	3. □
Decreased by 25% or less	4. □
Increased by 25% or less	5. □
Increased by 26-50%	6. □
Increased by 51-75%	7. 🗆
Increased by 76% or more	8. □

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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q7. In the last month how often did you experience the following? *Single answer per item*

	Never	Rarely	Sometimes	Often	Very often (almost every day)
1. Feeling low in the morning	1.□	2. 🗆	3. □	4. 🗆	5. □
2. Feeling worthless	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. Little pleasure in doing activities I used to enjoy	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
4. Fearful/frightened during the day	1.□	2. 🗆	3. □	4. 🗆	5. □
5. Fearful/frightened at night	1.□	2. 🗆	3. □	4. 🗆	5. □
6. Feeling angry	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
7. Feeling frustrated	1.□	2. 🗆	3. □	4. 🗆	5. □
8. Low self-esteem/confidence	1.□	2. 🗆	3. □	4. 🗆	5. □
9. Afraid to leave home (including travel)	1.□	2. 🗆	3. □	4. 🗆	5. □
10. No desire to socialise	1.□	2. 🗆	3. □	4. □	5. □
11. Feelings of guilt	1.□	2. 🗆	3. □	4. 🗆	5. □
12. Feeling embarrassed	1.□	2. 🗆	3. □	4. 🗆	5. □
13. Hopeless	1.□	2. 🗆	3. □	4. 🗆	5. □
14. Feeling misunderstood	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
15. Feeling isolated	1.□	2. 🗆	3. □	4. 🗆	5. □

IF YOU INDICATED THAT YOU EXPERIENCED "FEELING ISOLATED" IN THE LAST MONTH, PLEASE ANSWER QUESTION Q8a, OTHERWISE GO TO QUESTION Q9

${\bf Q8a.\ If\ you\ experienced\ a\ feeling\ of\ isolation\ at\ times\ after\ your\ diagnosis,\ what\ caused\ this?}$

Several answers possible. Please select all that apply.

Lack of understanding of your disease by my friends/colleagues	1. □→ PLEASE ANSWER QUESTION Q8b
Lack of understanding of your disease by my partner/spouse	2. □
Lack of understanding of your disease by my family	3. □
Lack of understanding of my disease by my children or grandchildren	4. 🗆
(FOR PARENTS/GRANDPARENTS ONLY)	
Lack of understanding of my disease by the wider society/my community	5. □
Lack of empathy/compassion towards my PAH condition	6. □
I find it difficult to share my experience with other patients	7. 🗆
I find it difficult to share my experience with PAH specialists/nurses	8. □
I find it difficult to express myself effectively	9. □
The fact that this disease is not "visible"	10.□
There is a frequent confusion with simple hypertension	11. 🗆

IF YOU INDICATED THAT YOU EXPERIENCED "LACK OF UNDERSTANDING BY YOUR FRIENDS/COLLEAGUES" PLEASE ANSWER QUESTION Q8b, OTHERWISE GO DIRECTLY TO QUESTION Q9

Q8b. On a scale from 1 to 10, how has the lack of understanding by your friends/colleagues impacted on your friendship? Please use the following scale where 1 means "no impact at all" and 10 means "very significant impact". Single answer.

No impact at all									Very significant impact
1.□	2. 🗆	3. □	4. □	5. □	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆



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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q9a. On a scale from 1 to 10, please indicate how you felt when you were first told by your specialist or doctor that you had PAH?

Single answer

I was not									I was extremely
shocked									shocked
1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆	7. 🗆	8. 🗆	9. 🗆	10. 🗆

Q9b. On a scale from 1 to 10, please indicate how you felt when you were first told by your specialist or doctor that you had PAH?

Single answer

I was not afraid									I was extremely afraid
1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. □	10. □

Q10. How easy is it to discuss your feelings with the following people?

Single answer per item.

	Very easy	Somewhat easy	Neither easy nor difficult	Somewhat difficult	Very difficult
1. Spouse/partner	1.□	2. 🗆	3. □	4. □	5. 🗆
2. Parents	1.□	2. 🗆	3. □	4. □	5. 🗆
3. Children	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
4. Family doctor or General Practitioner	1.□	2. 🗆	3. □	4. □	5. 🗆
5. Specialists involved in the management of PAH	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
6. Nurses	1.□	2. 🗆	3. □	4. □	5. 🗆
7. Other PAH patients	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
8. Members of patient association/support group	1.□	2. 🗆	3. □	4. □	5. □
9. Other, please specify	1.□	2. 🗆	3. □	4. 🗆	5. 🗆

Q11a. In which place or space are you generally most comfortable discussing your feelings related to living with PAH? Single answer

1. At home	1. 🗆	
2. Hospital or doctor's or General Practitioner's office	2. 🗆	
3. Patient organization meetings	3. □	
4. Internet (blog, chat)	4. 🗆	
5. Other, please specify	5. □	
6. No particular place	6. □	→ PLEASE GO TO QUESTION Q12a

Q11b. Based on your response to Q11a, why you are most comfortable discussing your feelings in that place or space? Select the most relevant one. Single answer

1. I feel more safe	1. 🗆
2. Find it easier to discuss my feelings	2. 🗆
3. I get upset and don't want to let it show elsewhere	3. □
4. I need immediate answers	4. 🗆
5. I like personal contact	5. □
6. I want anonymity	6. □
7. Other, please specify	7. 🗆





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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q12a. Who is providing you with emotional support around living with PAH? Several answers possible. Please select all that apply.

	Available support
1. My family	1. 🗆
2. My carer/main support	2. □
3. My family doctor/general practitioner	3. □
4. My PAH Specialists	4. □
5. A nurse	5. □
6. Patient organization	6. □
7. A psychologist	7. 🗆
8. My friends	8. □
9. My colleagues/former colleagues	9. □
10. Spiritual or religious support	10. 🗆
11. Other	11. 🗆

Q12b. From whom is the most useful emotional support coming from? <u>Single answer</u>

	Most effective support
1. My family	1. 🗆
2. My carer/main support	2. □
3. My family doctor/general practitioner	3. □
4. My PAH Specialists	4. □
5. A nurse	5. □
6. Patient organization	6. □
7. A psychologist	7. 🗆
8. My friends	8. □
9. My colleagues/former colleagues	9. □
10. Spiritual or religious support	10. 🗆

Q12c. On a scale from 1 to 10, how much do you let this person/people know how you are feeling? Single answer

I do not talk about/show my feelings at all to this person/ people									I talk completely openly about/show my feelings freely to this person/people
1.□	2. 🗆	3. □	4. □	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10. □

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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q13. How often have you found yourself adopting any of the following attitudes / behaviours relative to living with PAH?

Single answer per item.

	Never	Rarely	Sometimes	Often	Very often
1. Positive attitude	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
2. Seeking information about PAH	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. Denial/rejecting diagnosis of PAH	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
4. Alcohol use	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
5. Over-eating or under-eating	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
6. Illicit drug use	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
7. Withdrawal socially/emotionally	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
8. Join a patient association	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
9. Talk more openly about my disease with others	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
10. Anger	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
11. Seeking spiritual or religious support	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
12. Other, please specify	1.□	2. 🗆	3. □	4. 🗆	5. 🗆

Q14a. How would you describe the overall public awareness of PAH?

Single answer

1. Non existent	1. 🗆
2. Very low	2. 🗆
3. Low	3. 🗆
4. High	4. 🗆
5. Very high	5. 🗆

Q14b. Does this have an impact on your overall well-being?

Single answer

Yes	1. 🗆
No	2. 🗆





Q15. What type of information on PAH do you feel you need or you wish you received? Several answers possible. Please select all that apply.

1. Information about the disease (symptoms, prognosis)	1. 🗆
2. Information about the specialists and doctors involved in PAH care	2. 🗆
3. Information about treatment options/drugs used for PAH therapy	3. 🗆
4. Information about the follow ups, including their schedules and purposes of these	4. 🗆
5. Information about the financial consequences of the disease	5. 🗆
6. Information about the administrative consequences of the disease (disability claims,	6. □
insurance coverage, travel grants for hospital appointments)	
7. Information about the roles shifting within the family/couple	7. 🗆
8. Information about depression, anxiety risk and other emotional consequences	8. 🗆
9. Information about possible consequences on sexual relationships	9. 🗆
10. Information about travel (tips and tricks how to make travelling possible)	10. 🗆
11. Testimonials and patients stories	11. 🗆
12. Patient Associations contacts	12. 🗆
13. Other please specify	13. 🗆

Q16a. Please indicate <u>the most suitable time</u> for you to be given the following information? Single answer per item.

	At the time of diagnosis	1 month after diagnosis	3 months after diagnosis	6 months after diagnosis	1 year or more after diagnosis
Information about the disease (symptoms, prognosis)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
2. Information about the specialists and doctors involved in PAH care	1.□	2. 🗆	3. □	4. 🗆	5. □
3. Information about treatment options/drugs used for PAH therapy	1.□	2. 🗆	3. □	4. 🗆	5. □
4. Information about the follow ups, including their schedules and purposes of these	1.□	2. 🗆	3. □	4. □	5. □
5. Information about the financial consequences of the disease	1.□	2. 🗆	3. □	4. 🗆	5. □
6. Information about the administrative consequences of the disease (disability claims, insurance coverage, travel grants for hospital appointments)	1.□	2. 🗆	3. □	4. □	5. 🗆
7. Information about the roles shifting within the family/couple	1.□	2. 🗆	3. □	4. □	5. □
8. Information about depression, anxiety risk and other emotional consequences	1.□	2. 🗆	3. □	4. □	5. □
9. Information about possible consequences on sexual relationships	1.□	2. 🗆	3. □	4. 🗆	5. □
10. Information about travel (tips and tricks how to make travelling possible)	1.□	2. 🗆	3. □	4. □	5. □
11. Testimonials and patients stories	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
12. Patient Associations contacts	1.□	2. 🗆	3. □	4. 🗆	5. □
13. Other please specify:	1.□	2. 🗆	3. 🗆	4. □	5. 🗆

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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q16b. Please indicate the next most suitable times (if any) for you to be given the following information? Several answers per item.

If you consider it exists different suitable times (different from the one you mentioned in the previous question) for you to be given the following information, please indicate them. Otherwise you can select the answer (no other suitable time)

	At the time of diagnosis	1 month after diagnosis	3 months after diagnosis	6 months after diagnosis	1 year or more after diagnosis	No other suitable time
Information about the disease (symptoms, prognosis)	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
2. Information about the specialists and doctors involved in PAH care	1.□	2. 🗆	3. □	4. □	5. 🗆	6. 🗆
3. Information about treatment options/drugs used for PAH therapy	1.□	2. 🗆	3. □	4. □	5. 🗆	6. 🗆
4. Information about the follow ups, including their schedules and purposes of these	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
5. Information about the financial consequences of the disease	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
6. Information about the administrative consequences of the disease (disability claims, insurance coverage, travel grants for hospital appointments)	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆
7. Information about the roles shifting within the family/couple	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
8. Information about depression, anxiety risk and other emotional consequences	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. 🗆
9. Information about possible consequences on sexual relationships	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
10. Information about travel (tips and tricks how to make travelling possible)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
11. Testimonials and patients stories	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
12. Patient Associations contacts	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
13. Other please specify:	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. 🗆



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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

Q17a. Where are you likely to go and look for information about PAH?

Several answers per column. Please select all that apply.

1. Family doctor/general practitioner	1. 🗆
2. Physicians involved in the management of your PAH	2. 🗆
3. A nurse	3. □
4. My pharmacist	4. □
5. My partner/spouse	5. □
6. People close to me/family/friends	6. □
7. Patient associations/support groups	7. 🗆
8. Other patients	8. 🗆
9. Social network sites	9. □
10. Other web sites	10. □
11. Blogs/forums	11. 🗆
12. Press that covers medical topics	12. 🗆

Q17b. Please indicate which of the following sources do you consider reputable/credible?

Several answers per column. Please select all that apply.

1. Family doctor/general practitioner	1. 🗆
2. Physicians involved in the management of your PAH	2. 🗆
3. A nurse	3. □
4. My pharmacist	4. □
5. My partner/spouse	5. □
6. People close to me/family/friends	6. □
7. Patient associations/support groups	7. 🗆
8. Other patients	8. □
9. Social network sites	9. □
10. Other web sites	10. □
11. Blogs/forums	11. 🗆
12. Press that covers medical topics	12. 🗆

Q17c. Would you please indicate your level of satisfaction with each of the following sources of information about PAH? Single answer per item.

	Very dissatisfied	Somewhat dissatisfied	Neither dissatisfied nor satisfied	Somewhat satisfied	Very satisfied
1. Family doctor/general practitioner	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
2. Physicians involved in the management of your PAH	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. A nurse	1.□	2. 🗆	3. □	4. □	5. □
4. My pharmacist	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
5. My partner/spouse	1.□	2. 🗆	3. □	4. □	5. 🗆
6. People close to me/family/friends	1.□	2. 🗆	3. □	4. □	5. 🗆
7. Patient associations/support groups	1.□	2. 🗆	3. □	4. □	5. 🗆
8. Other patients	1.□	2. 🗆	3. □	4. □	5. 🗆
9. Social network sites	1.□	2. 🗆	3. □	4. □	5. 🗆
10. Other web sites	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
11. Blogs/forums	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
12. Press that covers medical topics	1.□	2. 🗆	3. □	4. □	5. 🗆



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IF YOU GO AND LOOK FOR INFORMATION ABOUT PAH ON THE INTERNET (SOCIAL NETWORK, BLOG, OTHER WEBSITES) PLEASE ANSWER Q17d

Q17d. Please indicate the websites you are likely to visit.	
Mention the domain name of the site	
Social network site(s):	
Other web site(s):	
Blog(s)/ forum(s):	

THANKS YOU FOR YOUR PARTICIPATION.

PLEASE USE THE ENCLOSED PRE PAID ENVELOPE TO SEND US YOUR COMPLETED QUESTIONNAIRE BY Saturday

31st DECEMBER AT THE LATEST

harris 1 July 2011

CARER QUESTIONNAIRE

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Thank you for requesting a copy of this questionnaire. In total we hope to receive feedback from approximately 300 patients and carers, across France, Germany, Spain, Italy and the UK, whose lives are affected by pulmonary arterial hypertension (PAH). We would like to explore how PAH has affected your life. In particular we would like to know the impact PAH has had on your emotional wellbeing, since you have been caring for someone with PAH, as this is an area that has not been researched widely in the past. Your responses will be collected with those from the other patients and carers and used to improve our understanding of the impact of PAH. We would like to use these insights to develop new information resources to support patients, carers and healthcare professionals. The findings from the questionnaire will also help us to raise public awareness about the emotional impact PAH has on the lives of both patients and carers. We will be developing the information resources during 2012. If you would like to know more about their status please contact your local PAH patient organisation, which will be able to update you on progress.

About the questionnaire

This questionnaire has been commissioned by Actelion Pharmaceuticals Ltd, Switzerland, and the content has been developed and approved by a team of doctors and nurses who manage patients with PAH. Patient organisations and healthcare professionals at PAH centre in the participating countries are aware that this research is taking place.

Thank you

We would like to thank you for agreeing to take part in this survey. Your input to this piece of work as a carer is highly appreciated. If possible, please return your questionnaire by Saturday 31st December.

When completing the questionnaire, please consider the following:

- a "carer" or "care giver" is someone who provides ongoing assistance and support to a loved one (e.g. partner, child, relative or friend) who due to illness needs additional day to day help
- We recommended that you find a quiet and comfortable place to sit by yourself and complete this. If you need to stop and take a break while completing the questionnaire, we suggest that you do this and continue with the remainder of the questionnaire when you are ready. If you are completing this questionnaire on the Internet, you may get an automated reminder to complete the questionnaire. In addition, online administration of questionnaire allows you to complete it either all in one sitting or to complete it a little at a time, logging on and off the questionnaire according to your preference. Our secure platform will automatically keep track of your progress, so when you log back into the questionnaire you will pick up where you left off. This will be the same in case your browser remains inactive for a while. Once you have started the online completion, there is not any time limit to complete the entire questionnaire.
- You will be asked about physical, practical, social and emotional impact of the PAH from the "carer" perspective. We understand that is must be difficult for you to talk about these life aspects and you have the possibility to not answer to a specific question should you not want to disclose such information. The content has been developed and approved by a team of doctors and nurses who manage PAH patients

Before completing the questionnaire, we would like to reassure you that:

- As an independent market research company, we (Harris Interactive) comply with the codes of conduct of market research associations (ESOMAR and EphMRA) and all British laws in protecting your personal data
- Your responses will be collated with other respondents and presented to the sponsor in aggregated or anonymous
 form; your identity will not be revealed at any time. Your responses will be confidential and will not be used for any
 other purposes than the above mentioned or disclosed to any third party without your approval.
- Any personal information you give us is only used for the purposes for which you provide it; e.g. your mail/email
 address will only be used to send you information you specifically requested. We will never send you unsolicited
 mails/emails, we will not pass any data you supply to any other party and all employees who process your data are
 required to respect the confidentiality of your personal data.

PLEASE NOTE:

If you experience any distress while taking part in this survey please stop the survey immediately and seek assistance from either your PAH patient organization or your healthcare professional.

Do you agree to participate in this survey under the above conditions and that you will be asked to provide information on your experiences of caring for someone with PAH and details about their health?

Yes	1. 🗆
No	2. 🗆



GENERAL INFORMATION S1. Please specify YOUR gender Male 1. 🗆 Female 2. 🗆 S2. Please specify YOUR age: |_____| years old S3. What is YOUR marital status? S4. Please specify the relationship you have with the person you care for who has PAH. I am their... Single answer

Single answer	
Married	1. 🗆
Living with a partner	2. 🗆
Widowed	3. □
Divorced	4. □
Separated	5. 🗆
Single, never married	6. □
Other, please specify:	7. 🗆

Single answer	
Spouse/partner	1. 🗆
Parent	2. □
Child	3. □
Another member of the family	4. □
Friend	5. □
Colleague	6. □
Neighbour	7. 🗆
Other, please specify	8. □

For the remainder of the questionnaire when referring to "the person you care for who has PAH" we will refer to this person as "YOUR RELATIVE".

S5. Currently, how many children are there in YOUR household?

Sinale answer

0	1. 🗆	→ GO TO QUESTION S7
1	2. 🗆	
2	3. □	
3	4. 🗆	→ PLEASE FILL IN THE QUESTION S6
4	5. 🗆	
5 or more	6. 🗆	

S6. Please specify the age for each of these children?

Child N# 1	Child N# 2	Child N# 3	Child N# 4	Child N# 5
years	years	years	years	years

S7. What is YOUR level of education?

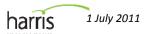
Sinale answer

Siligie uliswei	
Up to high school	1. 🗆
Up to university	2. 🗆
Technical/non-university	3. □
Post-graduate education	4. 🗆
Other	98. 🗆

S8. What is the annual income of YOUR household?

Single answer

Under £10,000	1. 🗆
£10,000 - £14,999	2. 🗆
£15,000 - £19,999	3. □
£20,000 - £24,999	4. □
£25,000 - £29,999	5. □
£30,000 or more	6. □



CARER QUESTIONNAIRE

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BACKGROUND INFORMATION ON PAH

S9a. Please indicate the year of the first symptoms and the year of PAH diagnosis of YOUR RELATIVE

Please indicate the year in the following boxes using this date format: yyyy.

First symptoms	First diagnosis
1	2

S9b. What were these first symptoms?

Several answers possible. Please select all that apply.

Breathlessness/dyspnoea	1. 🗆
· • •	
Tiredness/fatigue	2. 🗆
Chest pain	3. □
Fainting/loss of consciousness	4. □
Irregularities in heart beat	5. □
Anxiety	6. □
Other	7. 🗆

S10. PAH can have no known cause, run in the family or be associated with one or more related conditions. Do you know what type of PAH <u>YOUR RELATIVE</u> has?

Single answer

Shighe unswer	
No known cause	1. □
Family history of PAH	2. □
Associated with connective tissue disease (such as scleroderma or lupus)	3. □
Associated with congenital heart disease	4. □
Associated with HIV	5. □
Associated with other condition	6. □
Not sure	7. 🗆

S11. Which of the following statements best describes the impact of PAH on YOUR RELATIVE'S <u>current</u> level of activity? Single answer

He/she has no symptoms and no limitations in ordinary physical activity (e.g. when walking, climbing stairs, running errands etc)	1. 🗆
He/she experiences mild symptoms and slight limitations during ordinary activity (e.g. gets breathless when walking, climbing stairs, running errands etc)	2. 🗆
He/she experiences significant limitation in ordinary physical activity due to his/her symptoms. He/she is comfortable only when resting/not active	3. 🗆
He/she is not able to carry out any physical activity without symptoms and symptoms may even be present at rest. His/her discomfort is increased by any physical activity (e.g. feels breathless all the time and/or finds it difficult to sleep)	4. 🗆





BACKGROUND INFORMATION ON PAH

S12a. Have YOU heard of the term	"World Health Organization	(WHO) or (New York Hear	: Association) NYHA Functional
Class" in the DAH area?			

Single answer

Yes	1. □ → PLEASE ANSWER QUESTION S12b
No	2. □ → GO TO QUESTION S13

S12b. Which of the following sentences best describes YOUR level of understanding of this term?

Single answer

I understand what it means	1. □ → PLEASE ANSWER QUESTIONS S12c AND S12d
I partially understand what it means	2. ☐ → PLEASE ANSWER QUESTIONS S12c AND S12d
I don't understand what it means, I only know it by name	3. ☐ → GO TO QUESTION S13

S12c. What relevance does the WHO/NYHA Functional Class have for YOU as the carer?

Select the most relevant one. Single answer

It helps me to understand my relative's condition	1. 🗆
It allows me to better know what he/she can do/cannot do	2. 🗆
It can show how effective his/her treatment is	3. □
It reassures me	4. 🗆
It does not help me in my care of my relative	5. 🗆
It frightens me	6. □
It helps me plan for the future	7. 🗆

S12d. Are YOU aware of your relative's WHO or NYHA Functional class?

Sinale answer

Jingic	answer
Yes	1. □ → PLEASE ANSWER QUESTIONS S12e AND S12f
No	2. □ → GO TO QUESTION S13

S12e. Who has informed YOU about your relative's WHO or NYHA Functional class?

Several answers possible. Please select all that apply

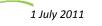
PAH doctor	1. 🗆
Nurse	2. 🗆
Patient himself/herself	3. □
Someone else	4. □

S12f. What is YOUR RELATIVE'S WHO or NYHA Functional class?

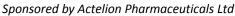
Single answer

Single answer	
WHO/NYHA Functional Class I	1. 🗆
WHO/NYHA Functional Class II	2. 🗆
WHO/NYHA Functional Class III	3. 🗆
WHO/NYHA Functional Class IV	4. 🗆
I am not sure / I do not remember	5. 🗆





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S13. Does YOUR RELATIVE suffer from any other disease(s) or condition(s) requiring regular visits to a doctor or regular drug treatment?

High blood pressure	1. 🗆	
Other heart & blood vessel disease	2. □	
Asthma	3. □	
Other lung disease	4. □	
Psoriasis or other skin conditions	5. □	
Kidney disease	6. □	
Diabetes	7. 🗆	
Obesity	8. □	
Depression	9. □	
Anxiety	10. □	
Panic attacks	11. 🗆	
Sleep disorders	12. 🗆	
Cancer	13. 🗆	
Systemic sclerosis / scleroderma	14.□	
Another chronic disease or problem	15.□	
Other conditions, please specify :	16. 🗆	
None	17.□	
Don't know	18.□	

S14a. Do you currently belong to any patient association/support group in relation to PAH? Single answer

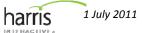
Yes, I belong to a patient association and I am an active member	1. □ → PLEASE ANSWER QUESTIONS
	S14b, S14c AND S14d
Yes, I belong to a patient association but I am not an active member	2. □ → PLEASE ANSWER QUESTIONS
	S14b, S14c AND S14d
No, I do not belong to / I am not in contact with a patient association	3. □ → GO TO QUESTION S14e

S14b. Which of the following patient associations/support groups do YOU belong to?

Several answers possible. Please select all that apply.

Pulmonary Hypertension Association UK	1. 🗆
Other association(s) please specify	2. 🗆





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BACKGROUND INFORMATION ON PAH

S14c. How did you learn about the above organisation(s)?

Several answers possible. Please select all that apply.

From family doctor or General Practitioner (GP)	1. 🗆
From specialists involved in the management of PAH	2. 🗆
From nurses	3. □
From other PAH patients	4. □
Internet search	5. 🗆
The association approached me	6. □
Media (press, TV, etc)	7. 🗆
Other, please specify:	8. 🗆

S14d. Why did you decide to join the above patient organisation(s)?

Several answers possible. Please select all that apply.

I have not been satisfied with the information I have received so far	1. 🗆
I wanted to hear about/meet other patients and carers and how they were coping	2. 🗆
I needed practical help (with disability, insurance, pensions etc.)	3. □
I heard about the association from other patients or carers and was curious	4. 🗆
My family suggested I contact a patient association	5. 🗆
A doctor told me about the association	6. □
I wanted to know all about the condition	7. 🗆
Other, please specify	8. 🗆

If you do not currently belong to any patient association / support group

S14e. We are trying to understand why patients or carers do not join patient/support groups. Which of the following best describes your reasons for <u>not</u> joining patient/support groups?

Select the most relevant one. Single answer

I didn't know a PAH related patient organisation/support group existed	1. 🗆
I don't see what benefit belonging to a patient organisation/support group would have	2. 🗆
I don't want to be associated with/around other people with PAH	3. □
I used to be involved with a patient association/support group but did not see the benefit	4. 🗆
I used to be involved with a patient association/support group but it became emotionally to difficult	5. 🗆
Other, please specify	6. □





Q1a. On a scale from 1 to 10, how would you assess the impact of your relative's PAH on YOUR daily life?

Please use the following scale where 1 means "no impact at all" and 10 means "very significant impact". Single answer.

No impact at all									Very significant impact
1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. □	10.□

Q1b. On a scale from 1 to 10, how would you assess the impact of your relative's PAH on HIS/HER daily life?

Please use the following scale where 1 means "no impact at all" and 10 means "very significant impact". Single answer.

No impact at all									Very significant impact
1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10.□

Q2. Would you please indicate all the changes your relative's PAH has had on YOUR daily life? Several answers possible. Please select all that apply.

I have given up work	1.□
I have chosen to work part time	2.□
I have made changes to my work (e.g. work from home, changed responsibilities)	3.□
I found a different job to fit in taking care of my relative	4.□
I am more involved in the household chores	5.□
I am more involved in taking care of our child/children (if any)	6.□
I am more likely to go on errands	7.□
I need to be organised all the time (extra planning requirement)	8.□
I feel exhausted more frequently (due to extra responsibilities)	9.□
I take on planning of his/her daily life	10.□
I have to schedule family life around his/her needs	11.□
I am involved in administration of PAH medication	12.□
I am more involved in tasks my relative used to manage.	13.□
I have made no changes as a consequence of my relative's PAH	14.□
Other, please specify	15.□

Q3. To what extent do you agree with the following statements?

Single answer per statement

	I strongly disagree	l disagree	I neither agree nor disagree	I Agree	I strongly agree
1. Caring/supporting has given new meaning to my life	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
2. Caring/supporting has brought us closer together as a couple/family	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. I find fulfilment in being a carer	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
4. Caring/supporting has made me realise that I can do things I never thought I was capable of	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
5. Caring/supporting has brought out a better me	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
6. By caring/supporting my relative I positively contribute to his/her quality of life	1.□	2. 🗆	3. □	4. 🗆	5. □







Q4. The following statements reflect how people sometimes feel when they are taking care of another person. Please indicate how often, if ever, you feel that way *Single answer per item*

	Never	Rarely	Sometime s	Often	Very often (Nearly always)
1. I feel stressed between caring for my relative and trying to meet other responsibilities for my family or work	1.□	2. 🗆	3. □	4. 🗆	5. □
2. I feel that my relative asks for more help than he or she needs	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
3. I feel that because of the time I spend with my relative, I do not have enough time for myself	1.□	2. 🗆	3. □	4. 🗆	5. □
4. I feel angry when I am around my relative	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
5. I feel that my relative negatively affects my relationship with other family members or friends	1.□	2. 🗆	3. □	4. 🗆	5. □
6. I am afraid about what the future holds for my relative	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
7. I feel my relative is over-dependent on me	1.□	2. 🗆	3. □	4. □	5. 🗆
8. I feel strained when I am around my relative	1.□	2. 🗆	3. □	4. □	5. 🗆
9. I feel my health has suffered because I am caring for my relative	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
10. I feel that I do not have as much privacy as I would like because of my relative	1.□	2. 🗆	3. □	4. 🗆	5. □
11. I feel that I will be unable to take care of my relative much longer	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
12. I feel I have lost control of my life since my relative's illness	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
13. I wish I could just leave the care of my relative to someone else	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
14. I feel uncertain about what to do for my relative	1.□	2. 🗆	3. □	4. □	5. 🗆
15. I think I should be doing more for my relative	1.□	2. 🗆	3. 🗆	4. 🗆	5. □
16. I feel I could do a better job in caring for my relative	1.□	2. 🗆	3. □	4. 🗆	5. □
17. I feel I have no choice but to look after my relative	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
18. I feel caring for my relative gives me less time to spend with my children or grandchildren (FOR PARENTS/GRANDPARENTS ONLY)	1.□	2. 🗆	3. □	4. 🗆	5. □

Q5. On a scale from 1 to 10, how burdened do YOU feel in caring for your relative?

Please use the following scale where 1 means "not burdened at all" and 10 means "Extremely burdened". Single answer.

Not burdened at all									Extremely burdened
1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆





IF YOU ARE THE SPOUSE OR PARTNER OF THE PATIENT WITH PAH PLEASE ANSWER THE QUESTIONS Q6a OTHERWISE GO TO THE QUESTION Q7

Q6a. Has there been an overall decrease in your sexual relations?

Single answer

Yes	1. □ → PLEASE ANSWER QUESTION Q6b AND Q6c
No	2. □ → GO TO QUESTION Q7
I would rather not answer this question	3. ☐ → GO TO QUESTION Q7

Q6b. What do you believe are the reasons for it?

Several answers possible. Please select all that apply.

Partner has low self-esteem/negative body image	1.□
I am afraid of making my partner more ill	2.□
He/she is physically not able due to PAH	3.□
I have lost interest since the PAH diagnosis	4.□
My partner has lost interest since having PAH	5.□
Afraid of pregnancy	6.□
It was due to the presence of one or more serious diseases or conditions in addition to PAH (or due to the effects of such additional disorders)	7.□
Other, please specify:	8.□

Q6c. How does this make you feel?

Several answers possible. Please select all that apply.

I feel less close to my partner	1.□
I struggle to show my affection in other ways	2.□
I feel like my partner sees me more as a carer than a lover	3.□
I am not concerned that there has been a decrease in sexual relations	4.□
I am comfortable with our relationship as we are more affectionate in different ways now (kissing, cuddling etc)	5.□
I am worried that my partner does not feel desirable to me anymore	6.□

Q7. Who, if anyone, do you tell about/have you made aware of YOUR role as a carer?

Several answers possible except code 7 "Nobody" which is exclusive. Please select all that apply.

Family members	1. 🗆	
Friends	2. 🗆	
Colleagues	3. 🗆	- 1 CO TO OUESTION OR
Neighbours	4. 🗆	→ GO TO QUESTION Q8
PAH specialists or nurses	5. 🗆	
Family doctor/general practitioner (GP)	6. □	
Nobody [EXCLUSIVE]	7. 🗆	→ GO TO QUESTION Q9a

Q8. To what extent do you agree with the following statements?

"When I tell people I am a carer they.... "

Single answer per statement

	I strongly disagree	l disagree	I neither agree nor disagree	I Agree	I strongly agree
1. better understand my situation	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
2. are more empathic/compassionate with me	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
3. change their perceptions of my situation	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
4. change their perception of the person I support	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆
5. No change in their understanding of my situation	1.□	2. 🗆	3. □	4. 🗆	5. 🗆





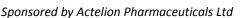
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		4 . 40			.,			
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Support to manage financial and administrative issues related to PAH

Other, please specify

9. 🗆 10. 🗆







Q13a. In a normal month, how much time do YOU spend on average doing the following?

Please indicate your answer in %".

1. Activities for my relative	%
2. Activities for myself (e.g. work, socialising)	%
	TOTAL = 100%

Q13b. In a normal month, how much time did YOU spend doing the following prior to your relative being diagnosed with PAH?

Please indicate you answer in %".

1. Activities for my relative	%
2. Activities for myself (work, socialising)	%
	TOTAL = 100%

Q14. On scale from 1 to 10, how would you rate how much YOU have positively contributed to the quality of life of your relative?

Please use the following scale where 1 means "no contribution at all" and 10 means "very significant contribution". Single answer.

No contribution									Very significant
at all									contribution
1.□	2. 🗆	3. □	4. 🗆	5. □	6. □	7. 🗆	8. 🗆	9. 🗆	10. 🗆

Q15. What type of information on PAH do you feel YOU need or you wish you received? Several answers possible. Please select all that apply.

Information about the disease (symptoms, prognosis)	1. 🗆
Information about the specialists and doctors involved in PAH care	2. 🗆
Information about treatment options/drugs used for PAH therapy	3. 🗆
Information about the follow ups, including their schedules and purposes of these	4. 🗆
Information about the financial consequences of the disease	5. 🗆
Information about the administrative consequences of the disease (disability claims,	6. □
insurance coverage, travel grants for hospital appointments)	
Information about the roles shifting within the family/couple	7. 🗆
Information about depression, anxiety risk and other emotional consequences	8. 🗆
Information about possible consequences on sexual relationships	9. 🗆
Information about travel (tips and advice how to make travelling possible)	10. 🗆
Testimonials and carer stories	11. 🗆
Information about my new role of carer (practical consequences)	12. 🗆
Information about support for children / education (FOR PARENTS/GRANDPARENTS ONLY)	13. 🗆
Patient association contacts	14. 🗆
Other please specify:	15. □





Q16a. Please indicate the <u>most suitable</u> time for YOU to be given the following information Single answer per item

	At the time of diagnosis	1 month after diagnosis	3 months after diagnosis	6 months after diagnosis	1 year or more after diagnosis
1. Information about the disease (symptoms, prognosis)	1.□	2. 🗆	3. □	4. 🗆	5. □
2. Information about the specialists and doctors involved in PAH care	1.□	2. 🗆	3. □	4. □	5. □
3. Information about treatment options/drugs used for PAH therapy	1.□	2. 🗆	3. □	4. □	5. □
4. Information about the follow ups, including their schedules and purposes of these	1.□	2. 🗆	3. □	4. □	5. 🗆
5. Information about the financial consequences of the disease	1.□	2. 🗆	3. □	4. □	5. □
6. Information about the administrative consequences of the disease (disability claims, insurance coverage, travel grants for hospital appointments)	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
7. Information about the roles shifting within the family/couple	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
8. Information about depression, anxiety risk and other emotional consequences	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
9. Information about possible consequences on sexual relationships	1.□	2. 🗆	3. 🗆	4. 🗆	5. □
10. Information about travel (tips and advice how to make travelling possible)	1.□	2. 🗆	3. □	4. □	5. □
11. Testimonials and carer stories	1.□	2. 🗆	3. □	4. 🗆	5. □
12. Information about my new role of carer (practical consequences)	1.□	2. 🗆	3. □	4. □	5. □
13. Information about support for children / education (FOR PARENTS/GRANDPARENTS ONLY)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆
14. Patient association contacts	1.□	2. 🗆	3. □	4. 🗆	5. □
15. Other please specify:	1.□	2. 🗆	3. □	4. □	5. □







Q16b. Please indicate the next most suitable times (if any) for you to be given the following information? Several answers per item.

If you consider it exists different suitable times (different from the one you mentioned in the previous question) for you to be given the following information, please indicate them. Otherwise you can select the answer (no other suitable time)

	At the time of diagnosis	1 month after diagnosis	3 months after diagnosis	6 months after diagnosis	1 year or more after diagnosis	No other suitable time
1. Information about the disease (symptoms, prognosis)	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
2. Information about the specialists and doctors involved in PAH care	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. 🗆
3. Information about treatment options/drugs used for PAH therapy	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
4. Information about the follow ups, including their schedules and purposes of these	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
5. Information about the financial consequences of the disease	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
6. Information about the administrative consequences of the disease (disability claims, insurance coverage, travel grants for hospital appointments)	1.□	2. 🗆	3. □	4. □	5. 🗆	6. □
7. Information about the roles shifting within the family/couple	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
8. Information about depression, anxiety risk and other emotional consequences	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
9. Information about possible consequences on sexual relationships	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
10. Information about travel (tips and advice how to make travelling possible)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
11. Testimonials and carer stories	1.□	2. □	3. □	4. 🗆	5. □	6. □
12. Information about my new role of carer (practical consequences)	1.□	2. 🗆	3. □	4. 🗆	5. 🗆	6. □
13. Information about support for children / education (FOR PARENTS/GRANDPARENTS ONLY)	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆	6. □
14. Patient association contacts	1.□	2. 🗆	3. □	4. □	5. □	6. □
15. Other please specify:	1.□	2. 🗆	3. 🗆	4. 🗆	5. □	6. □





Q17a. Where are YOU likely to go and look for information about PAH?

Several answers per column. Please select all that apply.

1. Family doctor or General Practitioner/my relative's General Practitioner	1. 🗆
2. Physicians involved in the management of your relative's PAH	2. 🗆
3. A nurse	3. 🗆
4. My pharmacist	4. 🗆
5. People close to me/family/friends	5. 🗆
6. Patient associations/support groups	6. □
7. Other patients	7. 🗆
8. Social network sites	8. 🗆
9. Other websites	9. 🗆
10. Blogs/forums	10. 🗆
11. Press that covers medical topics	11. 🗆

Q17b. Please indicate which of the following sources YOU consider reputable/credible

Several answers per column. Please select all that apply.

1. Family doctor or General Practitioner/my relative's General Practitioner	1. 🗆
2. Physicians involved in the management of your relative's PAH	2. 🗆
3. A nurse	3. 🗆
4. My pharmacist	4. 🗆
5. People close to me/family/friends	5. □
6. Patient associations/support groups	6. □
7. Other patients	7. 🗆
8. Social network sites	8. 🗆
9. Other websites	9. □
10. Blogs/forums	10. 🗆
11. Press that covers medical topics	11. 🗆

Q17c. Please indicate YOUR level of satisfaction with each of the following sources of information about PAH Single answer per item.

	Very dissatisfied	Somewhat dissatisfied	Neither dissatisfied nor satisfied	Somewhat satisfied	Very satisfied
1. Family doctor or General Practitioner/my relative's General Practitioner	1.□	2. 🗆	3. □	4. □	5. □
2. Physicians involved in the management of your relative's PAH	1.□	2. 🗆	3. □	4. □	5. □
3. A nurse	1.□	2. 🗆	3. □	4. □	5. 🗆
4. My pharmacist	1.□	2. 🗆	3. □	4. □	5. 🗆
5. People close to me/family/friends	1.□	2. 🗆	3. □	4. □	5. 🗆
6. Patient associations/support groups	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
7. Other patients	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
8. Social network sites	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
9. Other websites	1.□	2. 🗆	3. □	4. □	5. 🗆
10. Blogs/forums	1.□	2. 🗆	3. 🗆	4. □	5. 🗆
11. Press that covers medical topics	1.□	2. 🗆	3. 🗆	4. 🗆	5. 🗆



Q17d. Please indicate the websites you are likely to visit.

Mention the domain name of the site

CARER QUESTIONNAIRE

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IMPACT OF PAH ON YOUR DAY TO DAY LIFE

IF YOU GO AND LOOK FOR INFORMATION ABOUT PAH ON THE INTERNET (SOCIAL NETWORK, BLOG, OTHER WEBSITES) PLEASE ANSWER Q17d

Social network site(s):	
Other web site(s):	
Blog(s)/ forum(s):	
biog(s)/ forum(s).	

Q18. Have you ever avoided sharing information you have found/received about PAH with your relative? Several answers possible per column. Please select all that apply.

	a. At diagnosis	b. Currently
Yes, to protect him/her from information about the seriousness of	1. 🗆	1. 🗆
PAH		
Yes, because I felt uncomfortable understanding the information	2. 🗆	2. 🗆
Yes, because I felt uncomfortable expressing it	3. □	3. □
Yes, because he/she was in a denial (rejecting diagnosis of PAH) phase	4. 🗆	4. 🗆
Yes, because I did not want to add his/her feelings of guilt	5. 🗆	5. 🗆
Yes, for other reasons	6. □	6. □
No, I have never filtered any information	7. 🗆	7. 🗆

THANK YOU FOR YOUR PARTICIPATION.

PLEASE USE THE ENCLOSED PRE PAID ENVELOPE TO SEND US YOUR

COMPLETED QUESTIONNAIRE BY SATURDAY 31st DECEMBER AT THE LATEST