

**SUPPLEMENTAL MATERIAL**

Coping Strategies and Anxiety in Young Breast Cancer Survivors

Supplemental Table 1. Coping Strategy Questions Asked on 6 and 18 Month Surveys

The following questions refer to coping with your breast cancer diagnosis and treatment.

| 40) To what extent have the following factors helped you to cope with your breast cancer diagnosis and treatment?   | Does not apply | Not at all | To a small extent | To a moderate amount | To a large extent | It is the most important thing that keeps me going |
|---|----------------|------------|-------------------|----------------------|-------------------|--|
| a) emotional support from partner/spouse/significant other  |                | 0          | 1                 | 2                    | 3                 | 4  |
| b) emotional support from parent(s)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| c) emotional support from other family members (e.g., children, siblings)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| d) friends  |                | 0          | 1                 | 2                    | 3                 | 4  |
| e) co-workers   |                | 0          | 1                 | 2                    | 3                 | 4  |
| f) health care providers  |                | 0          | 1                 | 2                    | 3                 | 4  |
| g) work   |                | 0          | 1                 | 2                    | 3                 | 4  |
| h) taking care of children, family, friends   |                | 0          | 1                 | 2                    | 3                 | 4  |
| i) shopping   |                | 0          | 1                 | 2                    | 3                 | 4  |
| j) hobbies (e.g., reading, photography)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| k) religious beliefs or activities  |                | 0          | 1                 | 2                    | 3                 | 4  |
| l) spiritual practices (e.g., meditation)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| m) exercise   |                | 0          | 1                 | 2                    | 3                 | 4  |
| n) dietary changes  |                | 0          | 1                 | 2                    | 3                 | 4  |
| o) vitamin or herbal supplements (e.g., ginkgo, vitamin C, St. John's wort)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| p) complementary therapies (e.g., acupuncture, massage)   |                | 0          | 1                 | 2                    | 3                 | 4  |
| q) drinking alcohol   |                | 0          | 1                 | 2                    | 3                 | 4  |
| r) using recreational drugs (e.g., marijuana, cocaine)  |                | 0          | 1                 | 2                    | 3                 | 4  |
| s) other (please specify):<br>_____<br>_____  |                | 0          | 1                 | 2                    | 3                 | 4  |
| t) Now, please look over the list of factors above once more, and circle the <b>ONE</b> that has been most helpful in coping with your breast cancer diagnosis and treatment. |                |            |                   |                      |                   |  |

Supplemental Table 2. Coping at 6 months (N=833)

|  | Does not apply<br>n (%) | Not at all/To a<br>small extent<br>n (%) | To a a moderate<br>amount/large<br>extent/most important<br>n (%) | Missing<br>n |
|--|-------------------------|--|---|--------------|
| a) emotional support from partner/<br>spouse/significant other | 82 (10.0)               | 68 (8.3)                                 | 669 (81.7)  | 14           |
| b) emotional support from parent(s)                            | 31 (3.7)                | 132 (15.9)                               | 665 (80.3)  | 5            |
| c) emotional support from other family<br>members              | 15 (1.8)                | 120 (14.5)                               | 692 (83.7)  | 6            |
| d) friends   | --                      | 69 (8.3)                                 | 759 (91.7)  | 5            |
| e) co-workers  | 116 (14.1)              | 211 (25.7)                               | 494 (60.2)  | 12           |
| f) health care providers                                       | 2 (0.2)                 | 166 (20.1)                               | 657 (79.6)  | 8            |
| g) work  | 130 (15.9)              | 228 (27.9)                               | 460 (56.2)  | 15           |
| h) taking care of children, family,<br>friends                 | 71 (8.6)                | 185 (22.5)                               | 566 (68.9)  | 11           |
| i) shopping  | 16 (1.9)                | 547 (66.4)                               | 261 (31.7)  | 9            |
| j) hobbies   | 9 (1.1)                 | 347 (42.2)                               | 467 (56.7)  | 10           |
| k) religious beliefs or activities                             | 69 (8.4)                | 448 (54.3)                               | 308 (37.3)  | 8            |
| l) spiritual practices   | 85 (10.3)               | 452 (54.9)                               | 286 (34.8)  | 10           |
| m)exercise   | 18 (2.2)                | 271 (32.7)                               | 540 (65.1)  | 4            |
| n) dietary changes   | 44 (5.4)                | 407 (49.6)                               | 369 (45.0)  | 13           |
| o) vitamin or herbal supplements                               | 108 (13.1)              | 511 (61.9)                               | 207 (25.1)  | 7            |
| p) complementary therapies                                     | 137 (16.6)              | 453 (54.8)                               | 237 (28.7)  | 6            |
| q) Alcohol   | 109 (13.2)              | 639 (77.3)                               | 79 (9.6)  | 6            |
| r) Drugs   | 202 (24.7)              | 594 (72.5)                               | 23 (2.8)  | 14           |
| s) alcohol and/or drugs* <sup>1</sup>                          | 98 (11.9)               | 632 (76.5)                               | 96 (11.6)   | 7            |

\* For alcohol and/or drugs, only endorsement of “does not apply” for both the items were tabulated as “does not apply.” A “does not apply” response for either one of these items, with other item skipped were counted as “missing”.

Supplemental Table 3 Coping at 18 months

|   | Does not apply | Not at all/To a small extent | To a a moderate amount/large extent/most important | Missing |
|---|----------------|------------------------------|--|---------|
| a) emotional support from partner/ spouse/significant other | 90 (11.0)      | 51 (6.3)                     | 674 (82.7)   | 18      |
| b) emotional support from parent(s)                         | 27 (3.3)       | 123 (15.2)                   | 662 (81.5)   | 21      |
| c) emotional support from other family members              | 15 (1.9)       | 105 (13.0)                   | 690 (85.2)   | 23      |
| d) friends  | 1 (0.1)        | 58 (7.1)                     | 759 (92.8)   | 15      |
| e) co-workers   | 112 (13.8)     | 194 (24.0)                   | 504 (62.2)   | 23      |
| f) health care providers                                    | 4 (0.5)        | 129 (15.9)                   | 680 (83.6)   | 20      |
| g) work   | 106 (13.1)     | 207 (25.5)                   | 499 (61.5)   | 21      |
| h) taking care of children, family, friends                 | 60 (7.4)       | 172 (21.2)                   | 578 (71.4)   | 23      |
| i) shopping   | 16 (2.0)       | 525 (64.9)                   | 268 (33.1)   | 24      |
| j) hobbies  | 6 (0.7)        | 282 (34.7)                   | 524 (64.5)   | 21      |
| k) religious beliefs or activities                          | 72 (8.9)       | 391 (48.0)                   | 351 (43.1)   | 19      |
| l) spiritual practices                                      | 68 (8.4)       | 448 (55.4)                   | 293 (36.2)   | 24      |
| m) exercise   | 9 (1.1)        | 209 (25.6)                   | 599 (73.3)   | 16      |
| n) dietary changes  | 35 (4.3)       | 335 (41.2)                   | 443 (54.5)   | 20      |
| o) vitamin or herbal supplements                            | 90 (11.1)      | 483 (59.5)                   | 239 (29.4)   | 21      |
| p) complementary therapies                                  | 111 (13.6)     | 460 (56.5)                   | 243 (29.9)   | 19      |
| q) Alcohol  | 96 (11.8)      | 607 (74.9)                   | 108 (13.3)   | 22      |
| r) Drugs  | 212 (26.2)     | 572 (70.8)                   | 24 (3.0)   | 25      |
| s) alcohol and/or drugs* <sup>1</sup>                       | 95 (11.7)      | 597 (73.4)                   | 121 (14.9)   | 20      |

\*For alcohol and/or drugs, only endorsement of “does not apply” for both the items were tabulated as “does not apply.” A “does not apply” response for either one of these items, with other item skipped were counted as “missing”.

Supplemental Table 4. Coping at 6 and 18 months

|   | N   | Reliant at both 6 and 18 mo | Not reliant at both 6 and 18 | Reliant at 6 but not at 18 | Reliant at 18 but not at 6 | McNemar's p |
|---|-----|-----------------------------|------------------------------|----------------------------|----------------------------|-------------|
| a) emotional support from partner/ spouse/significant other | 699 | 89.6%                       | 3.4%                         | 2.7%                       | 4.3%                       | 0.12        |
| b) emotional support from parent(s)                         | 772 | 78.2%                       | 9.5%                         | 5.4%                       | 6.9%                       | 0.26        |
| c) emotional support from other family members              | 785 | 79.0%                       | 6.5%                         | 6.5%                       | 8.0%                       | 0.26        |
| d) friends  | 812 | 88.1%                       | 3.3%                         | 3.7%                       | 4.9%                       | 0.23        |
| e) co-workers   | 651 | 62.8%                       | 15.2%                        | 10.6%                      | 11.4%                      | 0.68        |
| f) health care providers                                    | 800 | 72.8%                       | 8.6%                         | 7.4%                       | 11.3%                      | 0.01        |
| g) work   | 643 | 58.0%                       | 16.5%                        | 10.4%                      | 15.1%                      | 0.019       |
| h) taking care of children, family, friends                 | 692 | 72.1%                       | 14.2%                        | 6.5%                       | 7.2%                       | 0.61        |
| i) shopping   | 773 | 20.8%                       | 54.7%                        | 11.4%                      | 13.1%                      | 0.34        |
| j) hobbies  | 790 | 45.8%                       | 22.2%                        | 12.3%                      | 19.8%                      | 0.0002      |
| k) religious beliefs or activities                          | 693 | 38.7%                       | 45.6%                        | 4.5%                       | 11.3%                      | <0.0001     |
| l) spiritual practices                                      | 676 | 29.6%                       | 47.5%                        | 11.1%                      | 11.8%                      | 0.69        |
| m) exercise   | 787 | 59.7%                       | 17.3%                        | 7.4%                       | 15.6%                      | <0.0001     |
| n) dietary changes  | 730 | 39.6%                       | 32.2%                        | 8.9%                       | 19.3%                      | <0.0001     |
| o) vitamin or herbal supplements                            | 637 | 20.7%                       | 55.6%                        | 9.9%                       | 13.8%                      | 0.04        |
| p) complementary therapies                                  | 602 | 27.1%                       | 52.5%                        | 10.1%                      | 10.3%                      | 0.93        |
| q) alcohol and/or drugs                                     | 655 | 8.9%                        | 77.0%                        | 5.0%                       | 9.2%                       | 0.005       |
|   |     |                             |                              |                            |                            |             |