

Supplementary Material

Concept Mapping to Define Components for an Occupation-Based Intervention for Parkinson's Disease and Anxiety

Supplementary Table 1. List of statements

One thing that would help a person with Parkinson's to live well with anxiety might be...		Importance Scale [2.2222]-[4.8000] Median = 2.4 n = 46	Feasibility Scale [2.5152]-[4.5758] Median = 2.2879 n = 33
Full Map Go-Zone R=0.44181457652678			
#	Statements	Average Rating	Average Rating
3	To have access to meditation classes.	3.4444	3.3333
5	Singing.	3.1957	3.5152
6	Going to a Parkinson's dance class.	2.8913	2.9394
8	Tai-chi.	3.0217	3.3030
11	Shiatsu.	2.5652	2.8182
12	Qi Gong.	2.6739	2.7576
14	Meditation.	3.3636	3.6250
17	To get help with planning your finances.	3.2667	3.1515
18	One to one support to improve self-confidence.	3.7333	2.9394
19	Small focus groups to improve self-confidence.	3.4565	3.2727
29	Having a one-to-one session before joining a group.	3.1087	3.1818
38	Free access to apps like headspace.	3.2391	3.5152
46	Using cognitive behavior therapy.	3.4667	3.4375
49	To increase assertiveness.	3.5000	3.3226
53	Mentor/lifestyle coaches who can advise on matters unrelated to medications.	3.4565	2.8485
57	A matched and paired "Buddy" to discuss developments with.	3.6222	2.9091
63	A biofeedback gadget.	2.9111	2.6970
64	Access to counselling outside normal working hours.	3.4545	2.5152
72	Reviewing your diet with a specialist.	3.7111	3.5152
74	A blog/magazine to share experiences and good PD news for the local area.	3.4348	3.3939
82	An app that can divert your attention when you feel anxious.	3.3696	3.3333
84	A little set of laminated cue cards that can be used as a calming strategy.	2.7609	3.5313
87	Having immediate access to a calming phone app.	3.0222	3.5758
88	Having a designated person to contact for reassurance in a moment of panic.	3.7333	2.9375
93	A visual infographic with ideas and quick fixes for dealing with anxiety.	3.3043	3.3333
96	The opportunity to talk openly in a group of people with Parkinson's led by an experienced group worker.	3.5435	3.3636
100	Wearing an invisible disability lanyard when out.	2.7333	3.3030
104	To write poetry.	2.2222	2.6970
106	Intense exercise.	3.4565	3.2727

109	Visualization.	3.1111	3.6250
110	Swimming.	3.0217	3.3636
112	To meditate in a PD group.	2.7333	3.0000
113	Doing yoga.	3.3182	3.5152
115	Literature you could give to an employer.	3.2955	3.5758
117	Having a "buddy" they can text or call when they're feeling particularly anxious.	3.7556	3.0909
9	Timely access to services when needed.	4.6304	3.4242
25	To continue in any type of work for as long as possible.	3.8913	3.4545
26	Having access to specialist outpatient services.	4.3778	3.4545
30	Finding the right support group for you.	4.1957	3.3030
34	Having peer support.	3.9773	3.5455
37	A designated phone line which you can call any time.	3.9130	3.0606
39	Free person centered counselling as soon as diagnosed.	4.2609	2.9688
40	Having a structured support network with a list of who is responsible for what.	3.8261	3.5455
41	To have a dedicated helper who can get to know the patient individually.	3.8261	2.8485
42	Increasing general awareness of PD in society.	4.2000	3.6061
44	To speak to other people with Parkinson's of a similar age and stage in disease.	4.0000	3.5758
50	To manage potential causes.	4.1111	3.3939
51	To identify potential causes.	3.9333	3.4242
52	To turn anxiety into a driver for action and motivation.	4.1333	3.2727
55	Focused support with sleep problems.	4.2727	3.6061
59	Access to specialist fitness trainers who understand the physical effects of PD on the body.	4.1957	3.1875
60	A tool to help isolate the source of the anxiety.	3.8261	3.2424
66	To make available counselling for more than the current allocation of 6 weeks.	4.2500	2.9394
67	To ensure that GPs receive training in movement and non movement symptoms.	4.4565	3.3333
69	Having rapid access to a neurologist.	4.1522	2.6970
75	Access to qualified PD nurses for day to day support.	4.5000	3.3438
76	To attend a specific Parkinson's exercise classes.	3.8261	3.6061
83	Having a designated contact to talk through your feelings of anxiety.	3.9348	3.0000
99	Letting other people know how you feel.	4.0000	3.5455
103	Help easing back into it all in reconnecting after lockdown.	4.0435	3.3030
116	Letting others know what makes me anxious.	3.9130	3.5758
2	To plan your day.	3.7442	4.1515
4	Learning how to meditate at home for a few minutes each day.	3.6000	3.9394
7	Listening to calming music.	3.6667	4.3939
20	An app to take the person through a breathing exercise.	3.3478	4.0303
23	Access to easy to understand books.	3.2609	3.7576
32	Having a favorite "comfort" book close by.	2.8222	3.8788
58	Strategies to help with eating in public.	3.6304	3.7273
68	Creating of a list of every day necessary activities.	3.5111	4.1212
86	Having a practiced mantra to repeat when anxiety sets in.	3.2609	3.8485
89	Play a game.	2.9111	3.8182

90	A reading list of recommended books on living with anxiety.	3.1778	4.0909
94	Recorded relaxation messages that could be easily listened to.	3.2222	3.7879
95	A card in your purse/ wallet with a preprepared mantra that can be read in moments of anxiety.	2.9111	4.0303
98	To have a daily five to ten minute nap in the afternoon.	3.1957	3.8788
118	Using mindfulness.	3.6818	4.0606
1	To simplify your life.	4.0000	3.8485
10	Support to help people develop their own coping strategies.	4.2609	3.6667
13	Exploring different ways to relax.	4.2609	4.2424
15	Having knowledge about the condition.	4.5000	4.5455
16	Knowing where to go to get specific information and support.	4.6000	4.2121
21	To have a regular exercise routine you enjoy.	4.5000	4.2121
22	Breathing exercises to help you to relax.	4.2000	4.5758
24	Access to easy to understand current research articles.	3.8478	3.6667
27	Taking time out of the day to relax.	4.3043	4.0606
28	Get a medication review to make sure you are on the right ones.	4.5217	4.1212
31	To think of ways that you can continue to interact with others e.g., online, face to face, by, phone, etc.	4.0870	4.0909
33	Doing things that make you laugh.	4.4348	4.0000
35	Not putting off taking some rescue medication.	3.9783	3.8182
36	Engaging with a creative activity.	4.0222	3.8485
43	Understanding the personal drivers that create anxiety.	4.2609	3.7879
45	Use the 5 A's; Acknowledge, Accept, Allow, Adapt, & Adjust.	3.8478	3.9394
47	To engage in meaningful activities.	4.4222	4.0606
48	To understand how cognition is affected by anxiety.	4.1087	3.8788
54	Planning for the future.	4.1957	3.9394
56	To develop coping strategies for social situations.	4.3111	3.9394
61	Honesty from PD clinicians about the likely progress of the condition in order to prepare mentally.	4.2609	3.7813
62	Training in simple breathing techniques which can be used at any time.	4.1304	4.1515
65	More support for newly diagnosed people.	4.5652	3.7879
70	A booklet that guides users through changes they can make to live well with Parkinson's.	4.0444	4.2424
71	To live in the moment.	4.4667	3.9697
73	To practice clean sleeping habits.	4.1136	3.9063
77	Keeping active.	4.8000	4.3030
78	Maintaining social interests e.g., sports.	4.5111	3.8788
79	Access to up to date research.	4.0000	4.0909
80	Having a balanced diet.	4.2444	4.3030
81	Better information and support regarding the later stages of Parkinson's Disease.	4.0667	4.1212
85	To devise a 5-minute exercise program that can be done anywhere.	3.8444	4.1515
91	To take a walk in the open air if possible.	4.4130	4.5152
92	Encouragement to share anxiety with partners and close friends.	4.1304	3.8182
97	To get involved in projects to advance the understanding, treatment, and elimination of Parkinson's.	4.1304	3.9697

101	Planning ahead to give yourself plenty of time.	4.3696	4.3030
102	Understanding how PD anxiety is different from other anxiety.	4.3333	3.8438
105	To try new things.	3.9783	3.6970
107	Finding out what triggers your anxiety.	4.3913	3.8750
108	Learning to live in the moment.	4.3261	4.1212
111	Accepting my condition rather than being frustrated by what I can't do.	4.4565	3.9688
114	Trying not to do too much especially with time restraints	4.2222	3.9394
119	Engaging in hobbies.	4.3913	3.9091