

Additional file 2 – Original questionnaires and examples of adaptations of the original items in SeMaS

In this Additional file, we present the original questionnaires, as well as some examples of the original items and adapted items in SeMaS.

Multidimensional Health Locus of Control scale [1]

Response scale: 7-point Likert Scale, from Completely disagree to Completely agree.

Internal orientation

1. If I get sick, it's my own behavior which determines how soon I get well again.
6. I am in control of my health.
8. When I get sick I am to blame.
12. The main thing which affects my health is what I myself do.
13. If I take care of myself, I can avoid illness.
17. If I take the right actions, I can stay healthy.

Powerful others

3. Having regular contact with my physician is the best way for me to avoid illness.
5. Whenever I don't feel well, I should consult a medically trained professional.
7. My family has a lot to do with my becoming sick or staying healthy.
10. Health professionals control my health.
14. When I recover from an illness, it's usually because other people (for example, doctors, nurses, family, friends) have been taking good care of me.
18. Regarding my health, I can only do what my doctor tells me to do.

Chance

2. No matter what I do, if I am going to get sick, I will get sick.
4. It seems that my health is greatly influenced to me by accident.
9. Luck plays a big part in determining how soon I will recover from an illness.

Perceived competence scale [2]

Response scale: 7-point, from 'not at all true' to 'very true'.

The items of this scale are formulated according to the issue at hand, in this example diabetes.

1. I feel confident in my ability to manage my diabetes.
2. I am capable of handling my diabetes now.
3. I am able to do my own routine diabetic care now.
4. I feel able to meet the challenge of controlling my diabetes.

Short Scale of Social Support [3]

Response scale: 4-point Likert Scale, from 'not at all helpful' to very helpful.

Introduction:

When a person is sick, other people sometimes help and sometimes hinder them, whatever their intentions are. I am going to mention some people and I would like you to tell me how much help they have been to you.

Spouse

Children

Other relatives

Friends
Coworkers

Coping [4]

Response scale: 4-point Likert scale, from 'never' to 'very often'.

1. Uw ergernis laten blijken
2. Laten zien dat u kwaad bent op degene die verantwoordelijk is voor het probleem
3. Direct ingrijpen als er moeilijkheden zijn
4. Uw zorgen tijdelijk verdrijven door er even uit te gaan
5. Afleiding zoeken
6. Een probleem van alle kanten bekijken
7. Verschillende mogelijkheden bedenken om een probleem op te lossen
8. Doelgericht te werk gaan om een probleem op te lossen
9. De zaken eerst op een rij zetten
10. Aan andere dingen denken die niet met het probleem te maken hebben
11. Op één of andere manier proberen u prettiger te voelen
12. Uw gevoelens tonen
13. Troost en begrip zoeken
14. Laten merken dat u ergens mee zit

4-Dimensional Screening Questionnaire [5]

Response scale: 5 point Likert scale, from 'never' to 'very often'.

Anxiety

During the past week, did you suffer from:

1. sudden shock for no reason?
2. indefinable feelings of fear?
3. trembling when with other people?
4. anxiety or panic attacks?

During the past week, did you feel:

5. frightened?

During the past week, did you:

6. have any fear of going out of the house alone?

During the past week:

7. were you afraid of anything when there was really no need for you to be afraid? (for instance animals, heights, small rooms)
8. were you afraid to travel on busses, trains or trams?
9. were you afraid of becoming embarrassed when with other people?
10. did you ever feel as if you were being threatened by unknown danger?
11. did you have to avoid certain places because they frightened you?
12. did you have to repeat some actions a number of times before you could do something else?

Depression

During the past week, did you feel:

1. that everything is meaningless?
2. that life is not worth while?
3. that you would be better off if you were dead?
4. that you can't enjoy anything anymore?
5. that there is no escape from your situation?

During the past week:

6. did you ever think "If only I was dead"?

Perceived burden of disease [6]

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Examples of adaptations of the original items in SeMaS

Here, we provide some examples of the items from the original questionnaires, and the adapted items used in SeMaS to illustrate the magnitude of the adaptations. The numbers at the response options represent the score for that option.

Example 1: coping

Original items:

	No	Sometimes	Often	Very often/ Always
Think of other things that have nothing to do with the problem	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 2
Show your feelings	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 2

Items in SeMaS:

	No	Sometimes	Often	Frequently	Always
I think of other things that have nothing to do with the problem	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2
I show my feelings (e.g. anger, sadness)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2

Example 2: Locus of control

Original items:

Locus of control

	Disagree strongly	Disagree	Somewhat disagree	Somewhat agree	Agree	Agree strongly
The main thing which affects my health is what I myself do.	<input type="checkbox"/> 6	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Regarding my health, I can only do what my doctor tells me to do.	<input type="checkbox"/> 6	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Items in SeMaS:

Locus of control

	Disagree strongly	Disagree	Agree	Agree strongly
The main thing which affects my health is what I myself do.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Regarding my health, I can only do what my doctor tells me to do.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

References

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