

Follow-up questionnaire week 4 (Translation from German)

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Physician-patient communication on health behaviour

(Please answer the questions on the following pages point-by-point
and tick off the answers that apply to you)

- 1.) Please try to recall your last consultation with your general practitioner / family doctor, **about 4 weeks ago**. You kindly participated in a short survey, which was conducted by an employee of the Institute of General Practice (ifam).

Have you made one or more attempt(s) to quit smoking **since this last consultation 4 weeks ago**?
Please choose **only one answer**.

- Yes
 No → **continue with question 9**

Please **only answer the following questions 2-8** if you have made at least one attempt to quit smoking since your last appointment with your general practitioner **about 4 weeks ago** (= if you answered question 1 with "Yes").

- 2.) Can you specify when (since this last consultation with your general practitioner about 4 weeks ago) you have started your **last** quit attempt? In case you cannot recall, please try to approximate. Please choose **only one answer**.

_____ days ago **or** _____ weeks ago

- 3.) Can you recall what the **main reason** for this **last** quit attempt was? Please choose **only one answer**.

- My general practitioner's advice to quit was the main reason
 Smoking became too expensive for me
 Smoking is harmful to my health
 Someone from my family or circle of acquaintances has quit smoking
 The health warnings on cigarette or tobacco packages
 Someone from my family or circle of acquaintances got a disease that can be caused by smoking (e.g., cancer)
 The fact that smoking is being banned at more and more places
 Another main reason

Please continue to the next page!

4.) How long did this most recent quit attempt last before you went back to smoking?

Please choose **only one answer**.

- I am still not smoking
- Less than a day
- Less than a week
- Less than a month

5.) Have you consulted your general practitioner since our survey about 4 weeks ago mainly or solely to get behavioural support for smoking cessation? Please choose **only one answer**.

- Yes, ____ times (please only state the number of consultations mainly or solely because of your attempt to quit smoking since our last survey)
- No

6.) Which of the following products / methods have you tried to assist this last quit attempt?

Multiple answers allowed.

- Nicotine replacement product (e.g., nicotine patches or nicotine gums)
- The drug Zyban (Bupropion)
- The drug Champix (Varenicline)
- Behavioural therapy for smoking cessation (e.g., single or group therapy)
- Telephone counselling for smoking cessation
- E-Cigarettes with nicotine
- E-Cigarettes without nicotine
- A book on smoking cessation (e.g., "Easyway" by Allen Carr)
- An app or internet program for smoking cessation (on a smartphone, tablet or computer)
- Acupuncture
- Hypnotherapy
- Alternative practitioner / naturopath
- None of the above mentioned products / methods → **continue with question 9**

Please continue to the next page!

7.) Can you recall how much money you spent in total for these products / methods to assist this last quit attempt? **Multiple answers allowed.**

_____ € for nicotine replacement therapy (e.g., nicotine patches, nicotine gums, nicotine sprays)

_____ € for drugs (e.g., Zyban, Champix)

_____ € for e-cigarettes (if used as an aid to quit smoking)

_____ € for behavioural therapy (e.g., single or group therapy)

_____ € for other treatment (e.g., acupuncture, hypnotherapy, alternative practitioner / naturopath)

_____ € for other products/methods (e.g., book on smoking cessation or chargeable app)

I spent no money → **continue with question 9**

I cannot remember → **continue with question 9**

8.) In case you spent money on one or more of these products / methods during this last quit attempt, did health insurance reimburse any of it?

Yes, a total of _____ €

No, I paid everything out of my own pocket

I don't know if my health insurance offers such reimbursement

I did not submit any request for reimbursement to my health insurance

I cannot remember

Please continue to the next page!

**The following final set of questions is related to your current
general state of health***

9.) Under each heading, please tick the ONE box that describes your health **TODAY** best. Please choose **only one answer** per heading **A) to E)**.

A) MOBILITY / FLEXIBILITY

- I have no problems in walking around
- I have slight problems in walking around
- I have moderate problems in walking around
- I have severe problems in walking around
- I am unable to walk around

B) SELF-CARE

- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

C) USUAL ACTIVITIES (e.g., work, study, housework, family or leisure activities)

- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

D) PAIN / DISCOMFORT

- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

Please continue to the next page!

E) ANXIETY / DEPRESSION

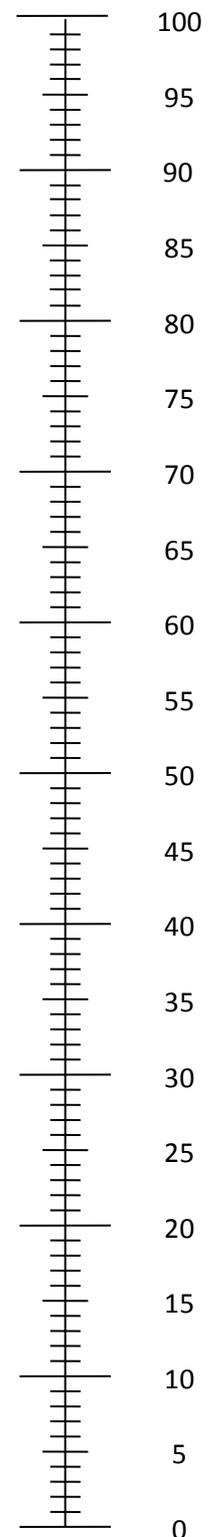
- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am very anxious or depressed
- I am extremely anxious or depressed

10.) We would like to know how good or poor your health **TODAY**.

- Imagine a scale (like a standing up ruler)
- The top of the scale is marked with 100, the bottom with zero (0)
- 100 (top) means the best health you can imagine.
0 (bottom) means the worst health you can imagine.
- Mark an X on the scale to indicate how is your health today
- Now, please note the number your marked in the box below.

YOUR HEALTH TODAY =

The best health
you can imagine



The worst health you
can imagine.

*Rabin R, de Charro F. EQ-5D: a measure of health status from the EuroQol Group. Ann Med 2001;33:337-43.