

## Appendix 1: Survey questions

### PIPE Study Survey

We are researching whether being diagnosed with pulmonary embolism causes a negative emotional state or psychological distress. We would like to ask you to complete a 5-10 minute survey which asks about how you have been feeling. Completing this survey is voluntary and does not affect your treatment today.

Please complete the survey below. Thank you!

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Sex

- Female  
 Male

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Age

- 18-29  
 30-39  
 40-49  
 50-59  
 60-69  
 70-79  
 80+

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Have you ever been diagnosed with a blood clot (or blood clots) in the lung (pulmonary embolism)?

- Yes  
 No - thank you for your time. You do not need to complete this survey.

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**At the time that you were last diagnosed with a blood clot in the lung, were you treated for:**

	Yes	No
Diabetes	<input type="radio"/>	<input type="radio"/>
Heart disease	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>
Chronic obstructive pulmonary disease (COPD)	<input type="radio"/>	<input type="radio"/>


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For the questions below, please tap on the line between 0 and 100 according to what extent you agree with the statement.

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Since being diagnosed with the blood clot in the lungs, I feel more anxious compared to before the blood clot.

0 - Disagree      50 - I feel neutral      100 - Agree




*(Place a mark on the scale above)*

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Since being diagnosed with the blood clot in the lungs, my mood is lower compared to before the blood clot.

0 - Disagree      50 - I feel neutral      100 - Agree




*(Place a mark on the scale above)*

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I feel less able to cope with my life since I was diagnosed with a blood clot in the lungs.

0 - Disagree      50 - I feel neutral      100 - Agree




*(Place a mark on the scale above)*

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Since being diagnosed with the blood clot in the lungs, I worry more.

0 - Disagree      50 - I feel neutral      100 - Agree



*(Place a mark on the scale above)*

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I have spoken to a doctor about these feelings.

- Yes  
 No

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Please explain why you have or have not spoken to a doctor about your feelings. (optional)

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Number of different times you were diagnosed with a blood clot in the leg or the lungs?

- 1
- 2
- 3
- 4
- 5
- 6

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When was your first blood clot in the lungs (pulmonary embolism) diagnosed?

- Diagnosed in last 2 days
- Diagnosed in last week
- Diagnosed in 2018 before last week
- 2017
- 2016
- 2015
- 2014
- 2013
- 2012
- 2011
- 2010
- 2009
- 2008
- 2007
- 2006
- 2005
- 2004
- 2003
- 2002
- 2001
- Before 2000

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We are now asking you to complete a psychological survey. This survey asks very specific questions about post-traumatic stress syndrome. We would like you to answer the questions in relation to your diagnosis of the blood clot in your lungs. These questions might seem odd or a bit extreme, so don't worry if you think they are strange. Just answer the questions honestly. Remember, the questionnaire is anonymous. Thank you for your help.

The remaining survey questions are presented as a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then select one of the options to indicate how much you have been bothered by that problem, in the past month.

In the past month, how much were you bothered by:

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Repeated, disturbing, and unwanted memories of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Repeated, disturbing dreams of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling very upset when something reminded you of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Avoiding memories, thoughts, or feelings related to the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Trouble remembering important parts of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Blaming yourself or someone else for the stressful experience or what happened after it?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having strong negative feelings such as fear, horror, anger, guilt, or shame?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Loss of interest in activities that you used to enjoy?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling distant or cut off from other people?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Irritable behaviour, angry outbursts, or acting aggressively?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Taking too many risks or doing things that could cause you harm?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Being "superalert" or watchful or on guard?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Feeling jumpy or easily startled?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Having difficulty concentrating?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

Trouble falling or staying asleep?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely