

## Scale content of the ThyPRO

The ThyPRO scales consist of the following items, summarized within each scale to form a scale score for each scale ranging 0-100.

### Goitre symptoms

*During the past 4 weeks have you*

- 1a - had the sensation of fullness in the neck?
- 1b - had a visible swelling in the front of your neck?
- 1c - felt pressure in your throat?
- 1d - had pain in the front of your throat?
- 1e - had pain in your neck that could be felt in your ears?
- 1f - had the sensation of a lump in your throat?
- 1g - had the need to clear your throat frequently?
- 1h - felt discomfort swallowing?
- 1i - had difficulty swallowing?
- 1j - had the sensation of suffocating?
- 1k - been hoarse?

### Hyperthyroid symptoms:

*During the past 4 weeks have you*

- 1l - had trembling hands?
- 1m - had a tendency to sweat a lot?
- 1n - experienced palpitations (rapid heart beat)?
- 1o - experienced shortness of breath?
- 1p - been sensitive to heat?
- 1r - had an increased appetite?
- 1s - had loose stools?
- 1t - had an upset stomach?

### Hypothyroid symptoms:

*During the past 4 weeks have you*

- 1q - been sensitive to cold?
- 1cc - had swollen hands or feet?
- 1dd - had dry skin?
- 1ee - had itchy skin?

**Eye symptoms:**

*During the past 4 weeks have you*

- 1u - had moist or watery eyes?
- 1v - had bags under the eyes or swollen eyelids?
- 1w - had the sensation of dryness or “grittiness” in the eyes?
- 1x - had impaired vision?
- 1y - felt pressure in (or behind) the eyes?
- 1z - had double vision?
- 1aa - had eye pain?
- 1bb - been very sensitive to light?

**Tiredness:**

*During the past 4 weeks have you*

- 2a - been tired?
- 2b - been exhausted?
- 2c - had difficulty getting motivated to do anything at all?
- 2d - felt worn out?
- 3a - felt full of life?\*
- 3b - felt energetic?\*
- 3c - been able to cope with the demands of your life?\*

**Cognitive problems:**

*During the past 4 weeks have you*

- 4a - had difficulty remembering?
- 4b - had slow or unclear thinking?
- 4c - had difficulty finding the right words?
- 4d - been confused?
- 4e - had difficulty learning something new?
- 4f - had difficulty concentrating?

**Anxiety:**

*During the past 4 weeks have you*

- 5a - felt nervous?
- 5b - felt afraid or anxious?
- 5c - felt tense?
- 5d - been concerned about being seriously ill?
- 5e - felt uneasy?
- 5f - felt restless?

**Depressivity:**

*During the past 4 weeks have you*

- 6a - felt sad?
- 6b - felt depressed?
- 6c - felt discouraged?
- 6d - cried easily?
- 6e - felt unhappy?
- 6f - felt happy?
- 6g - had self-confidence?

**Emotional Susceptibility:**

*During the past 4 weeks have you*

- 7a - had difficulty coping?
- 7b - felt "not like yourself"?
- 7c - noticed you easily felt stressed?
- 7d - had mood swings?
- 7e - felt irritable?
- 7f - felt frustrated?
- 7g - felt angry?
- 7h - felt in control of your life?\*
- 7i - felt in balance?\*

### **Impaired Social life:**

*During the past 4 weeks, has your thyroid disease caused you to*

- 8a - have difficulty being together with other people (for example, spouse, children, boy/girlfriend, friends, or others)?
- 8b - feel you were a burden to other people?
- 8c - have conflicts with other people?

*During the past 4 weeks have you*

- 8d - felt that people in your surroundings have lacked understanding of your thyroid disease?

### **Impaired Daily life:**

*During the past 4 weeks, has your thyroid disease caused you to*

- 9a - have difficulty managing your daily life?
- 9b - limit your leisure activities or hobbies?
- 9c - not be able to participate in life around you?
- 9d - have difficulty getting around (for example, walking, running, bicycling, or driving a car)?
- 9e - feel as if everything takes longer to do?
- 9f - have difficulty managing your job (for example, finding it hard to cope or calling in sick)

### **Impaired Sexlife:**

*During the past 4 weeks have you*

- 10a - felt your thyroid disease had a negative influence on your sex life?
- 10b - had a decreased sexual desire?

### **Cosmetic Complaints:**

*During the past 4 weeks*

- 11a - has your thyroid disease affected your appearance (for example, swelling of the neck, eye changes, weight changes)?
- 11b - have you been unsatisfied with your appearance because of your thyroid disease?
- 11c - have you tried to camouflage or mask visible signs of your thyroid disease (for example, by wearing a scarf or sunglasses)?
- 11d - have you been bothered by other people looking at you?
- 11e - has your thyroid disease influenced which clothes you wear?
- 11f - has your thyroid disease made you feel too fat?

**Overall Quality of life impact:**

*During the past 4 weeks*

12 - has your thyroid disease had a negative effect on your quality of life?

**Composite scale:**

The Composite scale is based on the 22 items from the Tiredness, Cognition, Anxiety, Depressivity, Emotional Susceptibility, Impaired Social life Impaired Daily Life and Overall QoL-impact scales: 2a, 2c, 3b\*, 4a, 4b, 4f, 5b, 5c, 5e, 6a, 6e, 6g\*, 7c, 7d, 7h\*, 8a, 8b, 8c, 9a, 9c, 9e, 12

\*Positively worded items are scored reversely when constructing scales