

Attachment: Excerpts from the CARPE DIEM study questionnaires including the aspects addressed in the manuscript (translated from German)

- the assessment timepoints for each question are indicated in brackets
- t_0 = baseline; t_1 = about one month after reading the information booklet; t_2 = about four months after reading the information booklet
- numbering of the questions doesn't correspond to the original questionnaires

1. Have you ever heard of the term "fatigue"? [t_0]

- No, I have never heard of it. →continue with question 2.
- I have heard of it, but I actually don't know what it means. →continue with question 2.
- I have somewhat heard of it or read about it.
- I am very well informed about it.

1.1 Where did you get your information about fatigue? (multiple answers are possible)

- from my treating physicians
- from my general practitioner
- from nurses
- from other patients
- I have read about it on the internet.
- I have read about it in booklets, books or articles.
- from informative meetings
- other sources of information → which ones? _____

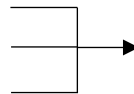
2. Which of the following statements do you consider as true or false? [t_0, t_1, t_2]

If you are not completely sure, please tick the answer that you consider as most likely to be appropriate.

	true	false	can't judge it at all
1. Strength training can help with fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatigue improves with sleep and rest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Psychosocial interventions can help with fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Fatigue should be treated pharmacologically.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Fatigue is an indicator for cancer disease progression.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. There are ways to mitigate fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The doctor can tell from the blood values whether fatigue is present.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Aerobic training can help with fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Yoga can help with fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. In the case of fatigue, the cancer therapy should definitely be discontinued.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. With fatigue one should avoid physical activity or exercise as far as possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Relaxation can help with fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you feel extremely exhausted since cancer diagnosis/ treatment? [t0,t1,t2]

- never/rarely
- sometimes
- often
- always

 *please continue with question 3.1*

3.1 To what extent do the following statements apply to you personally?

	fully disagree	rather disagree	rather agree	fully agree
1. I feel helpless in the face of fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel well informed about exhaustion/fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Questions regarding content and layout of the information booklet. [t1]

For the following questions please tick the answer that best applies to you.

1. How did you find the layout of the information booklet?	<input type="checkbox"/> very good
	<input type="checkbox"/> good
	<input type="checkbox"/> okay
	<input type="checkbox"/> bad
	<input type="checkbox"/> very bad
2. How did you experience reading the texts?	<input type="checkbox"/> very arduous
	<input type="checkbox"/> arduous
	<input type="checkbox"/> enjoyable/interesting
	<input type="checkbox"/> okay
	<input type="checkbox"/> boring
3. How did you judge the information content?	<input type="checkbox"/> too detailed
	<input type="checkbox"/> a bit too detailed
	<input type="checkbox"/> appropriate
	<input type="checkbox"/> a bit too superficial
	<input type="checkbox"/> too superficial
4. Did you read the whole information booklet?	<input type="checkbox"/> Yes, I read it completely (including "further information").
	<input type="checkbox"/> Yes, I read almost the whole booklet.
	<input type="checkbox"/> No, I read about half of the booklet.
	<input type="checkbox"/> No, I read less than half of the booklet.
5. Would you recommend the information booklet?	<input type="checkbox"/> yes
	<input type="checkbox"/> no

5. Which chapters of the information booklet did you find useful and/or interesting? [t1]

		Chapter was useful/interesting			
		very much	partly	somewhat	not at all
1.	Chapter 1: "What is fatigue?" (p.3-4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Chapter 2: "How do I find out that I suffer from fatigue?" (p. 5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Chapter 3: "What are potential causes of fatigue?" (p. 6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Chapter 4: "What can I do about my fatigue?" (p. 7)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Supplementary Chapter: "Further information" (p. 8-10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. To what extent was the information booklet useful for you? [t1]

		fully disagree	rather disagree	rather agree	fully agree
1.	The information booklet encouraged me to talk to family and/or friends about my exhaustion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	The information booklet helped me to find a suitable measure against exhaustion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	The information booklet encouraged me to talk to a physician or to other health care professionals about my exhaustion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	The information booklet triggered or intensified fears or concerns about side effects of cancer treatment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	The information booklet taught me new things about fatigue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	The information booklet made me realize that I am not alone with my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Further comments or suggestions concerning the information booklet: [t1]