**QUESTIONNAIRE #3**

**Personal goals of women living with breast cancer**

**Please write down your alias or code name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please enter today’s date (YY/MM/DD):** \_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_

# Introduction

A few months ago, you kindly told us about your personal goals, because we are interested in learning more about your goals and priorities while you also deal with a recent breast cancer diagnosis. Today, we are going to re-visit those personal goals (*the kinds of activities and concerns you have*) that you identified as important to you. We have a few questions about how your personal goals are going, whether you have different goals today, and how you feel and think about the goals you have now.

Thank you for taking the time to share this information. This questionnaire should take about 15 to 25 minutes to complete.

**Please turn the page to start.**

# Pursuit of your personal goals

We have copied the 6 (or fewer) most important personal goals that you chose on the first questionnaire <3-4> months ago, as well as any new personal goals that you chose on the second questionnaire <2-3> months ago. If you did not identify ANY important personal goals on the first or second questionnaire, please turn to page 6.

**As best as you can recall, how much did you feel you pursued each goal over the last <2 – 3> months? Please circle the answer that best reflects how you feel.**

**Goal #1: \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #2: \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #3: \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #4: \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #5: \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #6: \_ *The goal will be filled in in advance by the researcher*\_\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #7 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #8 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #9 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #10 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #11 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_**

Not at A little To some Quite a lot As fully as

all bit extent but not fully I could

**Goal #12 (if applicable): \_ *The goal will be filled in in advance by the researcher*\_\_\_**

Not at A little To some Quite a lot As much as

all bit extent but not fully I could

# Your personal goals

The personal goalsthat we’re interested in today are your most important goals today, and whether they have changed since the last time we met.

To refresh your memory on what we mean when we talk about personal goals, we are interested in understanding you and your experiences as you deal with a recent diagnosis of breast cancer, based on the things that you plan to do that are important to you. We call these your “**personal goals**”. We all have personal goals, from the ordinary to the extraordinary. Our goals define how we spend our time and energy.

The personal goalsthat we’re interested in today are the goals that **you’re currently doing or considering doing**.

Goals may be related to **any aspect of your daily life**, from the very common things that most people do, to the very specific things that perhaps only you do! They can be related to your health, work, home, and community, among others. Please think of goals in this broad way and in relation to what you are doing at this time.

**Some examples of personal goals**

Personal goals may be focussed on:

* Something you want to achieve “*Increase my* *exercise to 3 times a week”*
* Something new “*Approach life with the happiness I feel today”*
* Something you have been doing for years “*Walk my dog every morning*”
* Something you want to avoid “*Stay away from sugar*”
* Something you want to do *“Enjoying a night out with friends”*
* Something you feel you ought to do “*Call my brother more often*”

We are also interested in finding out what you think and how you feel about these personal goals and activities, how challenging or stressful they are, and so on.

**Please turn the page to start.**

# What are your most important personal goals?

# How do you think and feel about your goals?

**What are your 6 most important personal goals today?**

On the table on the next page, in the column on the left, is your list of important personal goals that you identified the last time we met. **Please review the list and think about whether it still reflects your most important goals, or whether any have changed.**

1. If you wish to **remove a goal**, draw a line through it (for example, ~~my goal~~).
2. Underneath each goal you will find space to **add a new important personal goal** or **modify your goal**.
3. It’s OK to have fewer than 6 goals if that’s how many you have. If you feel that you have no important personal goals now, skip the next few pages and turn to **page 10.**

**How do you think and feel about your goals?**

On the following page, we would like you to consider how you think and feel about your goals.

1. On page 9 is a list of these dimensions and a more detailed explanation of what each one means. Please **detach the list for easy reference** and refer to it as needed while you rate your goals.
2. Please turn to the next page (page 8) and **follow the instructions** at the top of the page.

**INSTRUCTIONS**

**STEP 1:** Update your list of important goals. Scratch out any goals that are no longer important and add any new goals that you plan to do in the column on the left.

**STEP 2: Please rate from 0 to 10** how you think and feel about each goal in the dimensions along the top. Please use the definitions on page 10.*Do not complete ratings for goals from your previous list that you have scratched out.* If you feel a dimension is **not relevant** to one of your goals, you may put an “X” in the space instead of a number, but please **try to rate each goal on all dimensions if possible.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **What do you think about what you are doing?** | | | | | | | | **How do you feel about what you are doing?** | | | | |
|  | **Goals** | **Challenge** | **Likelihood of Success** | **Autonomy** | **Intention** | **Attention** | **Support** | **Time adequacy** | **Self-identity** | **Hopeful** | **Scared** | **Sad** | **Happy** | **Stressed** |
| 1 | Goal will be filled in by researcher in advance  Or new goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Goal will be filled in by researcher in advance  Or new: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | Goal will be filled in by researcher in advance  Or new: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Goal will be filled in by researcher in advance  Or new: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Goal will be filled in by researcher in advance  Or new: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Goal will be filled in by researcher in advance  Or new: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Goal Dimension Definitions

### 1. Challenge

**How challenging do you think this goal will be?**

(Use **10** if you think it will be extremely challenging, perhaps more than you can handle, and **0** if you think it will be not at all challenging – almost boring.)

### 2. Likelihood of Success

**How successful do you believe this goal will be?**

(Use **10** if you expect the goal to be entirely successful, and **0** if you think the goal will turn out to be a total failure.)

### 3. Autonomy

**How much is this goal one which you feel you will pursue autonomously, that is, you will be engaged of your own free will in the goal, not because anyone else wants you to do it.**

(Use **10** if you will be engaged in this goal entirely of your own free will, and **0** if this goal is one that you feel totally obliged to complete because of or for someone else.)

### 4. Intention

**How much do you intend to pursue this goal, that is, how much do you want to pursue this goal?**

(Use **10** if you fully intend to pursue the goal, and **0** if you do not intend to pursue it at all.)

### 5. Attention

**How much attention do you think you can give to this goal?**

(Use **10** for a goal that you plan to give your full attention, and **0** for one that you plan to give no attention at all.)

### 6. Support

**To what extent do you feel this goal will be supported by other people?** Support may come in different forms, e.g. emotional (encouragement, approval), financial (money, material possessions) or practical (active assistance).

(Use **10** if you feel other people will give full support for the goal, and **0** if there will be no support at all.)

### 7. Time Adequacy

**Do you have enough time to spend working on this goal?**

(Use **10** if you feel the amount of time you have will be perfectly adequate, and **0** if you feel that the amount of time you will have to spend working on the goal will not be at all adequate.)

### 8. Self-Identity

All of us have things we do that we feel are typical or truly expressive of us. These things can be thought of as our "trade marks". For example, some people engage in sports every chance they get, others prefer to read, others prefer to socialize. **Think of what your own personal "trade marks" are, and then rate this goal on the extent to which it is typical of you.**

(Use **10** if a goal is very typical of you, and **0** if it is not typical at all.)

### 9 – 13. Feelings (hopeful, scared, happy, sad, stressed)

**To what extent do you feel each emotion while thinking about doing each goal?**

(Use **10** if you experience the emotion very strongly, and **0** if you don’t feel it at all.)

# A little more about your treatment

We hope to learn more about women who are interested in integrative oncology. All of the information you share with us will be combined with everyone else in the study, so that it will not be used to identify you specifically.

1. **Are you currently receiving treatment for breast cancer, besides any hormone therapy? (E.g., radiation, chemotherapy, surgery, etc.)**

Yes

No

I prefer not to answer

1. **Are you currently receiving any complementary therapies (at the Ottawa Integrative Cancer Centre, or at other centres)?**

Yes

No

I prefer not to answer

**Thank you!**

This is the end of the final questionnaire that you will complete for this study. Thank you very much for sharing this information about your personal goals and how you think and feel about them for this study. It is truly appreciated.

As always, please don’t hesitate to ask if you have questions at any time.

Thank you again,

Andrea