



Supplemental Materials for

A Little Help from My Friends: Social Support in Palliative Rehabilitation

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Listing of Supplemental Material(s):

Supplemental Appendix 1: Social Support Interview Script

Appendix 1. Social Support Interview

Participant Study ID # _____

Goal: To understand the types/sources/strengths of the social support that patients received throughout the PRP.

“Thank you for taking the time to help us with this research, as I mentioned it will take about 30 minutes. I’ll be asking you different questions about the program and I’m interested to hear your experience. “

1. What elements did you find most useful in the program?

- *Try to locate support piece.*

“I hear you found ____ supportive...”

2. Were there other people who offered support while you were taking part in the program?

- Who were the people you felt you could turn to?
- People inside the program? *(Team members, other people at the hospital, other members of the group, etc.)*
- People outside of the program? *(Spouse, kids, other family, good friends, religious or community groups, etc.)*
- How do you know/where did you meet ____?

3. In what ways were they supportive? [Each person]

- *Instrumental, cognitive, emotional, social, practical, financial, advice/guidance, etc.*
- What sort of supportive things did they do?

4. How often did you find them to be available?

- *As often as necessary, only sometimes, etc.*
- To what extent did you feel like you could turn to them?
- *For anything, only in extreme situations, etc.*
- How much did you feel cared for by them?
- How did this person respond when you asked for help?

5. Did being in the PRP affect this relationship? (If so, in what ways)

- Did it increase stress?
- *Positive or negative impact*
- *Examples: Improved communication, strengthened relationship, etc.*

6. Did you feel that anything was missing from the support that you received?

“People draw support from all sorts of different sources to help them get through challenging times.”

- 7. What source of support would you say you drew from before the PRP? After?**
- 8. How important was support from others in making the program a success for you?**
- 9. Were any spiritual beliefs helpful to you while you were going through the program?**
 - *Faith in God, etc.*

Demographics

“Those are all the questions I have specifically about the program. Is there anything else you’d like to add? ... I’m going to finish up with a few demographic questions.”

- 10. What sort of living arrangements did you have while in the program?**
 - *Living with family, spouse, children, etc.*
- 11. Were you working at the time?**
 - What was/is your occupation?
 - Occupational status?
 - Retired?
 - Education?
- 12. Have you been diagnosed with any other illnesses?**
 - Such as heart disease or depression?
 - Do you think this has affected your relationships?
- 13. Were you undergoing other treatments or were you involved in other programs during the PRP?**

“Those are all the questions I have for you. Thank you for taking the time to participate today. Do you have any questions for me?”