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

“These 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?

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