

### **Supplementary material**

Attached are the patient and carer versions of the Attitude to Health Change scales. The scales were revised following feedback from the focus groups. The focus group topic guide is also attached.

Author accepted manuscript

## (Patient) Attitude to Health Change scale (AHC)

For you, to identify your reactions and coping responses to your illness and health changes.

Indicate (tick) how far you agree or disagree with the following statements:

<b>Attitude to Health Change scale</b>	<b>Strongly agree</b>	<b>Agree</b>	<b>Neither agree nor disagree</b>	<b>Disagree</b>	<b>Strongly disagree</b>
1. I am able to face up to the feelings I have about my illness.					
2. I find it difficult to switch off thoughts about my health.					
3. I feel emotionally strong enough to cope with my illness and its consequences.					
4. I believe I should be brave when facing my illness.					
5. I often feel emotional about my health e.g. fearful, anxious, sad.....					
6. It is important for me to keep my feelings about my health under control.					
7. My illness makes it harder for me to make sense of life.					
8. I try to focus on day to day life rather than my health.					
9. I believe that I will come to accept my illness and its consequences.					

AHC © (Linda Machin) v2/2019 (based on the AAG © (Linda Machin) 2001)

7th April 2020

## (Carer) Attitude to Health Change scale (AHC)

As someone caring for a close relative / friend who is facing changes in their health, indicate how you are reacting to their illness by responding to the following statements.

Indicate (tick) your response to the attitudes expressed in the following statements:

(The dotted line.....gives the space for you to name the person you are caring for)

<b>Attitude to Health Change scale</b>	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
1. I am able to face up to the feelings I have about .....’s illness.					
2. I find it difficult to switch off thoughts about .....’s health.					
3. I feel emotionally strong enough to cope with .....’s illness and its consequences.					
4. I believe I should be brave when facing .....’s illness.					
5. I often feel emotional about .....’s health e.g. fearful, anxious, sad.....					
6. It is important for me to keep my feelings about .....’s illness under control.					

7. ....'s illness makes it harder for me to make sense of life.					
8. I try to focus on day to day life rather than ....'s health.					
9. I believe that I will come to accept ....'s illness and its consequences.					

AHC© (Linda Machin) v2/2019 (based on the AAG © (Linda Machin) 2001)

## Topic guide for Focus Groups

1. Introduction: frame the context of the Focus Group – an evaluation of the Attitude to Health Change scales from the practice perspective of practitioners in a hospice setting.
2. Each person in the group to have an opportunity to say something about their i) own practice background, ii) experience in palliative care and iii) when they first used the scales.
3. 'Looking back to your introduction to the scales, describe your initial reactions'.
4. 'Describe how the scales are used within the context of **your** care role in the hospice i.e. for assessment, as an intervention, in evaluation etc.'
5. 'Has your perspective on the scales changed since you first used them?'
6. 'Say something about the positive experiences using the scales.'
7. 'Say something about the unsatisfactory experiences of using the scales.'
8. 'In your experience how do a) patients and b) informal carers respond to the use of the Attitude to Health Change scales?'
9. 'From your experience could the wording of the items in the scales be changed/ improved?' Give suggestions.