

Questionnaire for Eating-Related Distress among Family caregivers of patients with advanced cancer (QERD-F)

Long version

Please circle the number that best describes how you felt during the past one week.

1: strongly disagree, 2: disagree, 3: somewhat disagree, 4: neutral (neither agree nor disagree), 5: somewhat agree, 6: agree, 7: strongly agree

Family								
1.1	It is distressing to me that the patient cannot eat even though s/he wants to eat more.	1	2	3	4	5	6	7
1.2	It is distressing to me that the patient cannot enjoy eating.	1	2	3	4	5	6	7
1.3	It is distressing to me that the patient gets full quickly and cannot eat enough.	1	2	3	4	5	6	7
2.1	I do not understand the reason why the patient cannot eat.	1	2	3	4	5	6	7
2.2	I do not understand the reason why the patient does not have an appetite.	1	2	3	4	5	6	7
2.3	I do not understand the reason why the patient cannot eat enough.	1	2	3	4	5	6	7
3.1	I am concerned that the patient will become weaker if s/he cannot eat.	1	2	3	4	5	6	7
3.2	I am concerned that the patient will lose muscle strength if s/he cannot eat.	1	2	3	4	5	6	7
3.3	I am concerned that the patient will lose weight if s/he cannot eat.	1	2	3	4	5	6	7
4.1	I have insufficient information about which nutrients the patient should prioritize.	1	2	3	4	5	6	7
4.2	I have insufficient information about which nutrients the patient should avoid.	1	2	3	4	5	6	7
4.3	I have insufficient information about which nutritional supplements the patient should take.	1	2	3	4	5	6	7
5.1	I have arguments with the patient about food.	1	2	3	4	5	6	7
5.2	I am worried that I am forcing the patient to eat.	1	2	3	4	5	6	7
5.3	I get frustrated with the patient over food.	1	2	3	4	5	6	7
6.1	It's hard for me to see that the appearance of the patient had changed a lot from before as s/he became thin.	1	2	3	4	5	6	7
6.2	It's hard for me that others see the patient as so skinny.	1	2	3	4	5	6	7
6.3	It's hard to see the patient as so skinny.	1	2	3	4	5	6	7
7.1	I spend less time talking with the patient because s/he does not eat with us.	1	2	3	4	5	6	7
7.2	I spend less time enjoying with the patient during meals.	1	2	3	4	5	6	7
7.3	I spend less time in daily life with the patient because s/he cannot eat.	1	2	3	4	5	6	7

Boldfaced items indicate those belonging to the short version.

Instructions

- Sum individual items to obtain a subscale score, which can be independently evaluated.
- When there are missing items, subscale scores can be prorated as long as two of the three items in each subscale were answered. This can be done by using the formula below: Prorated subscale score = [Sum of the scores of two items] \times 3 / 2.
- Add subscale scores to derive a total score.
- The higher the score, the higher the distress.
- The questionnaire can be used by citing the paper on development and validation of the questionnaire.