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Zaburzenia snu u pacjentów z chorobą nowotworową w trakcie leczenia systemowego

Sleep disorders in cancer patients during systemic therapy


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 <https://doi.org/10.15557/PiPK.2024.0017>

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Supplementary Material

QUESTIONNAIRE

Sleep disorders in cancer patients

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The following survey is completely **anonymous** and **voluntary**. Research is conducted by a multidisciplinary team with a view to investigating the quality of sleep and possible sleep disturbances in cancer patients. The questionnaire results will only be used for **research, didactic, and clinical purposes**.

We are kindly asking you for honest answers.

1. Education

- a) higher
- b) secondary
- c) vocational
- d) primary

2. Age years

3. Place of residence

- a) village
- b) city

4. Marital status

- a) in a relationship
- b) single

5. Type of neoplastic disease (underline as appropriate)

cancer sarcoma melanoma glioblastoma

6. **Location** of the tumour (organ)

7. **Which types of cancer treatments are you using?**

surgery	yes	no
radiotherapy	yes	no
chemotherapy	yes	no
immunotherapy	yes	no
hormonotherapy	yes	no

8. **Duration** of treatment in months

9. **Treatment characteristics**

- a) combination therapy (chemotherapy-radiotherapy)
- b) postoperative treatment
- c) due to relapse/metastasis

10. **How do you evaluate the quality of your sleep?** Please rate on a scale of 1–10, where 1 is the least and 10 is the most satisfied.

1 2 3 4 5 6 7 8 9 10

11. **How many hours on average have you slept at night in the last few weeks?**

- a) 0–4 h/day
- b) 5–6 h/day
- c) 7–9 h/day
- d) more than 9 h/day

12. **How has your sleep quality changed since the cancer was diagnosed?**

- a) it has improved
- b) I have not noticed any changes
- c) it has worsened

13. **What sleep problems have you experienced since the cancer was diagnosed and the cancer treatment started?**

(You can choose more than one answer)

- a) insomnia
- b) excessive sleepiness
- c) sleep apnoea
- d) falling asleep too late (lack of sleepiness in evenings, falling asleep late at night or in the morning, difficulties with waking up in the morning)
- e) falling asleep too early (increased sleepiness in the evenings, waking up during the night or early in the morning)
- f) other – specify?

14. **Have you ever used the help of a specialist dealing with sleep disorders (psychiatrist, psycho-oncologist, psychotherapist, neurologist, another specialist)?**

- a) yes
- b) no

15. **Have you talked about sleep problems with your oncologist/radiotherapist?**

- a) yes
- b) no

16. **Have you looked for information on sleep problems during cancer on the Internet?**

- a) yes
- b) no

17. **What methods do you use in case of sleep problems?**

- a) drugs
- b) herbs
- c) other methods:
- d) I do not use any