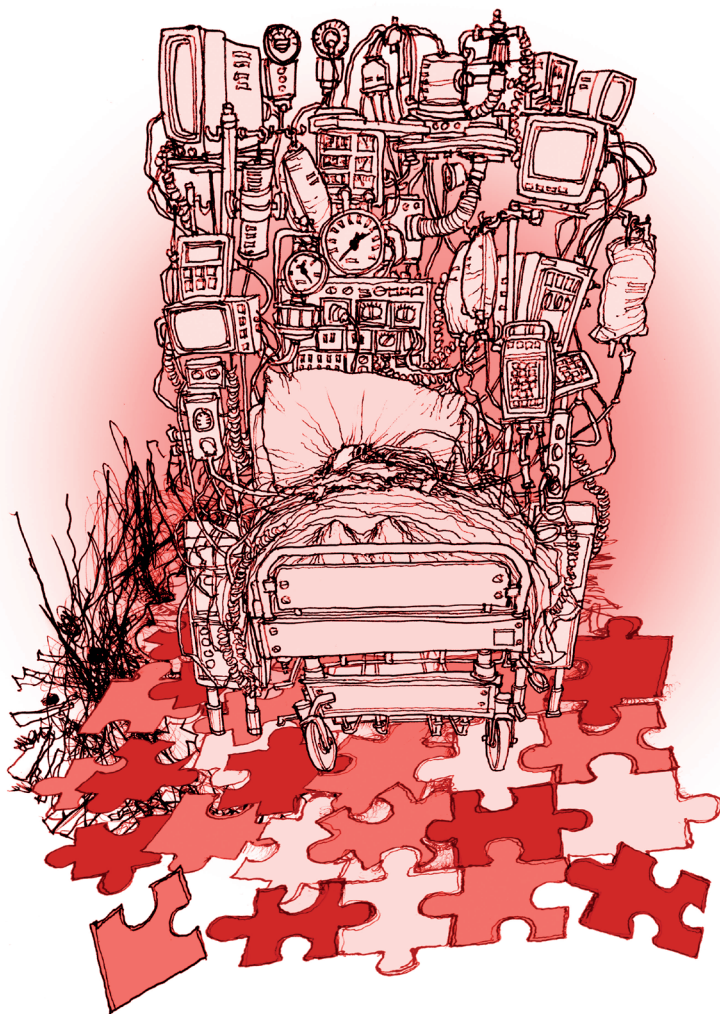


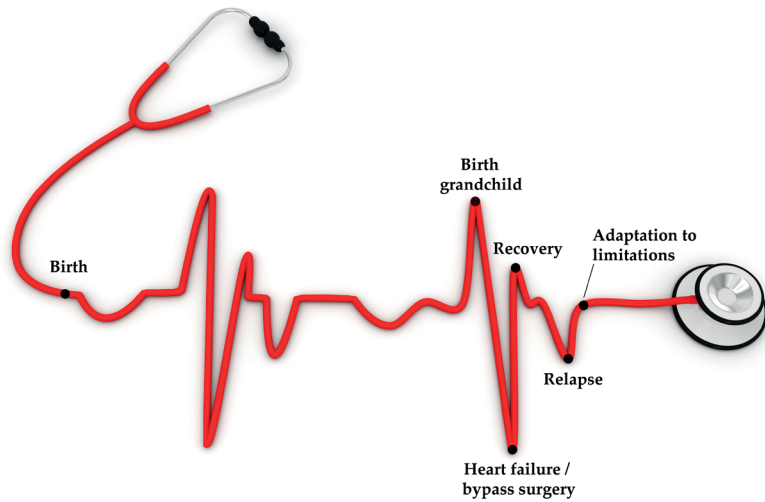
APPENDIX 1

RE-LIFE QUESTIONNAIRE (RECONSTRUCTION OF LIFE-EVENTS)



APPENDIX 1

RE-LIFE QUESTIONNAIRE (RECONSTRUCTION OF LIFE-EVENTS)



INTRODUCTION

This questionnaire is about **important events in your life**, which include getting your **heart condition**. With this questionnaire we want to gain insight into the way people deal with unexpected life events. Your answers will help us to understand how these kinds of events can influence people's quality of life.

The questions are about your own life history and are therefore personal. You may need some time to think about the questions. For this reason, it is best to complete the questionnaire when you have a quiet moment to yourself.

We are interested in *your* experiences and thoughts. There are **no wrong answers**.

The questionnaire consists of five parts (1 to 5). In the interests of this study, we ask you to complete the parts **in the given order** and to **not skip any single part**. It is important that you always circle only **one number for each question**.

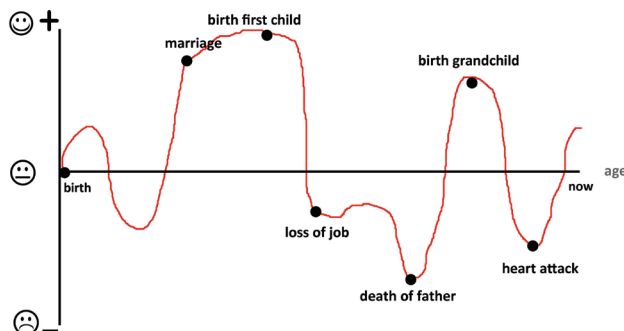
If you wish to **change an answer**, you can do this by **crossing out** the answer (the circled number) and circling the right number.

Your answers will be dealt with in strict **confidentiality** and processed anonymously.

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PART 1 – LIFE EVENTS

Below you see an **example** of a 'lifeline' connecting dots that represent several 'life events'.



The **high points** are events that had a **positive** meaning **at the time**.

The **low points** are events that had a **negative** meaning **at the time**.

1.1 LIFELINE

Without thinking about it too long, please **draw your own lifeline on the separate sheet** (the appendix). Please include **a minimum of 4 and a maximum of 8** life events that have been important in your life.

Please draw **at least one negative event** in the lifeline (possibly in addition to the heart condition). This is necessary to be able to answer the follow-up questions.

You can construct the lifeline by first thinking about which **life events** you will put on the line.

You can draw these as **dots** between ‘birth’ and ‘now’. You can place the dot up high if it was a high point and down low if it was a low point. Please **name each event** by writing one or more key words next to the dot. Finally, you can draw a line that connects all the dots, as in the example above.

The lifeline does not have to be completely accurate. Its main purpose is to help you answer the following questions.

PART 2 – UNEXPECTED NEGATIVE LIFE EVENTS

2.1 MOST UNEXPECTED NEGATIVE LIFE EVENT

Most unexpected life event ('low point')	Keyword:
---------------------------------------------	----------------

Now, we would like to learn more about **the most unexpected negative life event** you have drawn in your lifeline.

The heart condition will be dealt with in part 3. Was getting the heart condition, or its medical treatment, the most unexpected negative event for you? Then you should **now** choose the second most unexpected negative event.

Please, note down below **the ‘low point’ from your lifeline** that was the **most unexpected** for you.

First, we would like to ask you to **think back to this event**. You can think about things such as:

- The moment the event happened;
- What made the event unexpected for you;
- What you think caused the event (e.g. chance, caused by yourself, no cause, an unknown cause, fate/predestination);
- How the event has influenced your life since;
- The extent to which you have learned to deal with the consequences of the event.

Now we will ask a few **questions about the unexpected event** you just chose.

Was this event not a specific moment but **a period**? Then please consider this period as an event when answering the questions. You can also consider an important event from this period.

2.2 EXPERIENCE OF THE NEGATIVE EVENT

People can experience unexpected events in different ways. Below are some statements about such experiences.

How did you experience **the unexpected negative event** at the time?

For each question, please circle only one number that corresponds to your chosen answer.

	Did not experience	Experienced somewhat	Experienced strongly	Experienced very strongly
a. At the time , the event came as a blow or shock to me.	1	2	3	4
b. At the time , the event threw me off balance .	1	2	3	4
c. At the time , the event turned my world upside down .	1	2	3	4
d. At the time , the event made my world come crashing down .	1	2	3	4
e. At the time , the event made my world come to a standstill .	1	2	3	4

2.3 LOOKING BACK ON THE NEGATIVE EVENT

People **look back** on events that have taken place in their lives in different ways.

To what extent do the descriptions below correspond with **how you NOW look back** on the unexpected negative event?

Below you will come across the phrase '**something higher**'. When answering these questions, you can interpret 'something higher' in your own way. It can be **anything that transcends us as human beings**; anything greater, higher or deeper than ourselves.

Looking back...	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. I see the event as negative .	1	2	3	4	5
b. I see the event as positive .	1	2	3	4	5
c. I see the event as something that happened to me.	1	2	3	4	5
d. I see the event as something I caused myself .	1	2	3	4	5
e. I see the event as something caused by something or someone else .	1	2	3	4	5
f. I see that the event has had negative consequences for my life as a whole .	1	2	3	4	5
g. I see that the event has had positive consequences for my life as a whole .	1	2	3	4	5
h. I see the event, or dealing with the event, as something I was meant to do in my life: a task or assignment .	1	2	3	4	5
i. I see that the event made me feel abandoned : I missed the presence or support of something higher .	1	2	3	4	5
j. I see the event, or dealing with the event, as something expected of me by something higher : a calling .	1	2	3	4	5

2.4 CURRENT MEANING OF THE NEGATIVE EVENT

People ultimately interpret the meaning of an unexpected negative event in different ways. The following statements are about ***the meaning your chosen event has in your life NOW***.

To what extent do you agree with the following statements about the event?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. At the moment, the event makes me question things about my life .	1	2	3	4	5
b. At the moment, I think a lot about what the event means for my life.	1	2	3	4	5
c. I find it difficult to come to terms with this event.	1	2	3	4	5
d. Meanwhile, I see new possibilities that have emerged from the event.	1	2	3	4	5
e. At the moment, I think a lot about the cause of the event or why it happened to me.	1	2	3	4	5
f. I can now deal well with the event and its consequences.	1	2	3	4	5
g. At the moment, the event has a great impact on my life as a whole.	1	2	3	4	5
h. In the end, I am happy that this event happened to me.	1	2	3	4	5
i. My life has not been influenced by this event at any time .	1	2	3	4	5
j. The event has shown me what I find important in life.	1	2	3	4	5
k. This event or earlier events, made me realize that unexpected negative events can always happen to us (it's part of life).	1	2	3	4	5
l. At the moment, I am learning a lot from this event.	1	2	3	4	5

2.5 CURRENT INFLUENCE OF THE NEGATIVE EVENT ON YOUR GOALS IN LIFE

The following questions are about **what you find important in your life**. We also call this ‘**goals in life**’ or ‘values’: the things you pursue or find important and valuable in life, and which make life worthwhile.

The pursuit of important goals in life can be **hindered by negative events** or even be **made impossible**. On the other hand, such events can also make the pursuit of these goals **easier**.

A number of goals/values that many people find important in life are mentioned below.

To what extent does the **unexpected negative event currently** hinder or help your pursuit of the life goals mentioned below?

	greatly hinders			neither hinders nor helps			greatly helps
a. Health	-3	-2	-1	0	1	2	3
b. Being / becoming happy	-3	-2	-1	0	1	2	3
c. Independence / autonomy	-3	-2	-1	0	1	2	3
d. Enjoyment	-3	-2	-1	0	1	2	3
e. Develop myself / grow	-3	-2	-1	0	1	2	3
f. Being valued / recognition	-3	-2	-1	0	1	2	3
g. Caring for others	-3	-2	-1	0	1	2	3
h. Raising / caring for children	-3	-2	-1	0	1	2	3
i. Connection with other people	-3	-2	-1	0	1	2	3
j. Teaching others something / ‘passing something on’	-3	-2	-1	0	1	2	3
k. Doing good / being a good person	-3	-2	-1	0	1	2	3
l. Love (partner, family, friends)	-3	-2	-1	0	1	2	3
m. Doing what fits with who I am	-3	-2	-1	0	1	2	3
n. Doing something for / meaning something to others (individuals, groups, society)	-3	-2	-1	0	1	2	3
o. Freedom	-3	-2	-1	0	1	2	3

PART 3 – HEART CONDITION

We would now like to find out more about **what your heart conditions means to you**. Even if you did not include the heart condition in your drawing of the lifeline, you can still answer these questions.

First, we would like to ask you to think back to ***the moment you were first confronted with your heart condition*** and then to how the condition has ***played a role in your life***.

You can consider things such as:

- The moment you first started having complaints;
- The diagnosis;
- Whether getting the heart condition was expected or unexpected;
- What you see as the cause of your heart condition (e.g. chance, genetic predisposition, no cause at all, an unknown cause, fate/predestination, lifestyle);
- How the condition has influenced your life since;
- The extent to which you have learned to deal with the consequences of the heart condition;
- The medical treatment of your heart condition (including the bypass or angioplasty) and its consequences.

Now we will ask a few questions about what your heart condition means to you (or has meant to you).

3.1 EXPERIENCE OF GETTING THE HEART CONDITION

The way people experience getting a condition or illness can differ. Below are some statements about such experiences.

What did you ***experience when you were first confronted with your heart condition?***

For each question, please circle only one number that corresponds to your chosen answer.

	Did not experience	Experienced somewhat	Experienced strongly	Experienced very strongly
a. At the time, getting my heart condition came as a <i>blow or shock</i> .	1	2	3	4
b. At the time, getting my heart condition threw me <i>off balance</i> .	1	2	3	4
c. At the time, getting my heart condition turned my <i>world upside down</i> .	1	2	3	4
d. At the time, getting my heart condition made my <i>world come crashing down</i> .	1	2	3	4
e. At the time, getting my heart condition made my <i>world come to a standstill</i> .	1	2	3	4

3.2 LOOKING BACK ON GETTING THE HEART CONDITION

The way people **look back** on their experience of getting a condition or illness can differ.

To what extent do the descriptions below correspond with **how you NOW look back** on getting your heart condition?

Below you will come across the phrase '**something higher**'. When answering these questions, you can interpret 'something higher' in your own way. It can be **anything that transcends us as human beings**; anything greater, higher or deeper than ourselves.

Looking back...	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. I see getting my heart condition as something negative .	1	2	3	4	5
b. I see getting my heart condition as something positive .	1	2	3	4	5
c. I see getting my heart condition as something that happened to me.	1	2	3	4	5
d. I see getting my heart condition as something I caused myself .	1	2	3	4	5
e. I see getting my heart condition as something caused by something or someone else .	1	2	3	4	5
f. I see that getting my heart condition has had negative consequences for my life as a whole .	1	2	3	4	5
g. I see that getting my heart condition has had positive consequences for my life as a whole .	1	2	3	4	5
h. I see dealing with my heart condition as something I was meant to do in my life: a task or assignment .	1	2	3	4	5
i. I see that getting the heart condition made me feel abandoned : I missed the presence or support of something higher .	1	2	3	4	5
j. I see dealing with my heart condition as something expected of me by something higher: a calling .	1	2	3	4	5

3.3 CURRENT MEANING OF THE HEART CONDITION

Having a (chronic) condition can ultimately mean different things to different people. The following statements are about ***the meaning your heart condition NOW has for you in your life.***

To what extent do the descriptions below correspond with ***how you NOW look back*** on getting your heart condition?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. At the moment, my heart condition makes me <i>question</i> things about <i>my life</i> .	1	2	3	4	5
b. At the moment, <i>I think a lot</i> about what my heart condition means for my life.	1	2	3	4	5
c. I find it <i>difficult to come to terms with</i> my heart condition.	1	2	3	4	5
d. Meanwhile, I see <i>new possibilities</i> that have emerged from getting my heart condition.	1	2	3	4	5
e. At the moment, I think a lot about the <i>cause</i> of my heart condition or <i>why</i> I got it.	1	2	3	4	5
f. I can now <i>deal well</i> with my heart condition and its consequences.	1	2	3	4	5
g. Getting my heart condition currently has a <i>great impact</i> on my life as a whole.	1	2	3	4	5
h. <i>In the end</i> , I am <i>happy</i> that I got a heart condition.	1	2	3	4	5
i. My life has <i>in no way</i> been <i>influenced</i> by getting my heart condition.	1	2	3	4	5
j. Getting my heart condition has made me realize what I <i>find important</i> in life.	1	2	3	4	5
k. Getting the heart condition, or earlier events, made me <i>realize</i> that unexpected negative events <i>can always happen</i> to us (it's <i>part of life</i>).	1	2	3	4	5
l. At the moment, I am <i>learning</i> a lot from getting my heart condition.	1	2	3	4	5

3.4 CURRENT INFLUENCE OF THE HEART CONDITION ON YOUR GOALS IN LIFE

The pursuit of important goals in life can be **hindered by illness** or even be **made impossible**. On the other hand, such events can also make the pursuit of these goals **easier**.

A number of goals/values that many people find important in life are mentioned below.

To what extent does **your heart condition currently** hinder or help your pursuit of the life goals mentioned below?

	greatly hinders			neither hinders nor helps			greatly helps
a. Health	-3	-2	-1	0	1	2	3
b. Being / becoming happy	-3	-2	-1	0	1	2	3
c. Independence / autonomy	-3	-2	-1	0	1	2	3
d. Enjoyment	-3	-2	-1	0	1	2	3
e. Develop myself / growth	-3	-2	-1	0	1	2	3
f. Being valued / recognition	-3	-2	-1	0	1	2	3
g. Caring for others	-3	-2	-1	0	1	2	3
h. Raising / caring for children	-3	-2	-1	0	1	2	3
i. Connection with other people	-3	-2	-1	0	1	2	3
j. Teaching others something / 'passing something on'	-3	-2	-1	0	1	2	3
k. Doing good / being a good person	-3	-2	-1	0	1	2	3
l. Love (partner, family, friends)	-3	-2	-1	0	1	2	3
m. Doing what's right for me / what fits with who I am	-3	-2	-1	0	1	2	3
n. Doing something for / meaning something to others (individuals, groups, society)	-3	-2	-1	0	1	2	3
o. Freedom	-3	-2	-1	0	1	2	3

PART 4 – GOALS IN LIFE

4.1 THE IMPORTANCE OF GOALS IN LIFE

The same goals/values that you answered questions about in parts 2 and 3 are mentioned below.

Here we would like to know **how important** each life goal is for you **at the moment**. More specifically, to what extent does **pursuing** each of these life goals play **a role** in your **daily life**?

How important is **pursuing the following life goals** in your daily life **at the moment**?

Circle one number for each life goal.

	Not important	Somewhat important	Important	Very important
a. Health	1	2	3	4
b. Being / becoming happy	1	2	3	4
c. Independence / autonomy	1	2	3	4
d. Enjoyment	1	2	3	4
e. Develop myself / growth	1	2	3	4
f. Being valued / recognition	1	2	3	4
g. Caring for others	1	2	3	4
h. Raising / caring for children	1	2	3	4
i. Connection with other people	1	2	3	4
j. Teaching others something / 'passing something on'	1	2	3	4
k. Doing good / being a good person	1	2	3	4
l. Love (partner, family, friends)	1	2	3	4
m. Doing what's right for me / what fits with who I am	1	2	3	4
n. Doing something for / meaning something to others (individuals, groups, society)	1	2	3	4
o. Freedom	1	2	3	4

PART 5 – OUTLOOK ON LIFE AND QUALITY OF LIFE

A person's outlook on life affects the way he or she experiences important life events. The following questions are about your outlook on life (i.e., the way you view people and the world).

5.1 OUTLOOK ON LIFE

To what extent do you agree with the following statements?

Below you will come across the phrases '**higher reality**' and '**something that transcends our reality**'. When answering these questions, you can interpret 'higher reality' in your own way. It can be **anything that transcends us as human beings**; anything greater, higher or deeper than ourselves.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a. As a free person, I experience my actions in life as part of something that transcends our reality.	1	2	3	4	5
b. There is nothing beyond this world that influences what I do in life.	1	2	3	4	5
c. What I do in life is determined by a higher reality.	1	2	3	4	5
d. What I do in life is only determined by what exists in this world.	1	2	3	4	5
e. What I do in life is part of a higher plan that I have no influence over.	1	2	3	4	5
f. As a free person, I gain inspiration/strength for the things I do in my life from something that transcends our reality.	1	2	3	4	5

5.2 QUALITY OF LIFE

Finally, we would like to ask you about your *‘quality of life’*.

a. How would you rate your overall quality of life during the past week?

Very poor

Excellent

1234567

End of the questionnaire

You can keep the separate sheet with your lifeline.

We welcome any comments you may have. Please write these down in the space below.

Thank you very much for your cooperation.