

11. Exercise

Do you participate in regular physical activity (e.g. walking, cycling, cleaning the house, yard work)?

12

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12. Sun Protection

1. Occupational sun exposure. In the summer, on average, how many hours are you outside per day between 10 am and 4 pm on Weekdays (Monday-Friday)?

1234567

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2. Sun exposure during leisure time. In the summer, on average, how many hours are you outside per day between 10 am and 4 pm on weekend days (Saturday & Sunday)?

1234567

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3. Sun protection behavior. How often do you wear Sunscreen?

12345

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4. Sun protection behavior. How often do you wear a hat?

12345

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13. Team trust

How much do you trust your transplant team, where'0' is 'not at all' and '10' is 'completely'?

012345678910

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14. Perceived health status (EQ-5D)

By placing a cross in one box in each group below, please indicate which statements best describe your own health state today.

1. Mobility

123

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2. Self-Care

123

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3. Usual activities

123

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4. Pain/Discomfort

123

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5. Anxiety/Depression

123

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6. how good or bad your own health is today, in your opinion? (worst state : 0 best state: 100)

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15. Quality of life

Could you please mark the line below at the place which best reflects your situation of the past week. The more your situation was close to perfect quality of life, the further you place the mark to the right. The more your situation was close to worst imaginable quality of life, the further you place the mark to the left.
0: Worst imaginable quality of life
100: Perfect quality of life"

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16. Depression

Please read each item below and cross the box next to the replay that comes closest to how you have been feeling in the past week . Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long, thought-out response.

1. I still enjoy the things I used to enjoy

1234

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2. I can laugh and see the funny side of things

1234

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3. I feel cheerful

1234

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4. I feel as if I am slowed down

1234

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5. I have lost interest in my appearance

1234

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6. I look forward with enjoyment to things

1234

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7. I can enjoy a good book or radio or TV programme

1234

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17. Stress

Stress means a situation in which a person feels tense, restless, nervous or anxious or is unable to sleep at night because his/her mind is troubled all the time: Do you feel this kind of stress these days?
On a scale from 1 to 5, how would you rate this kind of stress these days? (please select only one answer)"

12345

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18. PSQ help

Please specify if you filled in the questionnaire by your self

12

Not applicable

Not applicable/

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2/2