

## How to prepare for the telephone interview about the QPT for HDP

**Before** the interview, please read these questions. **During** the interview, please keep this sheet near you. Remember that there is no right or wrong answer, so please tell us exactly how you feel for each question.

### Part 1. Questions about how satisfied you were with the recent visit to your doctor

We will ask you to answer each of the following questions on a scale from 1 to 5

1=strongly disagree    2=disagree    3=neutral    4=agree    5=strongly agree

#### Questions

1. The doctor Knows me and understands me well, or asks questions to get to know me and understand me
2. The doctor Understands my emotional needs, or asks questions to assess my emotional needs
3. I'm confident that the doctor knows me and my medical history
4. The doctor was interested to know about my worries about my health
5. The Doctor was interested when I talked about my symptoms
6. The doctor was interested in what I wanted to know
7. I felt encouraged to ask questions
8. The doctor was careful to explain the plan of treatment
9. The doctor was sympathetic
10. The doctor was interested in what I thought the problem was
11. The doctor discussed and agreed together with me what the problem was
12. The doctor was interested in what I wanted done
13. The doctor was interested in what treatment I wanted
14. The doctor discussed and agreed together with me on the plan of treatment
15. The doctor shared ideas on ways to lower the risk of future illness
16. The doctor advised me on how to prevent future health problems
17. The doctor explained clearly what the problem was
18. The doctor was sure about what the problem was
19. The doctor was sure about when or how the problem could be managed
20. The doctor showed interest in the effect of the problem on me, and family or personal life
21. The doctor was interested in the effect of the problem on my daily activities

### Part 2. Questions about how confident you are to prevent or manage heart disease

We will ask you to answer each of the following questions on a scale from 1 to 10

1                    2                    3                    4                    5                    6                    7                    8                    9                    10



Not confident at all

A little bit confident

Very confident

1. How confident are you that you can keep the symptoms of HDP or heart disease from interfering with things you want to do?
2. How confident are you that you can keep any physical discomfort, pain and/or other symptoms caused by HDP or heart disease from interfering with the things you want to do?
3. How confident are you that you can keep the emotional distress (feelings like anxiety, depression or frustration) caused by HDP or heart disease from interfering with the things you want to do?
4. How confident are you that you can keep any other symptoms or health problems you have \*other than HDP or heart disease\* from interfering with the things you want to do?
5. How confident are you that you can do recommended things (exercise, healthy eating) to manage your health to reduce your need to see a doctor?
6. How confident are you that you can do things other than just taking medication to reduce how much HDP or heart disease affects your everyday life?

### **Part 3. Questions about how easy you think it will be to prevent or manage heart disease**

We will ask you the following questions on a scale from 1 to 5

1=strongly disagree    2=disagree    3=neutral    4=agree    5=strongly agree

#### **Question**

1. It is difficult for me to find good ways to deal with problems that occur when I try to prevent or manage heart disease
2. I find that when I try to make changes to prevent or manage heart disease, they do not work well
3. I do things well to prevent or manage heart disease
4. I am able to do things to prevent or manage heart disease as well as most other people
5. I succeed in things I do to prevent or manage heart disease
6. Most of the time, the things I do to prevent or manage heart disease do not work out well
7. No matter how hard I try, things I do to prevent or manage heart disease do not turn out the way I would like
8. Most of the time, I am able to reach the goals I set to prevent or manage heart disease

### **Part 4. Questions about using the QPT for HDP**

1. What do you know about how to prevent or manage heart disease?
2. In what way was it helpful to receive the QPT before going to the appointment with your doctor?
3. Please describe how you showed the QPT to your doctor at the appointment
4. How did your doctor react to the QPT?
5. In what other ways did the QPT help you or your doctor communicate about how to reduce heart disease risk?
6. What made it hard to use the QPT?
7. What made it easy to use the QPT?
8. Do you think it is better for the QPT to be given to women before or appointments or should doctors give the QPT to women during appointments? Please explain.
9. In what way did using the QPT help you?
10. How could we improve the QPT or the way you use the QPT?