

Appendix

Patient code:.....

Date of investigation:/...../.....

Study questionnaire

A. SOCIO-DEMOGRAPHIC INFORMATION				
Numerical order	Question	Answer	Code	Note
A1	Year of Birth		
A2	Sex	Female Male	0 1	
A3	Race	Kinh ethnicity Hoa ethnicity Other ethnicity (Specify.....)	0 1 2	
A4	Your education level?	Know how to read and write Elementary Junior high school High school Above High School	0 1 2 3 4	
A5	Your family's economic status?	Lack Medium Wealthier Rich	0 1 2 3	
B. CLINICAL CHARACTERISTICS				
B1	How long have you been on hemodialysis?	< 1 year 1 to < 3 years 3 to < 5 years ≥ 5 years	0 1 2 3	
B2	How many times a week do you have to have hemodialysis?	1 times 2 times 3 times > 3 times	0 1 2 3	
B3	Have you ever had complications during hemodialysis?	No Yes	0 1	
B4	Do you have any accompanying diseases?	No Yes	0 1	If "No" skip B5

B5	What comorbidities do you have?	Hypertension Diabetes Cardiovascular Other (Specify:.....)	0 1 2 3	<i>Many choices</i>
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C. LIVING HABITS CHARACTERISTICS

C1	Do you smoke?	No Yes	0 1	
C2	Do you drink wine?	No Yes	0 1	
C3	Do you exercise?	No Yes	0 1	<i>If “No” skip C4</i>
C4	How many days/week do you exercise?	< 2 days 2 – 5 days > 5 days	0 1 2	

D. SUPPORTIVE RELATIONSHIP

D1	Besides your family, is there anyone supporting you during treatment?	No Yes	0 1	<i>If “No” skip D4</i>
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E. THE HOSPITAL ANXIETY AND DEPRESSION SCALE (HADS): Below are 14 questions - statements used to describe your psychological state. During the past week, how well did you express your psychological state?

Numerical order	Question	Answer	Code
F1	I feel tense or ‘wound up’	Not at all Time to time, occasionally A lot of the time Most of the time	0 1 2 3
F2	I still enjoy the things I used to enjoy	Definitely as much Not quite so much Only a little Hardly at all	0 1 2 3
F3	I get a sort of frightened feeling as if something awful is about to happen	Not at all A little, but it doesn’t worry me Yes, but not too badly Very definitely and quite badly	0 1 2 3
F4	I can laugh and see the funny side of things	As much as I always could Not quite so much now Definitely not so much now Not at all	0 1 2 3
F5	Worrying thoughts go through my mind	Only occasionally From time to time but not too often	0 1

		A lot of the time	2
		A great deal of the time	3
F6	I feel cheerful	Most of the time	0
		Sometimes	1
		Not often	2
		Not at all	3
F7	I can sit at ease and feel relaxed	Definitely	0
		Usually	1
		Not often	2
		Not at all	3
F8	I feel as if I am slowed down	Not at all	0
		Sometimes	1
		Very often	2
		Nearly all the time	3
F9	I get a sort of frightened feeling like 'butterflies' in the stomach	Not at all	0
		Occasionally	1
		Quite often	2
		Very often	3
F10	I have lost interest in my appearance	I take just as much care as ever	0
		I may not take quite as much care	1
		I don't take as much care as I should	2
		Definitely	3
F11	I feel restless as if I have to be on the move	Not at all	0
		Not very much	1
		Quite a lot	2
		Very much indeed	3
F12	I look forward with enjoyment to things	As much as I ever did	0
		Rather less than I used to	1
		Definitely less than I used to	2
		Hardly at all	3
F13	I get sudden feelings of panic	Not at all	0
		Not very often	1
		Quite often	2
		Very often indeed	3
F14	I can enjoy a good book or radio or TV programme	Often	0
		Sometimes	1
		Not often	2
		Very seldom	3