Supplementary File1: The psycho-social adaptation questionnaire for women with breast cancer treated with adjuvant endocrine therapy (English version)

Item description	All the time	Often	Sometimes	Rarely	Never
1. I am worried about metastasis or recurrence	☐	☐	☐	☐	☐
2. Breast problems make me feel nervous	☐	☐	☐	☐	☐
3. I am worried that breast disease will get worse	☐	☐	☐	☐	☐
4. Breast problems make me feel scared	☐	☐	☐	☐	☐
5. I am worried about the side effects of the drug	☐	☐	☐	☐	☐
6. Breast problems make me very depressed	☐	☐	☐	☐	☐
#7. I still think of myself as an attractive person	☐	☐	☐	☐	☐
#8. Overall, I am satisfied with myself	☐	☐	☐	☐	☐
#9. I think I am still a valuable person	☐	☐	☐	☐	☐
#10. I can share happiness and sadness with friends and colleagues	☐	☐	☐	☐	☐
#11. I am still interested in things I was interested in before	☐	☐	☐	☐	☐
12. Breast problems affect my sex life	☐	☐	☐	☐	☐
13. I cannot face the weight gain	☐	☐	☐	☐	☐
14. Disease affects my appearance and makes me unhappy	☐	☐	☐	☐	☐
15. I am not willing to discuss breast problems with others	☐	☐	☐	☐	☐
16. I do not like others asking about my condition	☐	☐	☐	☐	☐

Scoring Key

Likert's scale with five points (0, 1, 2, 3, 4) was used to quantify results. The lowest score was 0, and the highest score 64. The higher the score, the better the psycho-social adaptation. The reverse scoring items include 7, 8, 9, 10, 11.

Emotional response (6 items): 1, 2, 3, 4, 5, 6

Self-worth (5 items): 7, 8, 9, 10, 11

Physical impacts (3 items): 12, 13, 14

Social communication (2 Items): 15, 16

乳腺癌内分泌治疗患者心理社会适应问卷(中文版)

条目	总是	常常	有时	很少	从不
1. 我担心转移或复发	☐	☐	☐	☐	☐
2. 乳腺问题使我感到紧张	☐	☐	☐	☐	☐
3. 我担心乳腺疾病会越来越严重	☐	☐	☐	☐	☐
4. 乳腺问题使我感到害怕	☐	☐	☐	☐	☐
5. 我担心药物的副作用	☐	☐	☐	☐	☐
6. 乳腺问题使我很压抑	☐	☐	☐	☐	☐
#7. 我仍然认为自己是一个有魅力的人	☐	☐	☐	☐	☐
#8. 总体来说，我对自己是满意的	☐	☐	☐	☐	☐
#9. 我认为自己仍然是一个有价值的人	☐	☐	☐	☐	☐
#10. 我能够与朋友、同事共享快乐和忧伤	☐	☐	☐	☐	☐
#11. 我对以往感兴趣的事情依然有兴趣	☐	☐	☐	☐	☐
12. 乳腺问题影响我的夫妻性生活	☐	☐	☐	☐	☐
13. 身体发胖使我无法面对	☐	☐	☐	☐	☐
14. 疾病影响我的外貌使我不开心	☐	☐	☐	☐	☐
15. 我不愿意和别人探讨乳腺问题	☐	☐	☐	☐	☐
16. 我不喜欢别人过问我的病情	☐	☐	☐	☐	☐

计分方式：采用李克特量表 5 级评分法(0, 1, 2, 3, 4)对结果进行评分，最低分为 0 分，最高分为 64 分。得分越高，心理社会适应能力越好。反向计分条目包括 7、8、9、10、11。情绪反应：1、2、3、4、5、6，自我价值：7、8、9、10、11，自我影响：12,13,14 和社会交往：15、16。