

The role of stress in disease (Control)

We have some important questions for you. We will compare information from people with and without Parkinson's disease to better understand the role of stress in Parkinson's disease. This will take you approximately 10 to 20 minutes.

Drop down list of scaled responses, single answer, required

- 1) Stress is a state of mental tension resulting from negative or demanding circumstances. What is the level of stress you perceive in your daily life? [10-point scale: 1=none, 10=unbearable]

4-point scales (for both a and b), single answer, required

- 2) Anxiety is a feeling of worry, nervousness or unease. Over the last two weeks, how often have you been bothered by the following problems? [1=not at all, 2=several days, 3=more than half the days, 4=nearly every day]
- a) Feeling nervous, anxious, or on edge
 - b) Not being able to control or stop worrying

5-point scales, single answer per item, required

- 3) We would like to know the level of stress you perceive in your daily life. For each of the following situations, please choose *how often* you felt or thought a certain way during the the last month. [1=never, 2=almost never, 3=sometimes, 4=fairly often, 5=very often]
- a) How often have you been upset because of something that happened unexpectedly?
 - b) How often have you felt that you were unable to control the important things in your life?
 - c) How often have you felt nervous and "stressed"?
 - d) How often have you felt confident about your ability to handle your personal problems?
 - e) How often have you felt that things were going your way?
 - f) How often have you found that you could not cope with all the things that you had to do?
 - g) How often have you been able to control irritations in your life?
 - h) How often have you felt that you were on top of things?
 - i) How often have you been angered because of things that were outside of your control?
 - j) How often have you felt difficulties were piling up so high that you could not overcome them?

5-point scales, single answer per item, required

- 4) A. Please score to what extent you experienced the following symptoms in the past four weeks? [1=not at all or never, 2=very mild or rarely, 3=mild or sometimes, 4=moderate or often, 5=severe or (nearly) always]
- a) Feeling anxious or nervous
 - b) Feeling tense or stressed
 - c) Being unable to relax
 - d) Excessive worrying about everyday matters
 - e) Fear of something bad, or even the worst, happening
- B. In the past four weeks, did you experience episodes of the following symptoms?
- f) Panic or intense fear
 - g) Shortness of breath
 - h) Heart palpitations or heart beating fast (not related to physical effort or activity)
 - i) Fear of losing control
- C. In the past four weeks, to what extent did you fear or avoid the following situations?
- j) Social situations (where one may be observed, or evaluated by others, such as speaking in public, or talking to unknown people)
 - k) Public settings (situations from which it may be difficult or embarrassing to escape, such as queues or lines, crowds, bridges, or public transportation)
 - l) Specific objects or situations (such as flying, heights, spiders or other animals, needles, or blood)

- 5) What do you do to reduce stress or anxiety?

Drop down list, single answer per item, required

- a) For each of the following possibilities, please state how often you have used them over the last three months [1=never, 2=once a month or less, 3=a few times a month, 4=weekly, 5=several times a week, 6=(almost) daily, 7=several times a day]. If you do not know what something means, please choose 'never'.
- o Physical therapy
 - o Physical exercise (for example walking, cycling, swimming or sports)

- Relaxation exercise (for example yoga, Pilates, or Tai Chi)
- Mindfulness
- Transcendental Meditation (TM)
- Other types of meditation
- Other, namely...

Drop down list, single answer per item, optional (only shown when a method is used)

b) For each option, please state how effective it is to reduce stress [10-point scale: 1=not at all, 10=excellent].

4-point scales, single answer per item, required

- 6) People think and do many different things when they feel depressed. Please read each of the items below. Indicate how often you think the way as stated below when you feel down, sad, or depressed. Please indicate what you *generally do*, not what you think you should do. How often do you... [1=almost never, 2=sometimes, 3=often, 4=almost always]
- a) think "What am I doing to deserve this?"
 - b) think "Why do I always react this way?"
 - c) think about a recent situation, wishing it had gone better
 - d) think "Why do I have problems other people don't have?"
 - e) think "Why can't I handle things better?"

5-point scales, single answer per item, required

- 7) Below is a collection of statements about your everyday experience. Please rate each of the following statements with the choice that best describes *your own opinion* of what is *generally* true for you. [1=never or very rarely true, 2=rarely true, 3=sometimes true, 4=often true, 5=very often or always true].
- a) When I take a shower or a bath, I stay alert to the sensations of water on my body.
 - b) I'm good at finding words to describe my feelings.
 - c) I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.
 - d) I believe some of my thoughts are abnormal or bad and I shouldn't think that way.
 - e) When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.
 - f) I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.
 - g) I have trouble thinking of the right words to express how I feel about things.
 - h) I do jobs or tasks automatically without being aware of what I'm doing.
 - i) I think some of my emotions are bad or inappropriate and I shouldn't feel them.
 - j) When I have distressing thoughts or images I am able just to notice them without reacting.
 - k) I pay attention to sensations, such as the wind in my hair or sun on my face.
 - l) Even when I'm feeling terribly upset I can find a way to put it into words.
 - m) I find myself doing things without paying attention.
 - n) I tell myself I shouldn't be feeling the way I'm feeling.
 - o) When I have distressing thoughts or images I just notice them and let them go.

5-point scales, single answer per item, required (for all the questions below)

- 8) The following statements describe possible ways to act towards yourself in difficult times. Please read each statement carefully, and indicate how often you behave in the stated manner, using the following scale. [1=almost never, 5=almost always]
- a) When I fail at something important to me, I become consumed by feelings of inadequacy.
 - b) I try to be understanding and patient towards those aspects of my personality I don't like.
 - c) When something painful happens, I try to take a balanced view of the situation.
 - d) When I'm feeling down, I tend to feel like most other people are probably happier than I am.
 - e) I try to see my failings as part of the human condition.
 - f) When I'm going through a very hard time, I give myself the caring and tenderness I need.
 - g) When something upsets me I try to keep my emotions in balance.
 - h) When I fail at something that's important to me, I tend to feel alone in my failure.
 - i) When I'm feeling down I tend to obsess and fixate on everything that's wrong.
 - j) When I feel inadequate some way, I try to remind myself that feelings of inadequacy are shared by most people.
 - k) I'm disapproving and judgmental about my own flaws and inadequacies.
 - l) I'm intolerant and impatient towards those aspects of my personality I don't like.

Multiple choice, multiple answers possible, optional

- 9) We would like to evaluate your experience with mindfulness. Mindfulness is the ability to be fully present and aware of what we are doing. It challenges you not to be overwhelmed by what is going on around you.

- a) [If mindfulness is not used] What are your reasons for not doing mindfulness at the moment? You can choose more than one option. If nothing applies, you do not have to fill out anything.
- I have never thought about this option, but would be interested in doing mindfulness
 - I don't experience any stress
 - I don't believe mindfulness will work for me
 - I don't have the time or the energy to participate in a course
 - There are no courses near my home
 - I find it too expensive
 - I don't like group sessions, but would be interested in individual or online courses
 - Other, namely...

Multiple choice, multiple answers possible, optional

10) We would like to evaluate your experience with transcendental meditation. Transcendental meditation (TM) is a type of meditation during which people sit still and recite a mantra. It is considered effortless and it showed reduction in stress and anxiety and improvement in mental clarity.

- a) [If TM is not used] What are your reasons for not doing TM at the moment? You can choose more than one option. If nothing applies, you do not have to fill out anything.
- I have never thought about this option, but would be interested in doing TM
 - I don't experience any stress
 - I don't believe TM will work for me
 - I don't have the time or the energy to participate in a course
 - There are no courses near my home
 - I find it too expensive
 - I don't like group sessions, but would be interested in individual or online courses
 - Other, namely...