

Appendix 1a

**Lymphoedema Quality of Life Study (LYMQOL) ARM**

If any of the items are not applicable to you, please write N/A in the relevant answer box(es).

(1) How much does your swollen arm affect the following daily activities?	Not at all	A little	Quite a bit	A lot
a) occupation				
b) housework				
c) combing hair				
d) dressing				
e) doing up/undoing buttons				
f) writing				
g) eating				
h) washing				
i) cleaning teeth				
j) putting on make-up/shaving				

(2) How much does it affect your leisure activities/social life?				

Please give example(s) of this.

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(3) How much do you have to depend on other people?				
(4) How much do you feel the swelling affects your appearance?				
(5) How much difficulty do you have finding clothes to fit?				
(6) How much difficulty do you have finding clothes you would like to wear?				
(7) Have you had difficulty wearing jewellery, e.g. wedding ring?				
(8) Does the swelling affect how you feel about yourself?				
(9) Does it affect your relationship with your partner?				
(10) Does it affect your relationships with other people?				
(11) Does your lymphoedema cause you pain?				
If so, do you have pain in the				
arm				
shoulder				
back				
neck				
elsewhere — if so, where?				
(12) Do you have any numbness in your swollen arm?				
(13) Do you have any feelings of 'pins and needles' or tingling in your swollen arm?				
(14) Does your swollen arm feel weak?				
(15) Does your swollen arm feel heavy?				
(16) Does your hand feel 'cold'?				
(17) Do you feel tired?				
<b>In the past week</b>				
(18) Have you had trouble sleeping?				
(19) Have you had difficulty concentrating on things, e.g. reading?				
(20) Have you felt tense?				
(21) Have you felt worried?				
(22) Have you felt irritable?				
(23) Have you felt depressed?				
(24) Overall, how would you rate your quality of life at present? Please mark your score on the following scale:				

Poor	0	1	2	3	4	5	6	7	8	9	10	Excellent
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Thank you for completing this form.

If you have any comments or queries about it, please discuss these with.....

Dr V L Keeley, Consultant

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