

**BREAST-Q™**  
RECONSTRUCTION MODULE (POST OPERATIVE) 1.0

The following questions are about your breasts and breast reconstruction surgery. After reading each question, please circle the number in the box that best describes your situation. If you are unsure how to answer a question, choose the answer that comes closest to how you feel. Please answer all questions.

1. With your breasts in mind, in the past 2 weeks, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How you look in the mirror <u>clothed</u> ?	1	2	3	4
b. The shape of your reconstructed breast(s) when you are wearing a bra?	1	2	3	4
c. How normal you feel in your clothes?	1	2	3	4
d. The size of your reconstructed breast(s)?	1	2	3	4
e. Being able to wear clothing that is more fitted?	1	2	3	4
f. How your breasts are lined up in relation to each other?	1	2	3	4
g. How comfortably your bras fit?	1	2	3	4
h. The softness of your reconstructed breast(s)?	1	2	3	4
i. How equal in size your breasts are to each other?	1	2	3	4
j. How natural your reconstructed breast(s) looks?	1	2	3	4
k. How naturally your reconstructed breast(s) sits/hangs?	1	2	3	4
l. How your reconstructed breast(s) feels to touch?	1	2	3	4
m. How much your reconstructed breast(s) feels like a natural part of your body?	1	2	3	4
n. How closely matched your breasts are to each other?	1	2	3	4
o. How your reconstructed breast(s) look now compared to before you had any breast surgery?	1	2	3	4
p. How you look in the mirror <u>unclothed</u> ?	1	2	3	4

**Please check that you have answered all the questions before going on to the next page**

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**This question is about breast reconstruction using IMPLANTS. If you do not have an implant(s) please skip to question 3. If you do have an implant(s), please answer question 2 below.**

**2. In the past 2 weeks, how satisfied or dissatisfied have you been with:**

	<b>Very Dissatisfied</b>	<b>Somewhat Dissatisfied</b>	<b>Somewhat Satisfied</b>	<b>Very Satisfied</b>
a. The amount of rippling (wrinkling) of your implant(s) that you can <u>see</u> ?	1	2	3	4
b. The amount of rippling (wrinkling) of your implant(s) that you can <u>feel</u> ?	1	2	3	4

**3. We would like to know how you feel about the outcome of your breast reconstruction surgery. Please indicate how much you agree or disagree with each statement:**

	<b>Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Having reconstruction is much better than the alternative of having no breast(s).	1	2	3
b. I would encourage other women in my situation to have breast reconstruction surgery.	1	2	3
c. I would do it again.	1	2	3
d. I have no regrets about having the surgery.	1	2	3
e. Having this surgery changed my life for the better.	1	2	3
f. The outcome perfectly matched my expectations.	1	2	3
g. It turned out exactly as I had planned.	1	2	3

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**4. With your breasts in mind, in the past 2 weeks, how often have you felt:**

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Confident in a social setting?	1	2	3	4	5
b. Emotionally able to do the things that you want to do?	1	2	3	4	5
c. Emotionally healthy?	1	2	3	4	5
d. Of equal worth to other women?	1	2	3	4	5
e. Self-confident?	1	2	3	4	5
f. Feminine in your clothes?	1	2	3	4	5
g. Accepting of your body?	1	2	3	4	5
h. Normal?	1	2	3	4	5
i. Like other women?	1	2	3	4	5
j. Attractive?	1	2	3	4	5

**5. Thinking of your sexuality, since your breast reconstruction, how often do you generally feel:**

	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Not Applicable
a. Sexually attractive in your clothes?	1	2	3	4	5	N/A
b. Comfortable/at ease during sexual activity?	1	2	3	4	5	N/A
c. Confident sexually?	1	2	3	4	5	N/A
d. Satisfied with your sex-life?	1	2	3	4	5	N/A
e. Confident sexually about how your breast(s) look when <u>unclothed</u> ?	1	2	3	4	5	N/A
f. Sexually attractive when <u>unclothed</u> ?	1	2	3	4	5	N/A

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**6. In the past 2 weeks, how often have you experienced:**

	<b>None of the time</b>	<b>A little of the time</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>
a. Neck pain?	1	2	3	4	5
b. Upper back pain?	1	2	3	4	5
c. Shoulder pain?	1	2	3	4	5
d. Arm pain?	1	2	3	4	5
e. Rib pain?	1	2	3	4	5
f. Pain in the muscles of your chest?	1	2	3	4	5
g. Difficulty lifting or moving your arms?	1	2	3	4	5
h. Difficulty sleeping because of discomfort in your breast area?	1	2	3	4	5
i. Tightness in your breast area?	1	2	3	4	5
j. Pulling in your breast area?	1	2	3	4	5
k. Nagging feeling in your breast area?	1	2	3	4	5
l. Tenderness in your breast area?	1	2	3	4	5
m. Sharp pains in your breast area?	1	2	3	4	5
n. Shooting pains in your breast area?	1	2	3	4	5
o. Aching feeling in your breast area?	1	2	3	4	5
p. Throbbing feeling in your breast area?	1	2	3	4	5

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The following questions are about reconstruction using a TRAM or DIEP flap (i.e., reconstruction using skin and fat from you abdomen/tummy area). If you do not have a TRAM or DIEP flap, please skip to question 10. If you do have a TRAM or DIEP flap, please answer the following questions:

7. In the past 2 weeks, with your abdomen (tummy area) in mind, how often have you experienced:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Difficulty sitting up because of abdominal muscle weakness (e.g. getting out of bed)?	1	2	3	4	5
b. Difficulty doing everyday activities because of abdominal muscle weakness (e.g. making your bed)?	1	2	3	4	5
c. Abdominal discomfort?	1	2	3	4	5
d. Abdominal bloating?	1	2	3	4	5
e. Abdominal bulging?	1	2	3	4	5
f. Tightness in your abdomen?	1	2	3	4	5
g. Pulling in your abdomen?	1	2	3	4	5
h. Lower back pain?	1	2	3	4	5

8. In the past 2 weeks, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How your abdomen looks?	1	2	3	4
b. The position of your navel (belly button)?	1	2	3	4
c. How your abdominal scars look?	1	2	3	4

9. In the past 2 weeks, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How your abdomen <u>feels</u> now compared to before your surgery?	1	2	3	4
b. How your abdomen <u>looks</u> now compared to before your surgery?	1	2	3	4

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**This question is about NIPPLE reconstruction. If you did not have nipple reconstruction, please skip to question 11. If you did have nipple reconstruction, please answer question 10 below.**

**10. In the past 2 weeks, how satisfied or dissatisfied are you with:**

	<b>Very Dissatisfied</b>	<b>Somewhat Dissatisfied</b>	<b>Somewhat Satisfied</b>	<b>Very Satisfied</b>
a. The shape of your reconstructed nipple(s)?	1	2	3	4
b. How your reconstructed nipple(s) and areola(s) look?	1	2	3	4
c. How natural your reconstructed nipple(s) look?	1	2	3	4
d. The color of your reconstructed nipple/areolar complex?	1	2	3	4
e. The height (projection) of your reconstructed nipple(s)?	1	2	3	4

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**11. How satisfied or dissatisfied were you with the information you received from your plastic surgeon about:**

	<b>Very Dissatisfied</b>	<b>Somewhat Dissatisfied</b>	<b>Somewhat Satisfied</b>	<b>Very Satisfied</b>
a. How the breast reconstruction surgery was to be done?	1	2	3	4
b. Healing and recovery time?	1	2	3	4
c. Possible complications?	1	2	3	4
d. The options you were given regarding <u>types</u> of breast reconstruction?	1	2	3	4
e. The options you were given regarding <u>timing</u> of your breast reconstruction (i.e. same time as your mastectomy versus later)?	1	2	3	4
f. The pros and cons of the <u>timing</u> of your breast reconstruction?	1	2	3	4
g. How long the process of breast reconstruction would take from start to finish?	1	2	3	4
h. What size you could expect your breasts to be after reconstructive surgery?	1	2	3	4
i. How much pain to expect during recovery?	1	2	3	4
j. What you could expect your breasts to look like after surgery?	1	2	3	4
k. How long after reconstruction surgery it would take to feel like yourself/feel normal again?	1	2	3	4
l. How the surgery could affect future breast cancer screening (e.g. mammogram, self examinations)?	1	2	3	4
m. Lack of sensation in your reconstructed breast(s) and nipple(s)?	1	2	3	4
n. What other women experience with their breast reconstruction surgery?	1	2	3	4
o. What the scars would look like?	1	2	3	4

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**12. These questions ask about your plastic surgeon. Did you feel that he/she:**

	<b>Definitely Disagree</b>	<b>Somewhat Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Was competent?	1	2	3	4
b. Gave you confidence?	1	2	3	4
c. Involved you in the decision-making process?	1	2	3	4
d. Was reassuring?	1	2	3	4
e. Answered all your questions?	1	2	3	4
f. Made you feel comfortable?	1	2	3	4
g. Was thorough?	1	2	3	4
h. Was easy to talk to?	1	2	3	4
i. Understood what you wanted?	1	2	3	4
j. Was sensitive?	1	2	3	4
k. Made time for your concerns?	1	2	3	4
l. Was available when you had concerns?	1	2	3	4

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**13. These questions ask about members of the medical team other than the surgeon (e.g. nurses and other doctors who looked after you in the hospital when you had your breast reconstruction surgery).  
 Did you feel that they:**

	<b>Definitely Disagree</b>	<b>Somewhat Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Were professional?	1	2	3	4
b. Treated you with respect?	1	2	3	4
c. Were knowledgeable?	1	2	3	4
d. Were friendly and kind?	1	2	3	4
e. Made you feel comfortable?	1	2	3	4
f. Were thorough?	1	2	3	4
g. Made time for your concerns?	1	2	3	4

**14. These questions ask about members of the office staff (e.g. secretaries, office or clinic nurses).  
 Did you feel that they:**

	<b>Definitely Disagree</b>	<b>Somewhat Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Were professional?	1	2	3	4
b. Treated you with respect?	1	2	3	4
c. Were knowledgeable?	1	2	3	4
d. Were friendly and kind?	1	2	3	4
e. Made you feel comfortable?	1	2	3	4
f. Were thorough?	1	2	3	4
g. Made time for your concerns?	1	2	3	4

**Please check that you have answered all the questions**