

Data Code Book

Title: Prospective Feasibility Study of a Mindfulness-Based Program for Breast Cancer Patients
in the Southeastern US

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Recruitment Dataset

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during recruitment and enrollment.

Group

Description:

Group is the group within the study that the patient was recruited and enrolled for (i.e., Group 1, Group 2, Group 3)

Eligibility

Description:

The Eligibility variable indicates whether the patient screened was eligible for the study

Code:

0 = No

1 = Yes

Enrolled

Description:

The Enrolled variable indicates whether the eligible patient enrolled in the study

Code:

0 = No

1 = Yes

Reason Ineligible

Description:

The Reason Ineligible variable describes the reason the patient screened was ineligible for the study

Code:

1 = Lost Contact

2 = Time Conflict

3 = Distress Thermometer < 4

Reason Declined

Description:

The Reason Declined variable describes the reason the eligible patient declined enrollment in the study

Code:

1 = Lives too far away from study site

2 = No transportation

3 = Uninterested

Attendance Dataset

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Attend 1 – Attend 8

Description:

Attend_1 variable through Attend_8 variables represent each of the 8 program sessions. Each participants' attendance was recorded under each program session.

Code:

0 = Did not attend session

1 = Attended session

Attend Total

Description:

Attend_Total variable contains the total number of sessions attended for each participant

Demographic Dataset

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Age

Description:

Patient's age as a continuous variable

Sex

Description:

Patient's sex as indicated on birth certificate

Code:

1 = Male

2 = Female

Race

Description:

Patient's race/ethnicity

Code:

1 = Black

2 = Asian

5 = White

Income

Description:

Patient's household pre-tax income

Code:

1 = < \$25,000

4 = \$50,000 - \$74,999

5 = \$75,000 - \$99,999

6 = > \$100,000

Education

Variable name: ED

Description:

Patient's highest educational attainment

Code:

2 = High School

3 = Some college, no degree

4 = Associate Degree

5 = Bachelor's Degree

6 = Advanced Degree

Marital Status**Variable name:** MAR**Description:**

Patient's marital status

Code:

1 = Unemployed, not seeking

2 = Unemployed, on disability

5 = Full-time (≥ 40 hrs/week)

7 = Retired

Employment Status**Variable name:** EMP**Description:**

Patient's current employment status

Code:

1 = Single, never married

2 = Married

4 = Divorced

Distress Dataset

Description: This data set contains the distress thermometer scores from the NCCN Distress Thermometer for Patients questionnaire given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

- 1 = Pretest
- 2 = Posttest
- 3 = 8-week Follow-up

Distress

Description:

Indicates the patients' distress at that time ranked on a scale from 0 to 10.

Spiritual Wellbeing Dataset

Description: This data set contains the spiritual wellbeing scores from the FACIT-Sp-Ex Scale (Version 4) given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

1 = Pretest

2 = Posttest

3 = 8-week Follow-up

Questions

Description:

See PDF of the FACIT-Sp-Ex Scale (Version 4) for corresponding question names, questions, and scores.

Missing Data

Code:

999

Pain Dataset

Description: This data set contains the pain scores from the Wong-Baker FACES Pain Scale given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

- 1 = Pretest
- 2 = Posttest
- 3 = 8-week Follow-up

Questions

Description:

Each score is a rank from an ordinal scale of 0, 2, 4, 6, 8, 10 with 0 being no pain and 10 being worst pain imaginable.

Missing Data

Code:

999

Wellbeing Dataset

Description: This data set contains the wellbeing scores from the FACT-B+4 Scale (Version 4) given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

1 = Pretest

2 = Posttest

3 = 8-week Follow-up

Questions

Description:

See PDF of the FACT-B+4 Scale (Version 4) for corresponding question names, questions, and scores.

Missing Data

Code:

999

Mindfulness Dataset

Description: This data set contains the mindfulness scores from the Five Facet Mindfulness Questionnaire given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

1 = Pretest

2 = Posttest

3 = 8-week Follow-up

Questions

Description:

See PDF of the Five Facet Mindfulness Questionnaire for corresponding question names, questions, and scores.

Missing Data

Code:

999

Self-Compassion Dataset

Description: This data set contains the self-compassion scores from the Self-Compassion Scale given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

- 1 = Pretest
- 2 = Posttest
- 3 = 8-week Follow-up

Questions

Description:

See PDF of the Self-Compassion Scale for corresponding question names, questions, and scores.

Missing Data

Code:

999

Fatigue Dataset

Description: This data set contains the fatigue-related quality of life scores from the FACIT-Fatigue Scale (Version 4) given at pretest, posttest, and 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Visit

Description:

Indicates what time point the data was collected.

Code:

- 1 = Pretest
- 2 = Posttest
- 3 = 8-week Follow-up

Questions

Description:

See PDF of the FACIT-Fatigue Scale (Version 4) for corresponding question names, questions, and scores.

Missing Data

Code:

999

Program Follow-up Questionnaire Dataset

Description: This data set contains answers from the program-specific Follow-up Questionnaire given at 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Questions

Description:

See PDF of the Follow-up Questionnaire for corresponding question names, questions, and scores.

Question 1

Variable name: FU_A

Description:

How frequently do you have pain episodes now compared to before enrolling in this study?

Code:

- 1 = Not applicable or pain was not a problem
- 2 = Much more often
- 3 = More often
- 4 = No change
- 5 = Less frequently
- 6 = Much less often or great improvement

Question 2

Variable name: FU_B

Description:

How severe is your pain now compared to before enrolling in this clinical study?

Code:

- 1 = Not applicable or pain was not a problem
- 2 = Much worse
- 3 = Worse
- 4 = No change
- 5 = Somewhat better, improved
- 6 = Much better or rarely a problem

Question 3

Variable name: FU_C

Description:

How has your use of drugs changed since enrolling in this clinical study?

Code:

- 1 = Not applicable
- 2 = Greater amounts and/or additional narcotics

- 3 = More drugs but narcotics the same
- 4 = No change
- 5 = Less drug use or less potent drugs
- 6 = Rarely or never use drugs anymore

Question 4

Variable name: FU_D

Description:

How is your activity level now compared to before enrolling in this clinical study?

Code:

- 1 = Not applicable
- 2 = Much less active
- 3 = Somewhat less active
- 4 = No change
- 5 = Somewhat more active/doing some new things
- 6 = Much more active, minimal or no limitations on being active

Question 5

Variable name: FU_E

Description:

How is your attendance record at work (or school, etc.) now compared to before enrolling in this clinical study?

Code:

- 1 = Not applicable
- 2 = Much less able to get to work and/or do household work
- 3 = Less able to get to work, etc.
- 4 = No change
- 5 = Improved capacity to work, attendance improved
- 6 = Great improvement in attendance, minimal or no limitations on working

Question 6

Variable name: FU_F

Description:

How is your energy level and stamina overall now compared to before enrolling in this clinical study?

Code:

- 0 = Was never a problem
- 1 = Much worse/less
- 2 = Somewhat worse/less
- 3 = No change
- 4 = Somewhat better
- 5 = Much better, greater improvement

Question 7

Variable name: FU_G

Description:

Overall, how do you feel now compared to before enrolling in this clinical study?

Code:

- 1 = Was not a problem to begin with
- 2 = Much worse than before
- 3 = Somewhat worse
- 4 = No change
- 5 = Somewhat better, improved in some respects
- 6 = Much better, greater improvement

Question 8**Variable name:** FU_H**Description:**

How is your overall blood pressure now (if you know) compared to before enrolling in this clinical study?

Code:

- 1 = High blood pressure was not a problem to begin with
- 2 = Don't know
- 3 = Much higher/taking stronger drugs
- 4 = Somewhat higher
- 5 = Unchanged
- 6 = Improved, somewhat lower
- 7 = Much lower, greatly improved, reduced medication
- 8 = Went down during meditation classes but has since risen

Question 9**Variable name:** FU_I**Description:**

How often have you been to the doctor's office, to the emergency room, or admitted to a hospital recently compared to before enrolling in this clinical study?

Code:

- 1 = Much more often
- 2 = More often
- 3 = Same frequency
- 4 = Less often
- 5 = Much less often, very infrequent

Nutrition Class Evaluation Form Dataset

Description: This data set contains answers from the program-specific Nutrition Class Evaluation Form given at 8-week follow-up.

Variables:

Patient ID

Description:

The Patient ID is the number assigned to each patient during enrollment.

Questions

Description:

See PDF of the Nutrition Class Evaluation Form for corresponding question names, questions, and scores.

Question 1

Variable name: NUTR_EVAL_1

Description:

What is your overall assessment of the event?

Code:

1 = Insufficient

2 = Somewhat insufficient

3 = Neutral

4 = Sufficient

5 = Excellent

Question 3

Variable name: NUTR_EVAL_3

Description:

Would you want to have more of these type classes and gatherings?

Code:

0 = No

1 = Yes

Question 4

Variable name: NUTR_EVAL_4

Description:

Would you recommend it to friends and family?

Code:

0 = No

1 = Yes

Question 5

Variable name: NUTR_EVAL_5

Description:

How useful were the handouts from the nutrition class?

Code:

- 1 = Not helpful
- 2 = Somewhat helpful
- 3 = Helpful
- 4 = Very helpful

Question 6

Variable name: NUTR_EVAL_6

Description:

Did the class help you change your diet?

Code:

- 0 = No
- 1 = Yes