## **Appendix 1**

## Mark (X) the point on the scale that best describes how you are feeling

Amsterdam preoperative anxiety and information scale (1 to 5)

Q 1. I am v	worried about	the anesthetic	•							
1	2	3	4	5						
Not at all	Somewhat	Moderate	Moderate high	Extremely						
Q 2. The anesthetic is on my mind continually										
1	2	3	4	5						
Not at all	Somewhat	Moderate	Moderate high	Extremely						
Q 3. I would like to know as much as possible about the anesthetic.										
1	2	3	4	5						
Not at all	Somewhat	Moderate	Moderate high	Extremely						
Q 4. I am worried about the procedure.										
1	2	3	4	5						
Not at all	2 Somewhat	3 Moderate	4 Moderate high	5 Extremely						
	Somewhat procedure is or			5 Extremely						
				5 Extremely						
Q 5. The p		n my mind cor 3		5						
Q 5. The p $\frac{1}{\text{Not at all}}$	orocedure is or 2 Somewhat	n my mind cor 3 Moderate	ntinually.  4	5 Extremely						
Q 5. The p $\frac{1}{\text{Not at all}}$	orocedure is or 2 Somewhat	n my mind cor 3 Moderate	ntinually.  4  Moderate high	5 Extremely						
Q 5. The p $\frac{1}{\text{Not at all}}$	orocedure is or 2 Somewhat	m my mind cor 3 Moderate v as much as p	ntinually.  4  Moderate high	5 Extremely procedure.						
Q 5. The p  1  Not at all  Q 6. I wou  1	orocedure is or  2  Somewhat  ld like to know  2	m my mind cor 3 Moderate v as much as p	ntinually.  4  Moderate high ossible about the p	5 Extremely procedure.						

Discomfort (0 to 10)												
Q 1. I'm not in a good physical condition												
0	1	2	3	4	5	6	7	8	9	10		
Strongly disagree									Str	Strongly agree		
Q 2. I can't c	conce	ntra	te on	this	situa	tion.						
0	1	2	3	4	5	6	7	8	9	10		
Strongly disagree								Str	Strongly agree			
Q 3. I feel hu	ıngry	7.										
0	1	2	3	4	5	6	7	8	9	10		
Strongly disa	igree								Str	Strongly agree		
Q 4. I feel th	irsty.											
0	1	2	3	4	5	6	7	8	9	10		
Strongly disa	Strongly disagree									Strongly agree		
Q 5. I feel dr	y or	bitte	r mo	uth.								
0	1	2	3	4	5	6	7	8	9	10		
Strongly disa	igree								Str	ongly agr	ee	
Q 6. I'm tire	d.											
0	1	2	3	4	5	6	7	8	9	10		
Strongly disagree							Str	ongly agr	ee			
Q 7. I have a	head	dach	e.									
0	1	2	3	4	5	6	7	8	9	10		
Strongly disagree							Str	ongly agr	ee			
Q 8. I feel na	ausec	us.										
0	1	2	3	4	5	6	7	8	9	10		
Strongly disagree								Str	ongly agr	ee		