

Appendix 1 TUG Patient Satisfaction Questionnaire

This Questionnaire contains 5 sections: A-Satisfaction with inner thighs (BODYQ), B- Appraisal of Body Contouring scars (BODYQ), C-Psychosocial well-being (BREASTQ), D- satisfaction with breasts (BREASTQ), and E- General Questions.

A- BODY-Q™—SATISFACTION WITH INNER THIGHS

For each question, circle only one answer.

With your inner thighs in mind, in the past week, how dissatisfied or satisfied have you been with: Very Dissatisfied (1), Somewhat Dissatisfied (2), Somewhat Satisfied (3) and Very Satisfied (4).

1. How smooth your inner thighs look? 1 2 3 4
2. How the skin on your inner thighs looks? 1 2 3 4
3. How toned your inner thighs look? 1 2 3 4 4.
4. How your inner thighs look when you are naked? 1 2 3 4

B- BODY-Q™—APPRAISAL OF BODY CONTOURING SCARS

For each question, circle only one answer. With your body contouring scars in mind, in the past week, how much have you been bothered by: Extremely Bothered (1), Moderately Bothered (2), A Little Bothered (3), Not at all Bothered (4).

1. Having to dress in a way to hide your scars? 1 2 3 4
2. How wide your scars look? 1 2 3 4
3. Location of your scars? 1 2 3 4
4. The length of your scars? 1 2 3 4
5. How noticeable your scars are? 1 2 3 4
6. The colour of your scars? 1 2 3 4
7. How thick your scars look (i.e., raised or bumpy)? 1 2 3 4
8. Your scars looking crooked (i.e., not in a straight line)? 1 2 3 4
9. People seeing your scars? 1 2 3 4
10. How your scars look when they are not covered by clothes? 1 2 3 4

C- BREAST-Q™—BREAST CANCER CORE SCALE (PRE- AND POSTOPERATIVE) VERSION 2.0: PSYCHOSOCIAL WELL-BEING

With your breast area in mind, in the past week, how often have you felt: None of the time (1), A little of the time (2), Some of the time (3), Most of the time (4), All of the time (5).

- 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

D- BREAST-Q™ BREAST CANCER CORE SCALE (PREOPERATIVE) VERSION 2.0: SATISFACTION WITH BREASTS

With your breast area in mind, in the past week, how satisfied or dissatisfied have you been with: Very Dissatisfied (1), Somewhat dissatisfied (2), Somewhat satisfied (3), Very Satisfied (4).

- a. How you look in the mirror clothed? 1 2 3 4
- b. How comfortably your bras fit? 1 2 3 4
- c. Being able to wear clothing that is more fitted? 1 2 3 4
- d. How you look in the mirror unclothed? 1 2 3 4

E- CUSTOM QUESTIONS

1. How satisfied were you with the outcome of the procedure? Yes/no
2. In hindsight, would you opt for this procedure again? Yes/no
3. Would you recommend this procedure to a family/friend as a good option? Yes/no