

Supplementary material for Björneklett HG, Lindemalm C, Rosenblad A, Ojutkangas M-L, Letocha H, Strang P, & Bergkvist L. A randomised controlled trial of support group intervention after breast cancer treatment: Results on anxiety and depression, *Acta Oncologica*, 2012; 51: 198–207.

Timetable for the rehabilitation week at the Foundation of Lustgården Mälardalen

Sunday

Time	14.00	Arrival and checking in
	14.30	Information and presentation of the team and timetable for the week
	18.30	Dinner
	19.30	Coming together

Monday

Time	8.00	Breakfast
	9.00	Assembly
	9.30	Art therapy
	10.45	Coffee break
	11.00	Art therapy continues
	12.00	Time for outdoor activities
	13.00	Lunch
	14.30	Group discussion
	15.30	Coffee break
	16.00	Group discussion continues
	17.15	Relaxation & Qi-gong
	18.30	Dinner
	19.30	Social activities

Tuesday

Time	8.00	Breakfast
	9.00	Assembly
	9.30	Mental training (G1)
		Private discussion according to timetable (G2)
	10.30	Coffee break
	11.00	Visualisation (G1)
		Group discussion (G2)
	12.00	Time for outdoor activities
	13.00	Lunch
	14.30	Mental training (G2)
		Private discussion according to timetable (G1)
	15.30	Coffee break
	16.00	Visualisation (G2)
		Private discussion according to timetable (G1)
	17.15	Relaxation & Qi-gong
	18.30	Dinner
	19.30	Social activities

Wednesday

Time	8.00	Breakfast
	9.00	Assembly
	9.30	Meet the oncologist (G1)
		Massage according to timetable (G2)
	10.30	Coffee break
	11.00	Meet the oncologist (G1)

	Message according to timetable (G2)
12.00	Time for outdoor activities
13.00	Lunch
14.30	Message according to timetable (G1)
	Meet the oncologist (G2)
15.30	Coffee break
16.00	Message according to timetable (G1)
	Meet the oncologist (G2)
18.15	Qi-gong
18.30	Dinner
19.30	Social activities

Thursday

Time	8.00	Breakfast
	9.00	Assembly
	9.30	Creative activities/Massage
	10.30	Coffee break
	11.00	Creative activities and massage continue
	12.00	Time for outdoor activities
	13.00	Lunch
	14.30	Creative activities and massage continue
	15.30	Coffee break
	16.00	Creative activities and massage continue
	18.15	Qi-gong
	18.30	Dinner
	19.30	Social activities /Exhibition of the paintings and other things made during the week

Friday

Time	8.00	Breakfast
	9.00	Assembly
	9.30	Excursion
	10.30	Coffee break
	13.00	Lunch
	14.30	Discussion concerning alternative treatments
	15.30	Coffee break
	16.00	Discussion continues
	18.30	Dinner

“The evening of the guests” (when they read poems or perform a play written by the guests or other things the guests have decided upon)

Saturday

Time	9.00	Breakfast
	10.00	Assembly
		Evaluation of the week according to the inquiry form
	11.00	Saying goodbye and perhaps meet again “don’t know where, don’t know when”

OBS! The Foundation of Lustgården Mälardalen demands the right to make minor changes in the timetable.

Evaluation

To be able to improve our service we would appreciate if you would share your opinions and experiences concerning your stay with us.

Mark the number (5=best, 1=worst), or alternatively mark the square indicating the alternative you think is in accordance with your opinion.

We recommend you to mark once a day the activities you have taken part in and we would also appreciate if you noted what you appreciated, disliked or wanted to change.

1. How did you get to know about Lustgården Mälardalen?

Social worker, doctor A friend or acquaintance Someone else

Comments _____

2. What was your impression about the contact with you after your registration?

5 4 3 2 1

Comments _____

3. Did you like the music played during the assemblies?

5 4 3 2 1

Comments _____

4. What is your opinion about the art therapy? Not attended

5 4 3 2 1

Comments _____

5. What is your opinion about the group discussions? Not attended

5 4 3 2 1

Comments _____

6. Were you given enough time in the group discussions to relate your experiences?

Yes

No

7. Were there any topics you would have like us to raise?

Yes No

Comments _____

8. What is your opinion about the private session with the psychologist? Not attended

5 4 3 2 1

Comments _____

9. What is your opinion about the massage? Not attended

5 4 3 2 1

Comments _____

10. What is your opinion about the session with the oncologist? Not attended

5 4 3 2 1

Comments _____

11. What is your opinion about the meditation? Not attended

5 4 3 2 1

Comments _____

12. What is your opinion about the collage? Not attended

5 4 3 2 1

Comments _____

13. What is your opinion about Qi-gong?

Not attended

5 4 3 2 1

Comments _____

14. What is your opinion about the outdoor activities?

Not attended

5 4 3 2 1

Comments _____

15. What is your opinion about the excursion?

Not attended

5 4 3 2 1

Comments _____

16. What is your opinion about the service given by the team?

5 4 3 2 1

Comments _____

17. What is your opinion about the service given by the Hakon-personel?

Comments _____

18. How did it taste?

Breakfast?	5	4	3	2	1
Lunch?	5	4	3	2	1
Dinner?	5	4	3	2	1

Comments _____

19. What is your opinion about the interior milieu?

5 4 3 2 1

Comments _____

20. What is your opinion about the outdoor milieu?

5 4 3 2 1

Comments _____

21. What about the standard of the rooms?

5 4 3 2 1

Comments _____

22. Rehabilitation during seven days Appropriate Too short

How many times would you suggest? _____

23. Why did you choose Lustgården Mälardalen?

24. What is your overall impression about the Lustgården Mälardalen?

5 4 3 2 1

Comments _____

25. If you did not get any funds for the week would you have been able to pay for it yourself? Yes No

Comments _____

26. Would you like to join the club “Lustgårdens Vänner” at a cost of 200 S kr:-/ year giving you information about Lustgården Mälardalen information about new trends and treatments?

Yes

No

27. Would you like to join the “Lustgården Friends” once or twice a year?

Yes

No

If “yes”, what time of the year? _____

Suggestions about activities: _____

28. Have you missed something during your stay at Lustgården Mälardalen?

29. At the moment, are you....?

on sick leave

on holidays

on leave from your work

out of work

retired

Västerås den _____ Name _____

Own comments: