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Supplementary Material

Article Title: How Successful Are Physicians in Eliciting the Truth From Their Patients? A Large-Scale Internet Survey From Patients' Perspectives

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List of Supplementary Material for the article

1. [eAppendix 1](#) Questionnaire

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eAppendix 1

Q1. Please choose a type of facility where you mainly received treatment for depression.

1. Psychiatric clinic
2. General hospital
3. University hospital
4. Psychiatric hospital
5. Clinic affiliated with the company that you worked for
6. Others

Q2. Are you currently receiving treatment for “depression” or “depressive state”?

1. Yes
2. No

Q3. How long have you suffered “depression” or “depressive state”?

__years __months

Q4. Have you ever experienced any relapse after a full recovery from “depression” or “depressive state”? If so, how many times?

1. Yes, __times

2. No

Q5. Please choose an antidepressant drug that you have taken for the longest time?

1. Sertraline; 2. Paroxetine; 3. Fluvoxamine; 4. Milnacipran; 5. Duloxetine; 6. Mirtazapine; 7. Suipiride; 8. Clomipramine; 9. Nortriptyline; 10. Amitriptyline; 11. Imipramine; 12. Amoxapine; 13. Trimipramine; 14. Lofepramine; 15. Dosulepin; 16. Mianserin; 17. Mapritiline; 18. Setiptiline; 19. Trazodone; 20. Others

Q6. Have you ever regularly taken any of the following anxiolytics during the treatment for “depression” or “depressive state”?

Clotiazepam; Etizolam; Flutazolam; Lorazepam; Alprazolam; Bromazepam; Diazepam; Cloxazolam; Chlordiazepoxide; Fludiazepam; Oxazepam; Medazepam; Mexazolam; Clorazepate; Loflazepate; Flutoprazepam; Prazepam; Tandospirone

1. Yes

2. No

3. I do not know / remember

Q7. Have you ever regularly taken any of the following hypnotics during the treatment for “depression” or “depressive state”?

Triazolam; Brotizolam; Lormetazepam; Rilmazafone; Flunitrazepam; Nitrazepam;
Estazolam; Nimetazepam; Quazepam; Flurazepam; Haloazolam; Zopiclone; Zolpidem;
Triclofos; Bromovalerylurea; Chloral; Brimide; Barbitol; Pentobarbital; Phenobarbital;
Phenobarbital; Secobarbital

1. Yes

2. No

3. I do not know / remember

Q8. Please choose the sex of your doctor.

1. Male

2. Female

Q9. Did your doctor look older than you?

1. Yes

2. No

Q10. Have you ever had any experience of not telling the truth to your doctor during the treatment?

1. Yes → please proceed to Q 11 & Q12

2. No → please proceed to Q13

Q11. About what did you not tell the truth? Please choose all applicable issues.

*The order of the following choices of 1 - 6 was randomly generated for each participant.

1. Symptoms

2. Side effects

3. Adherence to prescribed medications

4. Daily activities of life

5. Intake of alcohol and illicit drugs

6. Figures such as temperature and body weight

7. Others

Q12. Please choose all applicable reasons why you did not tell the truth.

*The order of the following choices of 1 – 8 was randomly generated for each participant.

1. *“I found it difficult to talk with my doctor”*
2. *“I found it embarrassing to tell the truth”*
3. *“I was confused”*
4. *“I thought my doctor would not take it seriously even if I told him/her”*
5. *“I could not trust my doctor”*
6. *“I did not want to bother my doctor”*
7. *“My doctor looked busy”*
8. *“If I told the truth, my doctor would likely suggest to me to take a sick leave or quit my job”*
9. Others

Q13. Have you ever decided not to buy antidepressant drugs at the pharmacy on purpose even though your doctor prescribed them?

1. Yes → please proceed to Q14
2. No → please proceed to Q15

Q14. Please choose all applicable reasons that you did not buy the prescribed drugs.

*The order of the following choices of 1 – 5 was randomly generated for each participant.

1. *“My symptoms got better”*
2. *“I did not want to take medications”*
3. *“I could not afford medications / I did not wish to use money for medications”*
4. *“I was too busy to visit a pharmacy”*
5. *“My family or friends suggested to me not to take medications”*
6. Others

Q15. Have you ever adjusted the dose of prescribed antidepressant drugs without consulting your doctor?

1. Yes
2. No

Q16. Have you ever discontinued antidepressants without consulting your doctor?

1. Yes → please proceed to Q17 & Q18

2. No → please proceed to Q19

Q17. Please choose all applicable reasons why you discontinued antidepressants without consulting your doctor.

*The order of the following choices of 1 – 10 was randomly generated for each participant.

1. *“I experienced side effects”*
2. *“I was afraid of the potential side effects”*
3. *“I was afraid of getting hooked on prescribed medications”*
4. *“Prescribed medications were not effective”*
5. *“I could not afford the medical bills”*
6. *“I was too busy to go to the hospital / clinic”*
7. *“My symptoms got better”*
8. *“My family or friends suggested to me to do so”*
9. *“I did not know for how long I should have kept taking antidepressants”*
10. *“My doctor prescribed multiple medications”*
11. Others

Q18. What happened after you quit taking antidepressants without consulting your doctor?

Side effects:

1. Diminished
2. No change
3. Worsened

Depressive symptoms:

1. Improved
2. No change
3. Worsened

Q19. Have you ever quit receiving the treatment for “depression” or “depressive state” without consulting your doctor?

1. Yes →please proceed to Q20
2. No →please proceed to Q21

Q20. Please choose all applicable reasons why you quit receiving the treatment without consulting your doctor.

*The order of the following choices of 1 – 10 was randomly generated for each participant.

1. *“My symptoms got better”*
2. *“My symptoms did not improve even though I received treatment”*
3. *“I did not get along well with my doctor”*
4. *“My doctor did not listen to me very much”*
5. *“I could not afford the medical bills*
6. *“I was afraid that my neighbors would notice my visit to a psychiatric hospital/clinic”*
7. *“My family or friends suggested me not to go to a psychiatric hospital / clinic”*
8. *“I was too busy to go to the hospital / clinic”*
9. *“The hospital / clinic was in an inconvenient location”*
10. *“Waiting time was too long”*
11. *“I moved”*
12. *“I could not go out / I did not want to go out”*
13. *“I experienced side effects”*
14. Others

Q21. Have you ever changed clinics or hospitals where you received treatment for “depression” or “depressive state”?

1. Yes →please proceed to Q22
2. No →please proceed to Q23

Q22. Please choose all applicable reasons why you did so.

*The order of the following choices of 1 – 10 was randomly generated for each participant.

1. *“My symptoms did not improve even though I received treatment”*
2. *“I do not get along well with my doctor”*
3. *“My doctor did not listen to me very much”*
4. *“Time spent with my doctor was too short”*
5. *“I could not afford the medical bills”*
6. *“My family or friends suggested to me to do so”*
7. *“The hospital / clinic was in an inconvenient location”*
8. *“Waiting time was too long”*
9. *“I moved”*
10. *“I experienced side effects”*

11. Others

Q23. Have you ever experienced any side effect from the antidepressant drug that you had received for the longest time (i.e. the antidepressant drug that you chose in Q5)?

1. Yes → please proceed to Q24
2. No → please proceed to Q28

Q24. Please choose all side effects that you have experienced.

*The order of the following choices of 1 – 19 was randomly generated for each participant.

1. Headaches
2. Thirst / dry mouth
3. Fatigue
4. Dizziness
5. Constipation
6. Blurred vision
7. Tremor
8. Nausea

9. Appetite loss
10. Palpitation
11. Anxiety or tension
12. Insomnia
13. Sweating
14. Difficulty in urination
15. Sexual dysfunction (e.g., difficulty in erection and ejaculation, amenorrhea)
16. Flu-like symptoms
17. Drowsiness
18. Diarrhea
19. Weight gain
20. Others

Q25. Among the side effects that you checked in Q24, which annoyed you the most.

*The order of the following choices of 1 – 19 was randomly generated for each participant.

1. Headaches
2. Thirst / dry mouth

3. Fatigue
4. Dizziness
5. Constipation
6. Blurred vision
7. Tremor
8. Nausea
9. Appetite loss
10. Palpitation
- 11 Anxiety or tension
12. Insomnia
13. Sweating
14. Difficulty in urination
15. Sexual dysfunction (e.g., difficulty in erection and ejaculation, amenorrhea)
16. Flu-like symptoms
17. Drowsiness
18. Diarrhea
19. Weight gain
20. Others

21. They did not annoy me

Q26. Have you ever reported the side effect that annoyed you the most (i.e., the side effect that you chose in Q25) to your doctor?

1. Yes → please proceed to Q28
2. No → please proceed to Q27

Q27. Please choose all applicable reasons why you did not report the side effect to your doctor.

*The order of the following choices of 1 – 19 was randomly generated for each participant.

1. *“The side effect was easily tolerable”*
2. *“I did not notice that it was a side effect from the medication at that time”*
3. *“I could cope with it by myself”*
4. *“I found it embarrassing to tell”*
5. *“I expected that it would get better with time”*
6. *“My doctor did not ask me about side effects”*
7. *“I thought that even my doctor could not deal with it well”*

8. *"I thought it was inappropriate to tell my opinion to my doctor"*

9. *"I did not want to bother my doctor"*

10. *"The relationship with my doctor was not good"*

11. *"I missed a chance to report it"*

12. *"I had more important issues to discuss than side effects"*

13. Others

Q28. Which do you think is the most important profile (factor) of antidepressant treatment for "depression" or "depressive state"?

*The order of the following choices of 1 – 10 was randomly generated for each participant,

1. Strong efficacy

2. Rapid onset of action

3. Fewer side effects

4. Good balance between its efficacy and tolerability

5. Low cost

6. Lower number of tablets

7. Lower frequency of dosing

8. Higher frequency of dosing
9. Good reputation from the public
10. Suggestion from family or friends
11. Others

Q29. Which do you think is the most important issue (factor) for “depression” or “depressive state” in terms of choice of a physician and therapeutic environment?

*The order of the following choices of 1 – 9 was randomly generated for each participant.

1. Public reputation of hospital / clinic
2. Relationship with a doctor
3. Professional skills and experiences of a doctor
4. Location of hospital / clinic
5. Atmosphere of hospital / clinic
6. Opening hours
7. Behavior of receptionists
8. Behavior of nurses
9. Family’s or friends’ opinion

10. Others

Q30. Are / were you satisfied with the antidepressant that you take / had taken for the longest time (i.e., the antidepressant that you chose in Q5)?

1. Very much satisfied
2. Satisfied
3. Not satisfied or dissatisfied
4. Dissatisfied
5. Very much dissatisfied

Q31. Which do you think is the most important factor to continue treatment for “depression” or “depressive state”?

*The order of the following choices of 1 – 6 was randomly generated for each participant.

1. Improvement of depressive symptoms
2. Lack of side effects
3. Good relationship with doctor
4. Low cost

5. Location of clinic / hospital

6. Short waiting time

7. Others

Q32. What do you think would make patients feel free to tell the truth to their doctors during treatment for “depression” or “depressive state”?

*The order of the following choices of 1 – 3 was randomly generated for each participant.

1. Providing an environment where patients and doctors can freely discuss issues

2. Communication and explanation, using letters or memos

3. Doctors spend more time with each patient

4. I do not think there is any solution since everyone would have something that they did not want to talk about.

5. Others

Q33. How much did your doctor explain about the following issues?

Diagnosis and characteristics of the illness:

1. They explained them very much in detail

2. They explained them to some extent
3. They explained them a little
4. They did not explain them at all
5. I do not know / I do not remember

Medications:

1. They explained them very much in detail
2. They explained them to some extent
3. They explained them a little
4. They did not explain them at all
5. I do not know / I do not remember

Treatment plan:

1. They explained it very much in detail →please proceed to Q34
2. They explained it to some extent →please proceed to Q34
3. They explained it a little →please proceed to Q34
4. They did not explain it at all →please proceed to Q35
5. I do not know / I do not remember →please proceed to Q35

Q34. Did your doctor provide only one option or multiple options?

1. She / He provided only one option
2. She / He provided multiple options

Q35. Whose opinion was reflected the most on the final decision of treatment when you received treatment?

1. Your doctor
2. You
3. Both of you and your doctor
4. Others

Q36. How much were (are) you satisfied with the relationship or communication with your doctors for the treatment of “depression” or “depressive state”?

1. Very much satisfied
2. Satisfied
3. Not satisfied or dissatisfied
4. Dissatisfied
5. Very much satisfied

Q37. How do you wish to decide your treatment plan when you receive treatment of “depression” or “depressive state” in the future? Please choose one of the choices for the following two conditions.

If your symptoms are severe,

1. I want my doctor to decide it
2. I want to decide it by myself
3. I want to decide it with my doctor after sufficient discussion with him / her
4. None of the above

If your symptoms are mild,

1. I want my doctor to decide it
2. I want to decide it by myself
3. I want to decide it with my doctor after sufficient discussion with him / her
4. None of the above

Q38. What is your highest academic qualification? If you are a student, please choose one that you currently belong to.

1. Junior high school
2. High school

3. Career college
4. Two-year college
5. University / graduate school
6. Others

Q39. Please choose your annual household income.

1. JPY < 2 million
2. JPY 2 - 4 million
3. JPY 4 - 6 million
4. JPY 6 - 8 million
5. JPY \geq 8 million
6. I do not know / I do not want to answer

1 million yen : equivalent to approximately USD 12,200 (in 2011, subject to change due to the exchange rate)