Post-intensive Care Syndrome Symptoms and Health-related Quality of Life in Family Decision-makers of Critically Ill Patients

Authors: Amy B. Petrinec PhD, RN and Bradley R. Martin MD

Corresponding author: Amy Petrinec PhD, RN

2760 Hawkesbury Blvd.

Hudson, OH 44236

apetrine@kent.edu

**SUPPLEMENTAL DIGITAL CONTENT**

**Supplemental Digital Content**

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Table A1.

*Brief COPE Instrument*

Brief COPE Instrument

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Please place a check or “X” in the column of the answer that best applies to how you are feeling today. | I haven't been doing this at all | I've been doing this a little bit | I've been doing this a medium amount | I've been doing this a lot  |
| 1.  I've been turning to work or other activities to take my mind off things. **AVOID**, SD |  |  |  |  |
| 2. I've been concentrating my efforts on doing something about the situation I'm in. **PROB**, AC |  |  |  |  |
| 3.  I've been saying to myself "this isn't real". **AVOID**, D  |  |  |  |  |
| 4.  I've been using alcohol or other drugs to make myself feel better. **AVOID**, SU |  |  |  |  |
| 5. I've been getting emotional support from others. **EMOT**, ES |  |  |  |  |
| 6.  I've been giving up trying to deal with it. **AVOID**, BD |  |  |  |  |
| 7.  I've been taking action to try to make the situation better. **PROB**, AC |  |  |  |  |
| 8.  I've been refusing to believe that it has happened. **AVOID**, D |  |  |  |  |
| 9.  I've been saying things to let my unpleasant feelings escape. **AVOID**, V |  |  |  |  |
| 10.  I’ve been getting help and advice from other people. **PROB**, IS |  |  |  |  |
| 11.  I've been using alcohol or other drugs to help me get through it. **AVOID**, SU |  |  |  |  |
| 12.  I've been trying to see it in a different light, to make it seem more positive. **EMOT**, PR |  |  |  |  |
| 13.  I’ve been criticizing myself. **AVOID**, SB |  |  |  |  |
| 14.  I've been trying to come up with a strategy about what to do. **PROB**, P |  |  |  |  |
| 15.  I've been getting comfort and understanding from someone. **EMOT**, ES |  |  |  |  |
| 16.  I've been giving up the attempt to cope. **AVOID**, BD |  |  |  |  |
| 17.  I've been looking for something good in what is happening. **EMOT**, PR |  |  |  |  |
| 18.  I've been making jokes about it. **EMOT**, H |  |  |  |  |
| 19.  I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. **AVOID**, SD |  |  |  |  |
| 20.  I've been accepting the reality of the fact that it has happened. **EMOT**, Acc |  |  |  |  |
| 21.  I've been expressing my negative feelings. **AVOID**, V |  |  |  |  |
| 22.  I've been trying to find comfort in my religion or spiritual beliefs. **EMOT**, R |  |  |  |  |
| 23.  I’ve been trying to get advice or help from other people about what to do. **PROB**, IS |  |  |  |  |
| 24.  I've been learning to live with it. **EMOT**, Acc |  |  |  |  |
| 25.  I've been thinking hard about what steps to take. **PROB**, P |  |  |  |  |
| 26. I’ve been blaming myself for things that happened. **AVOID**, S |  |  |  |  |
| 27.  I've been praying or meditating. **EMOT**, R |  |  |  |  |
| 28.  I've been making fun of the situation. **EMOT**, H |  |  |  |  |

Note:

**PROB** = Problem-focused Coping: AC = Active Coping, P = Planning, IS = Instrumental Support

**EMOT** = Emotion-focused Coping: Acc = Acceptance , ES = Emotional Support, H = Humor, PR = Positive Reframing, R = Religion

**AVOID** = Avoidant Coping: BD = Behavioral Disengagement, D = Denial, SB = Self-Blame, SD = Self-Distraction, SU = Substance Use, V = Venting

Table A2.

*Brief Cope Strategy and Subscale Reliability*

|  |  |  |  |
| --- | --- | --- | --- |
| Brief Cope Strategies | Cronbach’s αa | Subscale | Cronbach’s αb |
| Problem-focused coping  | .84 | Active coping | .68 |
|  |  | Planning | .73 |
|  |  | Instrumental support | .64 |
|  |
| Active emotion-focused coping  | . 72 | Positive reframing | .64 |
|  |  | Humor | .73 |
|  |  | Religion | .82 |
|  |  | Acceptance, | .57 |
|  |  | Emotional support | .71 |
|  |
| Avoidant coping  | .75 | Self-blame | .69 |
|  |  | Behavioral disengagement | .65 |
|  |  | Substance use | .90 |
|  |  | Self-distraction | .71 |
|  |  | Denial | .54 |
|  |  | Venting | .50 |

Note: a = Cooper et al. (2008); b = Carver (1997).

Table A3.

*Time 3 Correlations Between PICS-F Symptoms, Coping, and HRQOL*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | HADS-A | HADS-D | PCL-5 | Coping | HRQOL |
|  |  |  |  | Avoid | Prob | Emot | Phys | Ment |
| HADS-A | - | **.75** | **.80** | **.39** | .27 | -.03 | -.07 | **-.87** |
| HADS-D |  | - | **.60** | .19 | .08 | -.05 | -.04 | **-.75** |
| PCL-5 |  |  | - | **.45** | .10 | -.12 | -.07 | **-.72** |
| Avoid |  |  |  | - | **.45** | -.29 | .01 | **-.41** |
| Prob |  |  |  |  | - | **.53** | -.13 | -.28 |
| Emot |  |  |  |  |  | - | -.24 | .06 |
| Phys |  |  |  |  |  |  | - | .02 |

HADS-A = Hospital Anxiety and Depression Scale-Anxiety; HADS-D = Hospital Anxiety and Depressions Scale-Depression; PCL-5 = PTSD Checklist for DSM-5; Avoid = Avoidant coping score of Brief COPE; prob = Problem-focused coping score of Brief COPE; Emot = Emotion-focused coping score of Brief COPE; HRQOL = Health related quality of life; Phys = Physical summary score of SF36v2; Ment = Mental summary score of SF36v2

**Bold** = *p* < .05

Table A4.

*T1 Coping Strategy Regression Model of FDM T3 Anxiety Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 5.36 | 7.44 | - | .72 | .48 |
| Avoidant coping T1 | -.57 | 2.70 | -.04 | -.21 | .83 |
| Emotion-focused coping T1 | 1.51 | 2.11 | .13 | .71 | .48 |
| Problem-focused coping T1 | -1.02 | 2.18 | -.08 | -.47 | .64 |
| **Previous history of psychiatric symptoms** | **5.53** | **1.71** | **.56** | **3.24** | **.00** |

Note: Dependent variable = T3 HADS-A Score; Model summary: *R2* = .18; *F* (4,31) = 2.94, *p* = .04; HADS-A = Hospital Anxiety and Depression Scale-Anxiety; FDM = Family Decision Maker; S.E. = Standard Error; T1 = Time 1; T3 = Time 3;

Table A5.

*T2 Coping Strategy Regression Model of FDM T3 Anxiety Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 5.70 | 3.96 | - | 1.44 | .16 |
| **Avoidant coping T2** | **2.87** | **1.42** | **.30** | **2.03** | **.05** |
| Emotion-focused coping T2 | -2.16 | 1.51 | -.24 | -1.43 | .16 |
| Problem-focused coping T2 | .06 | 1.27 | .01 | .04 | .97 |
| **Previous history of psychiatric symptoms** | **4.47** | **1.45** | **.45** | **3.08** | **.00** |

Note: Dependent variable = HADS-A Score; Model summary: *R2* = .36; *F* (4,30) = 5.74, *p* = .001

HADS-A = Hospital Anxiety and Depression Scale-Anxiety; FDM = Family Decision Maker; S.E. = Standard Error; T2 = Time 2; T3 = Time 3

Table A6.

*T2 Coping Strategy Regression Model of FDM T3 Depression Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 4.23 | 3.91 | - | 1.08 | .29 |
| Avoidant coping T2 | 2.66 | 1.40 | .30 | 1.90 | .07 |
| Emotion-focused coping T2 | -1.18 | 1.49 | -.14 | -.79 | .44 |
| Problem-focused coping T2 | -.46 | 1.25 | -.06 | -.37 | .72 |
| **Previous history of psychiatric symptoms** | **3.77** | **1.43** | **.41** | **2.63** | **.01** |

Note: Dependent variable = HADS-D score; Model summary: *R2* = .28; *F* (4,30) = 4.26, *p* = .008

HADS-D = Hospital Anxiety and Depression Scale-Depression; FDM = Family Decision Maker; S.E. = Standard Error; T2 = Time 2; T3 = Time 3

Table A7.

*T2 Coping Strategy Regression Model of FDM T3 PTSD Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 5.37 | 8.68 | - | .62 | .54 |
| **Avoidant coping T2** | **13.24** | **3.10** | **.52** | **4.27** | **.00** |
| Emotion-focused coping T2 | -6.04 | 3.31 | -.25 | -1.82 | .08 |
| Problem-focused coping T2 | -.31 | 2.78 | -.02 | -.11 | .91 |
| **Previous history of psychiatric symptoms** | **9.60** | **3.18** | **.37** | **3.02** | **.01** |

Note: Dependent variable = T3 PCL-5 score; Model summary: *R2* = .55; *F* (4,30) = 11.42, *p* = .000

PCL-5 = PTSD Checklist for DSM-5; FDM = Family Decision Maker; S.E. = Standard Error; T2 = Time 2; T3 = Time 3

Table A8.

*T3 Coping Strategy Regression Model of FDM T3 Anxiety Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 5.00 | 3.50 | - | 1.43 | .16 |
| Avoidant coping T3 | 2.31 | 1.59 | .23 | 1.45 | .16 |
| **Emotion-focused coping T3** | **-3.20** | **1.54** | **-.34** | **-2.08** | **.05** |
| Problem-focused coping T3 | 1.73 | 1.02 | .29 | 1.69 | .10 |
| **Previous history of psychiatric symptoms** | **4.78** | **1.41** | **.48** | **3.40** | **.00** |

Note: Dependent variable = T3 HADS-A score; Model summary: *R2* = .35; *F* (4,31) = 5.70, *p* = .001

HADS-A = Hospital Anxiety and Depression Scale-Anxiety; FDM = Family Decision Maker; S.E. = Standard Error; T3 = Time 3

Table A9.

*T3 Coping Strategy Regression Model of FDM T3 PTSD Symptom Severity*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Model | B | S.E. | *β* | *t* | *p* |
| Constant | 12.077 | 9.39 | - | 1.29 | .21 |
| **Avoidant coping T3** | **11.58** | **4.27** | **.42** | **2.71** | **.01** |
| **Emotion-focused coping T3** | **-8.90** | **4.13** | **-.35** | **-2.15** | **.04** |
| Problem-focused coping T3 | .84 | 2.75 | .05 | -1.54 | .76 |
| **Previous history of psychiatric symptoms** | **11.04** | **3.77** | **.41** | **2.93** | **.01** |

Note: Dependent variable = T3 PCL-5 score; Model summary: *R2* = .36; *F* (4,31) = 5.90, *p* = .001

PCL-5 = PTSD Checklist for DSM-5; FDM = Family Decision Maker; S.E. = Standard Error; T3 = Time 3