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## Delivery Preferences for Psychological Intervention in Cardiac Rehabilitation: A Pilot Discrete Choice Experiment

### Example questionnaire



#### Survey

##### Section A – General information

First we would like to ask some questions about you. These details will be kept confidential if you choose to answer. Please tick or add text to the appropriate box to indicate your response.

##### A1. How old are you?

|                      |                          |
|----------------------|--------------------------|
| 18-24                | <input type="checkbox"/> |
| 25-34                | <input type="checkbox"/> |
| 35-44                | <input type="checkbox"/> |
| 45-54                | <input type="checkbox"/> |
| 55-64                | <input type="checkbox"/> |
| 65-74                | <input type="checkbox"/> |
| 75-84                | <input type="checkbox"/> |
| 85+                  | <input type="checkbox"/> |
| Prefer not to answer | <input type="checkbox"/> |

##### A2. How would you describe your gender?

|                      |                          |
|----------------------|--------------------------|
| Male                 | <input type="checkbox"/> |
| Female               | <input type="checkbox"/> |
| In another way       | <input type="checkbox"/> |
| Prefer not to answer | <input type="checkbox"/> |

##### A3. What is your ethnic group?

|                                       |                          |
|---------------------------------------|--------------------------|
| White                                 | <input type="checkbox"/> |
| Mixed/multiple ethnic groups          | <input type="checkbox"/> |
| Asian/Asian British                   | <input type="checkbox"/> |
| Black/African/Caribbean/Black British | <input type="checkbox"/> |
| Other ethnic group                    | <input type="checkbox"/> |

##### A4. Which of the following categories best describes your employment

|  |                          |
|--|--------------------------|
| Paid employment (including part time or full time)   | <input type="checkbox"/> |
| Unpaid employment/activities (including voluntary employment, study, housewife/husband, retired) | <input type="checkbox"/> |
| Unemployed   | <input type="checkbox"/> |
| Prefer not to answer   | <input type="checkbox"/> |

##### A5. What is your education level?

|                               |                          |
|-------------------------------|--------------------------|
| GCSE (or equivalent) or above | <input type="checkbox"/> |
| No GCSE (or equivalent)       | <input type="checkbox"/> |
| Prefer not to answer          | <input type="checkbox"/> |

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**A6. Are you a healthcare professional working in cardiac rehabilitation?**

Yes   
No

**A7. Have you been affected by cardiac problems?**

Yes (have undertaken cardiac rehabilitation)   
Yes (have been offered cardiac rehabilitation, but not taken it)   
Yes (have not been offered cardiac rehabilitation)   
No   
Prefer not to answer

If you answered yes to question A7, please tell us more about the cardiac problem below, if not skip to question A10.

**A8. What is/was the cardiac problem/s?**

Please describe the cardiac problem/s

**A9. When did the problem/s first occur?**

Record the years and months since the problem first occurred

years  months

**A10. Has anyone in your family or close to you been affected by cardiac problems?**

Yes   
No   
Don't know   
Prefer not to answer

**A11. Do you have prior experience of psychological therapy?**

Yes   
No   
Prefer not to answer

If you answered yes to question A11, please tell us more about your experience of psychological therapy below, if not skip to section B.

**A12. Which types of psychological therapies have you experienced?**

Group psychological therapy   
One-to-one psychological therapy

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### Section B – Your Health Today

In this section, we ask about your overall health today. Under each heading, please tick the **one** box that best describes your health **today**.

#### B1. Mobility

I have no problems in walking about

I have slight problems in walking about

I have moderate problems in walking about

I have severe problems in walking about

I am unable to walk about

|  |
|--|
|  |
|  |
|  |
|  |
|  |

#### B2. Self-Care

I have no problems washing or dressing myself

I have slight problems washing or dressing myself

I have moderate problems washing or dressing myself

I have severe problems washing or dressing myself

I am unable to wash or dress myself

|  |
|--|
|  |
|  |
|  |
|  |
|  |

#### B3. Usual Activities (e.g. work, housework, family or leisure activities)

I have no problems doing my usual activities

I have slight problems doing my usual activities

I have moderate problems doing my usual activities

I have severe problems doing my usual activities

I am unable to do my usual activities

|  |
|--|
|  |
|  |
|  |
|  |
|  |

#### B4. Pain/Discomfort

I have no pain or discomfort

I have slight pain or discomfort

I have moderate pain or discomfort

I have severe pain or discomfort

I have extreme pain or discomfort

|  |
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|  |
|  |
|  |
|  |
|  |

#### B5. Anxiety/Depression

I am not anxious or depressed

I am slightly anxious or depressed

I am moderately anxious or depressed

I am severely anxious or depressed

I am extremely anxious or depressed

|  |
|--|
|  |
|  |
|  |
|  |
|  |

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### **Section C – Hypothetical Psychological Therapy Alternatives**

The next section of questions ask you to compare possible descriptions of different psychological therapies and to choose which you prefer by ticking a box to indicate your choice. Following your choice you can indicate whether you would take part in your choice or whether you would actually opt out of partaking in psychological therapy. There are 16 of these questions. There are no right or wrong answers. But if you are unsure or have problems answering these questions, please do feel free to contact the research team for help with the questionnaire. Contact details are provided on the instructions. Please try to answer all questions.

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**C1.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A  | Therapy B   |
|--|--|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | No information provided  | A printed leaflet of information  |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                             | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                             |
| Additional cost to the NHS   | £0   | £500  |
| Programme start  | Within 2 weeks of hospital discharge   | Within 4 weeks of hospital discharge  |
| <b>C1.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>   | <input type="checkbox"/>  |

| <b>C1.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C2.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A  | Therapy B   |
|--|--|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | A printed leaflet of information   | An overview of the therapy from a healthcare provider with a chance to ask questions                                |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                          | Printed (paper copy) plus a website based manual and exercises  |
| Additional cost to the NHS   | £500   | £1000   |
| Programme start  | Within 4 weeks of hospital discharge   | Within 6 weeks of hospital discharge  |
| <b>C2.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>   | <input type="checkbox"/>  |

| <b>C2.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C3.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A  | Therapy B   |
|--|--|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions                             | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet          |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a website based manual and exercises   | Printed (paper copy) plus a smartphone application-based manual and exercises                                       |
| Additional cost to the NHS   | £1000  | £2000   |
| Programme start  | Within 6 weeks of hospital discharge   | Within 8 weeks of hospital discharge  |
| <b>C3.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>   | <input type="checkbox"/>  |

| <b>C3.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C4.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A  | Therapy B   |
|--|--|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet       | No information provided   |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a smartphone application-based manual and exercises                                    | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                                |
| Additional cost to the NHS   | £2000  | £0  |
| Programme start  | Within 8 weeks of hospital discharge   | Within 2 weeks of hospital discharge  |
| <b>C4.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>   | <input type="checkbox"/>  |

| <b>C4.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C5.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | No information provided   | A printed leaflet of information  |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                             | Printed (paper copy) plus a website based manual and exercises  |
| Additional cost to the NHS   | £1000   | £2000   |
| Programme start  | Within 8 weeks of hospital discharge  | Within 2 weeks of hospital discharge  |
| <b>C5.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C5.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C6.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | A printed leaflet of information  | An overview of the therapy from a healthcare provider with a chance to ask questions  |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                                | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises   |
| Additional cost to the NHS   | £2000   | £0  |
| Programme start  | Within 6 weeks of hospital discharge  | Within 8 weeks of hospital discharge  |
| <b>C6.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C6.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C7.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions                                | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet                            |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a smartphone application-based manual and exercises                                       | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises  |
| Additional cost to the NHS   | £0  | £500  |
| Programme start  | Within 4 weeks of hospital discharge  | Within 6 weeks of hospital discharge  |
| <b>C7.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C7.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C8.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Home-based psychological therapy using a manual with occasional face to face support from a healthcare professional | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet          | No information provided   |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a website based manual and exercises  | Printed (paper copy) plus a smartphone application-based manual and exercises   |
| Additional cost to the NHS   | £500  | £1000   |
| Programme start  | Within 2 weeks of hospital discharge  | Within 4 weeks of hospital discharge  |
| <b>C8.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C8.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C9.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | No information provided   | A printed leaflet of information  |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a website based manual and exercises  | Printed (paper copy) plus a smartphone application-based manual and exercises                                   |
| Additional cost to the NHS   | £2000   | £0  |
| Programme start  | Within 4 weeks of hospital discharge  | Within 6 weeks of hospital discharge  |
| <b>C9.1. Of the options presented above which do you like most (Tick one)</b>  | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C9.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|---|--------------------------|
| The option I chose above  | <input type="checkbox"/> |
| No psychological therapy  | <input type="checkbox"/> |

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**C10.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | A printed leaflet of information  | An overview of the therapy from a healthcare provider with a chance to ask questions                            |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a smartphone application-based manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                            |
| Additional cost to the NHS   | £1000   | £2000   |
| Programme start  | Within 2 weeks of hospital discharge  | Within 4 weeks of hospital discharge  |
| <b>C10.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C10.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions  | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet      |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises  | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                         |
| Additional cost to the NHS   | £500  | £1000   |
| Programme start  | Within 8 weeks of hospital discharge  | Within 2 weeks of hospital discharge  |
| <b>C11.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C11.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**C12.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B   |
|--|---|---|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in primary or community care (e.g. a local GP or NHS clinic) delivered by a healthcare professional | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet                            | No information provided   |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises   | Printed (paper copy) plus a website based manual and exercises  |
| Additional cost to the NHS   | £0  | £500  |
| Programme start  | Within 6 weeks of hospital discharge  | Within 8 weeks of hospital discharge  |
| <b>C12.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>  |

| <b>C12.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**C13.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B  |
|--|---|--|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | No information provided   | A printed leaflet of information   |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a smartphone application-based manual and exercises                                   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                             |
| Additional cost to the NHS   | £500  | £1000  |
| Programme start  | Within 6 weeks of hospital discharge  | Within 8 weeks of hospital discharge   |
| <b>C13.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>   |

| <b>C13.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**C14.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B  |
|--|---|--|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | A printed leaflet of information  | An overview of the therapy from a healthcare provider with a chance to ask questions                             |
| Format of the therapy manual and exercises   | Printed (paper copy) plus a website based manual and exercises  | Printed (paper copy) plus a smartphone application-based manual and exercises                                    |
| Additional cost to the NHS   | £0  | £500   |
| Programme start  | Within 8 weeks of hospital discharge  | Within 2 weeks of hospital discharge   |
| <b>C14.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>   |

| <b>C14.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**C15.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B  |
|--|---|--|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions                            | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet       |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                         | Printed (paper copy) plus a website based manual and exercises   |
| Additional cost to the NHS   | £2000   | £0   |
| Programme start  | Within 2 weeks of hospital discharge  | Within 4 weeks of hospital discharge   |
| <b>C15.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>   |

| <b>C15.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**C16.** Two potential psychological therapies are described below. Remember these would be received in addition to the standard cardiac rehabilitation package. The statements on the left describe different delivery of the therapy. The statements on the right describe the different options. Imagine that you are offered the choice between therapy A and B. Taking everything into account which therapy would you prefer? Choose which therapy you prefer by ticking the box under therapy A and therapy B. There are no right or wrong answers, it is your view that is important.

| Delivery   | Therapy A   | Therapy B  |
|--|---|--|
| Psychological intervention to be received alongside your standard cardiac rehabilitation programme                               | Group psychological therapy based in secondary care (e.g. at a hospital) delivered by a healthcare professional | Home-based psychological therapy using a manual with occasional telephone support from a healthcare professional |
| The information given to you prior to accepting and starting treatment that gives you an idea of what to expect from the therapy | An overview of the therapy from a healthcare provider with a chance to ask questions and a printed leaflet      | No information provided  |
| Format of the therapy manual and exercises   | Printed (paper copy) of the therapy manual and an accompanying audio CD of exercises                            | Printed (paper copy) of the therapy manual and an accompanying DVD (video) of exercises                          |
| Additional cost to the NHS   | £1000   | £2000  |
| Programme start  | Within 4 weeks of hospital discharge  | Within 6 weeks of hospital discharge   |
| <b>C16.1. Of the options presented above which do you like most (Tick one)</b>   | <input type="checkbox"/>  | <input type="checkbox"/>   |

| <b>C16.2. If you had to choose from the option that you like the most, or no psychological therapy included in your cardiac rehabilitation pathway, which would you choose? (Tick one)</b> |                          |
|--|--------------------------|
| The option I chose above   | <input type="checkbox"/> |
| No psychological therapy   | <input type="checkbox"/> |

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**Section D – Additional Information, Research and Feedback**

Please provide us with any feedback that may help to improve future surveys.

**D2. Further Comments**

**D1. How long did it take you to complete this survey (excluding breaks)?**

Minutes

If you have any comments about anything on this questionnaire, please write them here:

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**Returning the completed questionnaire**

Please return using the pre-paid envelope with the completed stated preference survey questionnaire to the MCT-Pathway study team at: PATHWAY Study, 3rd Floor Rawnsley Building, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL.

Alternatively, if you choose to complete the survey online, please follow the instructions to submit your answers.

**Thank you for your help and taking the time to complete this questionnaire.**

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### EQ-5D reporting across dimensions

| Severity/<br>level | Mobility |      | Self-care |      | Usual activities |      | Pain/<br>discomfort |      | Anxiety/<br>depression |      |
|--------------------|----------|------|-----------|------|------------------|------|---------------------|------|------------------------|------|
|                    | <i>n</i> | %    | <i>n</i>  | %    | <i>n</i>         | %    | <i>n</i>            | %    | <i>n</i>               | %    |
| 1                  | 13       | 37.1 | 24        | 68.6 | 12               | 34.3 | 9                   | 25.7 | 13                     | 37.1 |
| 2                  | 14       | 40.0 | 7         | 20.0 | 11               | 31.4 | 7                   | 20.0 | 5                      | 14.3 |
| 3                  | 5        | 14.3 | 2         | 5.7  | 11               | 31.4 | 12                  | 34.3 | 12                     | 34.3 |
| 4                  | 3        | 8.6  | 2         | 5.7  | 1                | 2.9  | 7                   | 20.0 | 5                      | 14.3 |
| 5                  | -        | -    | -         | -    | -                | -    | -                   | -    | -                      | -    |