

S6. Appendix: Bespoke Questionnaire Items

Practitioner-Reported Self-Efficacy for Communicating Empathy

Please rate how confident you are that you can perform the following behaviours as of now. Rate your degree of confidence by recording a number from 0 to 10 using the scale given below:

0	1	2	3	4	5	6	7	8	9	10
cannot do at all					moderately certain can do					highly certain can do

1. Can convey empathy to patients who don't help themselves
2. Can convey empathy to patients who are antagonistic
3. Can convey empathy when you are running late
4. Can convey empathy to patients you find difficult to like
5. Can convey empathy to patients who are very different to you
6. Can convey empathy to patients who disagree with you
7. Can convey empathy when you are feeling tired, angry, or frustrated

Scale score = Mean across all 7 items

Practitioner-Reported Self-Efficacy for Communicating Optimism

Please rate how confident you are that you can perform the following behaviours as of now. Rate your degree of confidence by recording a number from 0 to 10 using the scale given below:

0	1	2	3	4	5	6	7	8	9	10
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cannot do at all					moderately certain can do					highly certain can do
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1. Can convey realistic optimism when you are running late
2. Can convey realistic optimism to patients who do not appear to be optimistic
3. Can convey realistic optimism to patients who have tried previous treatments with little success
4. Can convey realistic optimism to patients who came in wanting a different treatment to the one you are recommending
5. Can convey realistic optimism to patients with quite rigid expectations about treatment

Scale score = Mean across all 5 items

Practitioner-Reported Intention to Change Communication of Empathy and Optimism

Please select an option for each statement.

1. I expect to make the changes that I have set myself as part of EMPathicO
2. I want to make the changes that I have set myself as part of EMPathicO
3. I intend to make the changes that I have set myself as part of EMPathicO

1	2	3	4	5	6	7
Strongly disagree						Strongly agree

Scale score = Mean across all 3 items

Practitioner-Reported Outcome Expectancies for Changing Communication of Empathy and Optimism

If I make the changes that I have set myself as part of EMPathicO then:

1a	My patients will feel better	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
1b	My patients feeling better is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
2a	My patients will be more satisfied with the care I provide	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
2b	My patients being more satisfied with the care I provide is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
3a	My patients will feel more cared for	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
3b	My patients feeling more cared for is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
4a	My patients will feel more optimistic about their treatment	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
4b	My patients feeling more optimistic about their treatment is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
5a	My patients' symptoms/response to treatment/self-management will improve	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
5b	My patients' symptoms/response to treatment/self-management improving is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
6a	I will feel more satisfied with the care I provide	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
6b	My being more satisfied with the care I provide is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad

7a	I will feel more emotionally drained by my patients	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
7b	My feeling more emotionally drained by my patients is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad
8a	I will feel more resilient	Likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unlikely
8b	My feeling more resilient is...	Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad

Scoring. 'a' items scored 1 (unlikely) to 7 (likely). 'b' items scored +3 (good) to -3 ('bad'). Reverse

score item 7a and 7b. Compute 1a x 1b, 2a x 2b, 3a x 3b, etc. Scale score = Mean (a.b)

Patient-Reported Perceptions of Practitioners' Response Expectancies

Version for patients reporting a treatment recommendation as a consultation outcome

Thinking about today's consultation, how optimistic was the clinician that your treatment will help you?

<input type="radio"/>	Extremely pessimistic (the clinician is certain that it will not help me)
<input type="radio"/>	Very pessimistic (the clinician seemed confident it would not help me)
<input type="radio"/>	Somewhat pessimistic (the clinician seemed to think it might not help me)
<input type="radio"/>	Neutral (the clinician seemed to think it might help me but it might not)
<input type="radio"/>	Somewhat optimistic (the clinician seemed to think it might help me)
<input type="radio"/>	Very optimistic (the clinician seemed confident it would help me)
<input type="radio"/>	Extremely optimistic (the clinician is certain that it will help me)

Version for patients reporting no treatment recommendation as a consultation outcome

Thinking about today's consultation, how optimistic was the clinician?

<input type="radio"/>	Extremely pessimistic
<input type="radio"/>	Very pessimistic
<input type="radio"/>	Somewhat pessimistic
<input type="radio"/>	Neutral
<input type="radio"/>	Somewhat optimistic
<input type="radio"/>	Very optimistic
<input type="radio"/>	Extremely optimistic