

# Supplement 1

## [Anxiety scale questionnaire for pre/post laparoscopic cholecystectomy]

Name : \_\_\_\_\_

This questionnaire is designed to find out the degree of discomfort caused by fasting before surgery. Please answer the following questions before going to the operation room and after the operation.

### ◆ Preoperative status (answer before going to the operation)

1. When did you start fasting (last oral intake)?

Month (        ), Day (        ), Time (        :        ) (am, pm)

2. Did you drink NO-NPO™ drink before surgery?

Yes                  No

If you had a NO-NPO™ drink, when did you drink it?

Time:



◆ **Preoperative status (answer before going to the operation)**

Survey writing time: . . . ( ) (am, pm)

1) How anxious are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very anxious)

2) How hungry are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very hungry)

3) To what extent are you currently feeling lethargic (lack of energy)?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very lethargic)

4) How thirsty are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very thirsty)

5) What is your current overall level of discomfort?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very uncomfortable)

◆ **Postoperative status (answer after you arrived in the ward)**

◆ Survey writing time: . . . ( ) (am, pm)

1) How anxious are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very anxious)

2) How hungry are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very hungry)

3) To what extent are you currently feeling lethargic (lack of energy)?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very lethargic)

4) How thirsty are you right now?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very thirsty)

5) What is your current overall level of discomfort?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very uncomfortable)

6) To what extent are you currently feeling nausea?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very nauseated)

7) How much pain do you currently have?

0 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

0 (not at all)

10 (very painful)