

### Supplementary Material 3: Content of the online survey for service users

Thank you for taking part in this survey.

Generalised anxiety disorder or long-term worrying is the most common anxiety disorder in older people. The main symptoms that characterise generalised anxiety disorder are excessive worry and feelings of fear, dread, and uneasiness that have lasted at least six months. Other symptoms include restlessness, tiredness or irritability, muscle tension, and difficulties with concentrating and sleeping. The purpose of this survey is to find out what types of treatment are typically offered to older people experiencing difficulties with long-term worrying or "their nerves" that have not responded well to treatment.

We will now ask you 15 questions about your experiences of long-term worrying or difficulties with "your nerves". It should take approximately 10 minutes to complete. However, you can stop the survey at any time if you wish. Your responses will be kept strictly confidential and anonymous, and you will not be identified in any of the information you provide. All data will be handled and stored in accordance with the UK Data Protection Act 1988. Please see the Participant Information Sheet for further information about taking part in this survey.

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- Question 1 (out of 15): How old are you?
  - Less than 60 years old
  - 60-64 years old
  - 65-74 years old
  - 75-84 years old
  - 85-94 years old
  - 95 years old+
  - I'd prefer not to say
  
- Question 2 (out of 15): What sex are you?
  - Male
  - Female
  - I'd prefer not to say

- Question 3 (out of 15): How would you describe your ethnic or racial background?

Asian/Asian British

Black/Black British

Mixed

White/White British

I'd prefer not to say

Other (please state): \_\_\_\_\_

- Question 4 (out of 15): What age did you leave school?

- Question 5 (out of 15): What is the highest level of educational qualification that you gained?

School leaving certificate

O levels or GCSEs

Diploma

A levels

Masters

Degree

I have no educational qualifications

I'd prefer not to say

Other (please state): \_\_\_\_\_

- Question 6 (out of 15): What region of the UK do you live in?

Please state the first 3-4 characters of your postcode (e.g. WR6 or NW11) or nearest town/city:

\_\_\_\_\_

I'd prefer not to say

<b>Question 7 (out of 15): Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?</b>	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>	<i>I'd prefer not to say</i>
Feeling nervous, anxious or on edge	0	1	2	3	
Not being able to stop or control worrying	0	1	2	3	
Worrying too much about different things	0	1	2	3	
Trouble relaxing	0	1	2	3	
Being so restless that it is hard to sit still	0	1	2	3	
Becoming easily annoyed or irritable	0	1	2	3	

<b>Question 7 (out of 15): Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?</b>	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>	<i>I'd prefer not to say</i>
Feeling afraid as if something awful might happen	0	1	2	3	
Feeling depressed or down or unable to enjoy things	0	1	2	3	
Having panic attacks and other physical anxiety symptoms like racing heart, shortness of breath and upset stomach	0	1	2	3	
Feeling anxious or afraid of going out of the house alone, being in crowds or travelling on public transport	0	1	2	3	
Feeling especially anxious or nervous in social situations like public speaking or meeting unfamiliar people	0	1	2	3	
Feeling more afraid than most people about things like heights, flying, closed spaces, needles, or certain animals	0	1	2	3	
Having nightmares or memories of frightening experiences that are hard to keep out of your mind	0	1	2	3	
Feeling the need to do things over and over again like washing your hands or counting steps	0	1	2	3	
Other (please state):					

- Question 8 (out of 15): Focusing specifically on worrying now, how long have you experienced difficulties with long-term worrying or "your nerves"?

Less than 1 year

1-5 years

6-10 years

11-20 years

21-30 years

30 years+

I have never experienced difficulties with long-term worrying or "my nerves"

Other (please state): \_\_\_\_\_

Question 9 (out of 15):	Yes <i>If you know the name, please state:</i>	<i>Yes, but I don't know the name</i>	No
Are you <b>currently</b> (i.e. over the last 2 weeks) taking any medication for your long-term worrying or "your nerves"?			
Have you taken any medication for your long-term worrying or "your nerves" in the <b>past</b> ?			
Have you been offered any medication for your long-term worrying or "your nerves" in the <b>past but declined</b> ?			

- Question 10 (out of 15): If you have taken medication in the **past** for your long-term worrying or "your nerves", approximately how many different types have you tried?

- 1-2
- 3-4
- 5+
- I can't remember
- Other (please state): \_\_\_\_\_

Question 11 (out of 15):	Yes <i>If you know the name, please state it:</i>	<i>Yes, but I don't know the name of it</i>	No
Are you <b>currently</b> (i.e. over the last 2 weeks) receiving any talking therapy for your long-term worrying or "your nerves"?			
Have you received any talking therapy for your long-term worrying or "your nerves" in the <b>past</b> ?			
Have you been offered any talking therapy for your long-term worrying or "your nerves" in the <b>past but declined</b> ?			

- Question 12 (out of 15): If you have received talking therapy in the **past** for your long-term worrying or "your nerves", approximately how many different types have you tried?

1

2

3+

I can't remember

Other (please state): \_\_\_\_\_

<b>Question 13 (out of 15): In your personal opinion, how helpful is your <u>current</u> (i.e. over the last 2 weeks)...</b>	<i>Not at all helpful</i>	<i>Slightly helpful</i>	<i>Moderately helpful</i>	<i>Very helpful</i>	<i>Extremely helpful</i>	<i>Not applicable</i>
...medication for treating your difficulties with long-term worrying or "your nerves"?						
...talking therapy for treating your difficulties with long-term worrying or "your nerves"?						
...combination of medication and talking therapy for treating your difficulties with long-term worrying or "your nerves"?						

<b>Question 14 (out of 15): In your personal opinion, in the <u>past</u> how helpful was...</b>	<i>Not at all helpful</i>	<i>Slightly helpful</i>	<i>Moderately helpful</i>	<i>Very helpful</i>	<i>Extremely helpful</i>	<i>Not applicable</i>
...medication for treating your difficulties with long-term worrying or "your nerves"?						
...talking therapy for treating your difficulties with long-term worrying or "your nerves"?						
...a combination of medication and talking therapy for treating your difficulties with long-term worrying or "your nerves"?						

- Question 15 (out of 15): Please add any other comments that you have about how your long-term worrying is currently being treated (i.e. over the last 2 weeks) or has been treated in the past, and how helpful treatment has been in your personal experience:

**This is the end of the survey. Thank you for taking the time to complete it - we are extremely grateful.**