



Memorial Sloan Kettering  
Cancer Center

# **BREAST-Q Version 2.0©**

## **Augmentation Module**

### **Pre- and Postoperative Scales**

#### **English Version**



THE UNIVERSITY  
OF BRITISH COLUMBIA

The BREAST-Q, authored by Drs. Andrea Pusic, Anne Klassen and Stefan Cano, is the copyright of Memorial Sloan Kettering Cancer Center and The University of British Columbia (Copyright ©2017, Memorial Sloan Kettering Cancer Center and the University of British Columbia). The BREAST-Q has been provided under license from Memorial Sloan Kettering Cancer Center and must not be copied, distributed or used in any way without the prior consent of Memorial Sloan Kettering Cancer Center.

**BREAST-Q™ - AUGMENTATION MODULE (PRE- AND POSTOPERATIVE) VERSION 2.0:  
PSYCHOSOCIAL WELL-BEING**

With your breasts in mind, in the past week, how often have you felt:

	<b>None of the time</b>	<b>A little of the time</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>
a. Confident in a social setting?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
b. Good about yourself?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
c. Confident in your clothes?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
d. Of equal worth to other women?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
e. Attractive?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
f. Accepting of your body?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
g. Self-assured?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
h. Confident about your body?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
i. Self-confident?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

BREAST-Q VERSION 2.0© Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (PRE- AND POSTOPERATIVE) VERSION 2.0:  
PSYCHOSOCIAL WELL-BEING CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
9	0
10	12
11	16
12	19
13	22
14	24
15	26
16	28
17	30
18	32
19	33
20	35
21	37
22	39
23	40
24	42
25	44
26	46
27	47
28	49
29	51
30	53
31	55
32	57
33	60
34	62
35	65
36	68
37	71
38	74
39	77
40	80
41	83
42	86
43	89
44	94
45	100

## BREAST-Q™ - AUGMENTATION MODULE (PRE- AND POSTOPERATIVE) VERSION 2.0: SEXUAL WELL-BEING

Thinking of your sexuality, how often do you generally feel:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. Sexually attractive in your <u>clothes</u> ?	1	2	3	4	5
b. Comfortable/at ease during sexual activity?	1	2	3	4	5
c. Confident sexually?	1	2	3	4	5
d. Sexy when <u>unclothed</u> ?	1	2	3	4	5
e. Confident sexually about how your breasts look when <u>unclothed</u> ?	1	2	3	4	5

BREAST-Q VERSION 2.0© Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales. The following statement can be added to the stem to provide an opportunity for the patient to decline completing this scale. 'The following questions ask about your sexual well-being. If you are uncomfortable answering these questions or do not feel that they apply to you, please check the box and skip the questions that follow.'

**BREAST-Q™ - AUGMENTATION MODULE (PRE- AND POSTOPERATIVE) VERSION 2.0:  
SEXUAL WELL-BEING CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
5	0
6	13
7	20
8	25
9	29
10	33
11	36
12	39
13	42
14	45
15	48
16	51
17	54
18	58
19	62
20	67
21	73
22	78
23	84
24	91
25	100

**BREAST-Q™ - AUGMENTATION MODULE (PREOPERATIVE) VERSION 2.0:  
SATISFACTION WITH BREASTS**

With your breasts in mind, in the past week, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How you look in the mirror <u>clothed</u> ?	1	2	3	4
b. How your breast size matches the rest of your body?	1	2	3	4
c. How your bras fit?	1	2	3	4
d. How much cleavage you have when you wear a bra?	1	2	3	4
e. The size of your breasts?	1	2	3	4
f. How you look in the mirror <u>unclothed</u> ?	1	2	3	4

BREAST-Q VERSION 2.0© Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (PREOPERATIVE) VERSION 2.0:  
SATISFACTION WITH BREASTS CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
6	0
7	17
8	23
9	28
10	32
11	35
12	38
13	41
14	44
15	47
16	50
17	52
18	55
19	59
20	63
21	67
22	72
23	80
24	100

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: SATISFACTION WITH BREASTS**

With your breasts in mind, in the past week, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How your bras fit?	1	2	3	4
b. How you look in the mirror <u>clothed</u> ?	1	2	3	4
c. How natural your breasts look?	1	2	3	4
d. How your breast size matches the rest of your body?	1	2	3	4
e. The firmness of your breasts?	1	2	3	4
f. The position of your implants on your chest (too high or too low)?	1	2	3	4
g. How naturally your breasts sit/hang?	1	2	3	4
h. How evenly your implants are positioned in relation to each other?	1	2	3	4
i. How your breasts feel to the touch?	1	2	3	4
j. The shape of your breasts when you are <u>not</u> wearing a bra?	1	2	3	4
k. The size of your breasts?	1	2	3	4
l. How you look in the mirror <u>unclothed</u> ?	1	2	3	4
m. How much cleavage you have when you wear a bra?	1	2	3	4
n. How close together your breasts are when you are <u>not</u> wearing a bra?	1	2	3	4
o. How closely matched (similar) your breasts are to each other?	1	2	3	4

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

**Note to Investigators:** This scale can be used independently of the other scales.



**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH BREASTS CONVERSION TABLE**

**Instructions:** Item 'o' is a stand-alone item that is not included in the scale score. If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

<b>SUM SCORE</b>	<b>EQUIVALENT RASCH TRANSFORMED SCORE (0-100)</b>
14	0
15	11
16	17
17	22
18	25
19	27
20	29
21	31
22	33
23	35
24	36
25	38
26	39
27	40
28	41
29	43
30	44
31	45
32	46
33	47
34	48
35	49
36	50
37	52
38	53
39	54
40	55
41	56
42	58
43	59
44	60
45	62
46	64
47	65
48	67
49	69
50	71
51	74
52	77
53	80
54	85
55	91
56	100

## BREAST-Q™ - AUGMENTATION MODULE (PREOPERATIVE) VERSION 2.0: PHYSICAL WELL-BEING: CHEST

In the past week, how often have you experienced:

	None of the time	Some of the time	All of the time
a. Pain in your breast area?	1	2	3
b. Tightness in your breast area?	1	2	3
c. Difficulty lifting heavy objects?	1	2	3
d. Difficulty doing vigorous physical activities (e.g., running or exercising)?	1	2	3
e. Difficulty lifting or moving your arms?	1	2	3

BREAST-Q VERSION 2.0© Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (PREOPERATIVE) VERSION 2.0:  
PHYSICAL WELL-BEING: CHEST CONVERSION TABLE**

**Instructions:** Recode items a, b, c, d, and e as follows: “None of the time” = 3; “Some of the time” = 2; “All of the time” = 1. If missing data is less than 50% of the scale’s items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
5	0
6	10
7	19
8	28
9	38
10	51
11	63
12	71
13	79
14	87
15	100

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: PHYSICAL WELL-BEING: CHEST**

In the past week, how often have you experienced:

	<b>None of the time</b>	<b>Some of the time</b>	<b>All of the time</b>
a. Pain in your breast area?	<b>1</b>	<b>2</b>	<b>3</b>
b. Tightness in your breast area?	<b>1</b>	<b>2</b>	<b>3</b>
c. Uncomfortable shifting of the implants during physical activity (e.g., running down stairs)?	<b>1</b>	<b>2</b>	<b>3</b>
d. Difficulty sleeping because of discomfort in your breast area?	<b>1</b>	<b>2</b>	<b>3</b>
e. Difficulty lifting heavy objects?	<b>1</b>	<b>2</b>	<b>3</b>
f. Difficulty doing vigorous physical activities (e.g., running or exercising)?	<b>1</b>	<b>2</b>	<b>3</b>
g. Difficulty lifting or moving your arms?	<b>1</b>	<b>2</b>	<b>3</b>

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
PHYSICAL WELL-BEING: CHEST CONVERSION TABLE**

**Instructions:** Recode items a, b, c, d, e, f, and g as follows: “None of the time” = 3; “Some of the time” = 2; “All of the time” = 1. If missing data is less than 50% of the scale’s items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

<b>SUM SCORE</b>	<b>EQUIVALENT RASCH TRANSFORMED SCORE (0-100)</b>
7	0
8	7
9	14
10	21
11	27
12	34
13	42
14	52
15	61
16	67
17	73
18	78
19	84
20	91
21	100

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: SATISFACTION WITH IMPLANTS**

In the past week, how satisfied or dissatisfied have you been with:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. The amount of rippling (wrinkling) of your implant(s) that you can <u>see</u> ?	1	2	3	4
b. The amount of rippling (wrinkling) of your implant(s) that you can <u>feel</u> ?	1	2	3	4

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Instructions:** These questions should be considered as stand-alone. Thus, the patient’s response is taken as the score for each item. Higher scores reflect a better outcome.

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: SATISFACTION WITH OUTCOME**

We would like to know how you feel about the outcome of your breast surgery.

Please indicate how much you agree or disagree with each statement:

	<b>Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Overall the surgery was a good experience.	<b>1</b>	<b>2</b>	<b>3</b>
b. I have no regrets about having the surgery.	<b>1</b>	<b>2</b>	<b>3</b>
c. I am satisfied with the results.	<b>1</b>	<b>2</b>	<b>3</b>
d. Having this surgery changed my life for the better.	<b>1</b>	<b>2</b>	<b>3</b>
e. I think my breasts are the perfect size for me.	<b>1</b>	<b>2</b>	<b>3</b>
f. The outcome perfectly matched my expectations.	<b>1</b>	<b>2</b>	<b>3</b>
g. I do not feel that I need further surgery to improve how my breasts look.	<b>1</b>	<b>2</b>	<b>3</b>
h. It turned out exactly as I had planned.	<b>1</b>	<b>2</b>	<b>3</b>

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH OUTCOME CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

<b>SUM SCORE</b>	<b>EQUIVALENT RASCH TRANSFORMED SCORE (0-100)</b>
8	0
9	10
10	19
11	26
12	31
13	36
14	41
15	46
16	50
17	55
18	60
19	64
20	69
21	75
22	81
23	89
24	100



**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH INFORMATION**

How satisfied or dissatisfied were you with the information you received from your plastic surgeon about:

	Very Dissatisfied	Somewhat Dissatisfied	Somewhat Satisfied	Very Satisfied
a. How the surgery was to be done?	1	2	3	4
b. Possible complications?	1	2	3	4
c. How the surgery could affect breast-feeding?	1	2	3	4
d. The potential for implant leakage?	1	2	3	4
e. The risks associated with implants?	1	2	3	4
f. The potential for loss of sensation in your nipples?	1	2	3	4
g. The potential for capsular contracture (scar tissue forming around your implants)?	1	2	3	4
h. Healing and recovery time?	1	2	3	4
i. The potential for rippling (wrinkling) of the implants?	1	2	3	4
j. What the scars would look like?	1	2	3	4
k. How to choose a breast size that would suit what you wanted?	1	2	3	4
l. What you could expect your breasts to look like after surgery?	1	2	3	4
m. How the surgery could affect future breast cancer screening (e.g., mammogram, self examinations)?	1	2	3	4
n. How to choose an implant volume that would make your breasts the size that you wanted them to be?	1	2	3	4
o. What size you could expect your breasts to be after surgery?	1	2	3	4
p. How other women choose a breast size?	1	2	3	4

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

**Note to Investigators:** This scale can be used independently of the other scales.

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH INFORMATION CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
16	0
17	13
18	19
19	22
20	25
21	27
22	29
23	31
24	32
25	34
26	35
27	36
28	37
29	39
30	40
31	41
32	42
33	43
34	43
35	44
36	45
37	46
38	47
39	48
40	49
41	50
42	51
43	52
44	53
45	54
46	55
47	56
48	57
49	58
50	59
51	61
52	62
53	63
54	65
55	66
56	68
57	70
58	72
59	75
60	77
61	81
62	85
63	91
64	100

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: SATISFACTION WITH SURGEON**

These questions ask about your plastic surgeon. Did you feel that he/she:

	<b>Definitely Disagree</b>	<b>Somewhat Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Was professional?	1	2	3	4
b. Gave you confidence?	1	2	3	4
c. Involved you in the decision-making process?	1	2	3	4
d. Was reassuring?	1	2	3	4
e. Answered all your questions?	1	2	3	4
f. Made you feel comfortable?	1	2	3	4
g. Was thorough?	1	2	3	4
h. Was easy to talk to?	1	2	3	4
i. Understood what you wanted?	1	2	3	4
j. Was sensitive?	1	2	3	4
k. Made time for your concerns?	1	2	3	4
l. Was available when you had concerns?	1	2	3	4

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales. This scale is exactly the same across all BREAST-Q Postoperative Modules. Depending on the use of this scale, you may wish to add the following statement to the stem for clarity. ‘These questions ask about the surgeon who performed your most recent surgery.’

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH SURGEON CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

<b>SUM SCORE</b>	<b>EQUIVALENT RASCH TRANSFORMED SCORE (0-100)</b>
12	0
13	0
14	4
15	12
16	18
17	23
18	26
19	29
20	32
21	34
22	37
23	39
24	41
25	43
26	45
27	47
28	49
29	50
30	52
31	54
32	56
33	58
34	59
35	61
36	63
37	65
38	67
39	69
40	71
41	73
42	75
43	77
44	80
45	83
46	87
47	93
48	100

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH MEDICAL TEAM**

These questions ask about members of the medical team other than the surgeon. Did you feel that they:

	<b>Definitely Disagree</b>	<b>Somewhat Disagree</b>	<b>Somewhat Agree</b>	<b>Definitely Agree</b>
a. Were professional?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
b. Treated you with respect?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
c. Were knowledgeable?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
d. Were friendly and kind?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
e. Made you feel comfortable?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
f. Were thorough?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
g. Made time for your concerns?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales. This scale is exactly the same across all BREAST-Q Postoperative Modules. Depending on the use of this scale, you may modify the stem wording to fit your clinical environment. (e.g., medical team may include nurses, physician assistants, or other licensed independent practitioners)

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH MEDICAL TEAM CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
7	0
8	0
9	4
10	17
11	25
12	30
13	34
14	37
15	41
16	45
17	49
18	53
19	58
20	64
21	70
22	74
23	78
24	81
25	85
26	89
27	94
28	100

## BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0: SATISFACTION WITH OFFICE STAFF

These questions ask about members of the office staff (e.g., secretaries). Did you feel that they:

	Definitely Disagree	Somewhat Disagree	Somewhat Agree	Definitely Agree
a. Were professional?	1	2	3	4
b. Treated you with respect?	1	2	3	4
c. Were knowledgeable?	1	2	3	4
d. Were friendly and kind?	1	2	3	4
e. Made you feel comfortable?	1	2	3	4
f. Were thorough?	1	2	3	4
g. Made time for your concerns?	1	2	3	4

BREAST-Q VERSION 2.0 © Memorial Sloan Kettering Cancer Center and The University of British Columbia, 2017. All rights reserved.

---

**Note to Investigators:** This scale can be used independently of the other scales. This scale is exactly the same across all BREAST-Q Postoperative Modules. Depending on the use of this scale, you may modify the stem wording to fit your office environment (e.g., office or clinic nurse).

**BREAST-Q™ - AUGMENTATION MODULE (POSTOPERATIVE) VERSION 2.0:  
SATISFACTION WITH OFFICE STAFF CONVERSION TABLE**

**Instructions:** If missing data is less than 50% of the scale's items, insert the mean of the completed items. Use the Conversion Table below to convert the raw scale summed score into a score from 0 (worst) to 100 (best). Higher scores reflect a better outcome.

SUM SCORE	EQUIVALENT RASCH TRANSFORMED SCORE (0-100)
7	0
8	0
9	2
10	7
11	24
12	38
13	43
14	46
15	49
16	51
17	53
18	55
19	57
20	59
21	62
22	66
23	70
24	74
25	79
26	84
27	91
28	100