

Table 8. Instruments Concepts	Measure and References for Reliability and Validity	# items	Time	Scoring and Reliability and Validity <i>Spanish version in italics</i>
Participant Information (t1)	Demographic & Illness Survey	25	4 min	Checklist
Acculturation	Acculturation Rating Scale for Mexican Americans (ARSMA-II) ⁴⁷	14	4 min	Higher score=More acculturated, $\alpha=.90$ (English), $\alpha=.89$ (Spanish)
Social Support	Perceived Social Support-Friend (PSS-FR) ^{25, 162}	20	4 min	Range 0-20, sum and higher score=more support, $\alpha=.91$ (English), $\alpha=.95$ (Spanish)
	Perceived Social Support-Family (PSS-FA) ^{162, 180}	20	4 min	Range 0-22; Higher score =>support, $\alpha=.86$, $\alpha=.87$
Informational Support (t1, t2)	Breast Cancer Knowledge Questionnaire (CKQ)	15	4 min	Summed, higher score=more knowledge
	Prostate Cancer Questionnaire (PCQ) ⁵⁰	14	4 min	Summed, higher score=more knowledge
QOL OUTCOMES				
Physical Well-Being: Symptom Distress and Symptom Management	General Symptom Distress Scale (GSDS) ^{13, 18, 178}	3	3 min	Symptom list; Range from 1-10 on each subscale, higher score more distress or better management, $\alpha=.81$, $\alpha=.80$
Symptom Distress and Management: Urinary, Bowel and Sexual Function items (prostate survivors only)	UCLA Prostate Cancer Index ^{112, 113}	6	2 min	Range of subscales 1-10, higher score=more problem, $\alpha>.80$ on all three subscales
Fatigue	Multidimensional Fatigue Inventory (MFI) subscales: general fatigue, mental fatigue ^{128, 187, 188}	8	3 min	Range 4-28; sum, higher score>fatigue, $\alpha=.76-.84$, $\alpha=.80-.82$
Psychological Well-being: Depressive Symptoms	Center for Epidemiological Studies Depression Scale (CES-D) ^{15, 28, 80, 163, 178, 189}	20	5 min	Range 0-60; sum; Higher score => symptoms; $\alpha=.92$, $\alpha=.91$)
Anxiety	State-Trait Anxiety Index (SEQ) ^{168, 191, 192}	20	5 min	Range 20-80; higher score, =greater anxiety $\alpha=.94$, $\alpha=.93$
Mood	Positive and Negative Affect Schedule (PANAS) ^{167, 172, 178}	20	3 min	Range 10-50; Sum; Higher score => + or - affect, $\alpha=.87-.89$, $\alpha=.91-.92$
Stress	Perceived Stress Scale (PSS) ^{38, 40}	10	3 min	Range 0-56; higher score =>stress, $\alpha=.87$, $\alpha=.88$)
Social Well-being: Social Well-Being (t1,t3)	Social Well being Scale ⁶⁴	28	4 min	Range 0-80; 0-70, sum and obtain mean; higher scores= more, $\alpha=.82$, $\alpha=.79$
Relationship Satisfaction (t1, t3)	Relationship Assessment Scale (RAS) ^{87, 178, 181}	7	2 min	Range 7-35; Sum; higher score +>RAS, $\alpha=.89$, $\alpha=.94$
Spiritual Well Being (t1,t3)	Spiritual Well being subscale ⁶²	8	4 min	Range 0-80; 0-70, sum and obtain mean; higher scores= more, $\alpha=.78$, $\alpha=.76$

minutes). This time includes the 5 minutes for personal check-in and preparation.