

SDC 4: Themes and Subthemes List

Theme	Subtheme	Description
Psychological Well-being	Frequency of thinking about scar	Any reference to time spent thinking about scar
	Reminder	Includes any reference to scar as a reminder
	Self-image	Any explicit reference to effect of scar on view of oneself. Includes references to disliking appearance or feeling deformed, different or less beautiful.
	Fear of Scar being seen	Any explicit reference to fear of scar being seen or noticed by others
	Acceptance	Any explicit reference to accepting scar as part of self
	Self-Conscious	Any explicit reference to being self-conscious about scar. Includes any reference to unnecessary awareness of scar, feeling uncomfortable when scar is exposed or feeling more comfortable when scar is covered.
	People look at scar	Any explicit reference to others looking at scar or scar attracting attention, includes fear that people will see or notice scar
	Coping Mechanism	Any discussion of coping mechanisms used by the patient to accept scar (e.g. gratitude that surgery to remove cancer was successful so okay w/ scar appearance).
	Bothered	Any reference to being tortured or bothered by scar.
	Fear of future poor scarring	Any explicit reference to fear of future poor scarring or fear of taking measures to prevent future poor scarring. Includes fear of current scar worsening.
	Self-Esteem	Any explicit reference to effect of scar on self-esteem or self-worth, includes feeling inferior because of scar
	Anxiety/Stress	Any explicit reference to scar being a source of anxiety or stress
	Embarrassment	Any explicit reference to feeling embarrassed or ashamed because of scar.
	Avoidance of Scar	Any explicit reference to avoidance of looking at scar or avoiding mirrors because of scar
	Sadness	Any reference to feeling sad or upset because of scar
	Delicate	Any explicit reference to feeling delicate because of scar or feeling the need to be careful because of scar
	Anger	Any reference to feelings of anger regarding scar
	Judgement	Any explicit reference to feeling judged because of scar or feeling like others make assumptions based on scar(s).
	Mental Health Services	Any reference to need for therapy or other mental health service due to effect of scar on mental well-being
	Need to Compensate	Any reference to a need to compensate for scar

Social Well-being	Talking about scar	Any reference to talking about scar with others or being asked about scar.
	Reaction of Others	Any reference to scar being upsetting/disturbing to others or making others uncomfortable
	Clothing Limitations	Includes any reference to limitations in wearing desired clothing, need to wear clothing that will cover scar, or any mention of consideration of scar when selecting clothing. Also includes mention of the impact of scar on how clothes fit.
	Daily activities and major life events	Any reference to effect of scar on daily activities (e.g. school, work, gym) or major life events (e.g. wedding). Includes discomfort at activities and diminished enjoyment or avoidance of activities.
	Relationships	Any reference to effect of scar on relationships with significant other, friends, or family. Includes discussions regarding significant other's dislike of scar
	Pictures	Includes avoidance of photographs or attempts to cover scars in photos, only see scar when I see photos of myself
	Confidence in Social Setting	Any explicit reference to the impact of scar on confidence when in public or in a social setting.
	First impressions	Any explicit reference to effect of scar on other's first impression
	Social Media	Any reference to social media websites or applications online
	Teasing (Family, friends, SO)	Includes references to being teased in the past or fear of being teased about scar.
Attempts to Conceal or Improve	Educate Others	Any reference to educating others about scar
	Scar Treatment (injections, laser, microdermabrasion/dermabrasion, topical agents, sun protective behaviors, etc.)	Includes reference to scar revision treatment
	Conceal with clothing, makeup, hair, or other temporary measures	Any reference to conceal or hide scar
	Inability to conceal	Includes reference to feeling unable to hide or conceal scar
	Cost (time or financial)	Any reference to the cost of scar treatments including the financial cost or time required.
	Side effects from scar treatment efforts	Any explicit reference to adverse effects of scar treatment. Includes both experienced side effects and feared side effects.
Determinants of Opinion of Scar	Scar parameters/aesthetic features (including asymmetry, bulging of surrounding skin, color, size, shininess, shape, texture/contour, lack of hair)	
	Location of scar	Any mention of location of scar
	Noticeability of scar	Any mention of noticeability of visibility of scar
	Scar etiology	Any reference to effect of scar etiology on opinion of scar
	Duration of Time Passed	Any reference to change in opinion of scar since it was first acquired including feeling that scar has improved or worsened over time.

	Opinion of others	Any reference to the impact of have accepting or non-accepting loved ones
	Outlook (confidence in future improvement, feeling of helplessness regarding scar)	Any mention of confidence in future improvement or feeling of hopelessness about scar
	Satisfaction with surgery	Any reference to being accepting of scar due to satisfaction with surgery (cosmetic or non-cosmetic) from which scar was acquired
	Expectations vs Reality	Any reference to reality of scar outcome compared to initial expectation of scar.
	Timing in Life	Any reference to the timing in life when scarring occurred (e.g. scar acquired during middle school or at older age).
	General View of Scars	Any discussion of subject's general view of scars including scars are imperfections or scars are battle wounds/they tell a story, etc.
	Gender	Any reference to the impact of gender on opinion of scar
	Bulging of skin surrounding scar	Any reference to effect of scar on smoothness of area e.g. depression of skin/fat creating appearance of folding of superior fat over scar
	Culture/Upbringing/Religion	Any reference to the effect of culture or upbringing on opinion of scar
	Priorities in Life	Any mention of other priorities in life affecting opinion of scars (e.g. school/career/kids more important)
Sexual Well-being	Discomfort when naked	Any mention of the impact scar has on appearance when naked or discomfort being naked because of scar. Includes discussion of feeling uncomfortable in body.
	Sexual Self-Conscious	Any explicit reference to feeling self-conscious or uncomfortable during sexual encounters because of scar
	Scar location	Any mention of impact of scar location on sexual well-being. Includes visible areas or intimate areas.
	Hiding	Any reference to attempts to cover scar during sexual encounters or make scar less visible. Includes lighting adjustments.
	Attractiveness	Any reference to the impact of scar on feeling desirable, beautiful, or attractive.
	New Partners	Any reference to feeling uncomfortable being with new sexual partners because of scar
	Dislike focus on scar	Any reference to discomfort when scar is kissed or touched, especially during intimate moments.
Health/Physical Well-Being	Negative Impact of Underlying Condition	Any reference to negative impacts of an underlying medical condition which resulted in the scar(s)
	Symptoms	Any explicit mention of scar-related symptoms including pain, itching, numbness. Includes discussion regarding the impact of these symptoms on quality of life.
	Functional Abilities	Any reference to reduced ability to perform athletic activities due to scar. Includes limited range of motion
	Fear of underlying condition worsening or not improving	Any discussion relating to fear of underlying medical condition which resulted in the scar not improving or worsening

	Motivation to be healthier	Any reference to scar as a motivation to live a more healthy life-style (e.g. better diet, stress reduction, hygiene, etc.)
	Appear Unhealthy	Any reference to appearing unhealthy because of scar
Career	Hindered	Any reference to feeling hindered by scar or holding back due to insecurities about scar.
	Scar Treatments	Any reference to the impact scar treatments have had on job
	Unprofessional appearance	Any reference to scars appearance unprofessional
Overall Satisfaction with Scar	Dislike/Dissatisfied	Any explicit reference to negative opinion of scar including hate it, with it wasn't there, looks awful, feel like Frankenstein, etc.
	Positive Opinion	Any explicit reference to positive view of scar including seeing scar as a battle scar, liking scar and scar looks "badass."
	Effect on satisfaction with surgery	Any mention of impact of scar on satisfaction with cosmetic or non-cosmetic procedure