

## Supplementary Table 1. Questionnaire script

---

### Demographic data

1. What was your age at the time of your diagnosis?\*
2. What race do you identify with?

Options include: American Indian/Alaska Native, Asian, Black/African American, Hispanic/Latino, Native Hawaiian/Other Pacific Islander, White

3. What stage and type of breast cancer were you diagnosed with?\*
4. When was your last mammogram prior to your diagnosis?\*

Options include: < 1, 1-2, 3-5, 6-10, > 10 years, or “can’t remember”

5. When was your most recent clinical breast exam prior to your diagnosis (e.g. by your primary care provider or gynecologist)?\*

Options include: 1-2, 3-5, 6-10, >10 years, never, or “can’t remember”

### Factors related to timing of medical help-seeking

1. Before deciding to seek medical evaluation and care, did you think your symptoms were unrelated to serious illness most of the time? (Yes/No; If yes, would you like to share details on your specific circumstance?)
2. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
3. Were there religious or spiritual reasons that prevented or made it difficult for you to decide to seek medical evaluation and care? (Yes/No; If yes, would you like to share details on your specific belief?)
4. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
5. Before deciding to seek medical evaluation and care, did you seek or take alternative treatments (such as herbal medicine, homeopathic medicine, acupuncture) for treating your breast symptom? (Yes/No; If yes, would you like to share details on specific treatments you sought out or took?)
6. On a scale of (1-5) how much did this **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
7. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, were you: Caring for an elderly or sick family member? Caring for children? (Yes/No; If yes, would you like to share details on your specific circumstance?)

8. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
9. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, did employment responsibilities or requirements prevent you from going to the doctor? Did you have fears you might lose your job? (Yes/No; If yes, would you like to share details on your specific circumstance?)
10. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
11. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, did transportation costs prevent you from going to the doctor? Did you have to rely on others for transportation, and if so, did you feel you were a burden when asking? (Yes/No; If yes, would you like to share details on your specific circumstance?)
12. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
13. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, were you ever worried that a healthcare provider (e.g. doctor, nurse, nurse practitioner, physician assistant) might judge you when you went to the doctor's office for your breast problem? (Yes/No; If yes, would you like to share details on your specific circumstance?)
14. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
15. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, were you concerned about being able to afford the costs of treatment you might need for your symptom? (Yes/No; If yes, would you like to share details on your specific circumstance?)
16. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
17. When you first became concerned enough about your breast cancer symptom to decide to seek medical care (e.g., could be because of something serious, like cancer), were you afraid of any of these things:
  - a. Losing your breast? (Yes/No)
  - b. Losing your hair? (Yes/No)
  - c. Changes to your appearance? (Yes/No)
  - d. Other side effects from chemotherapy? (Yes/No)
  - e. Complications from surgery/anesthesia? (Yes/No)
  - f. Impacting your relationship with partner? (Yes/No)

18. *At this point, read participants all items they answered “Yes” to and ask them to apply the following rating to each item. On a scale of (1-5) how much did these factors **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}*
  19. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, did you have a preference to avoid cancer screening? (Yes/No)
  20. On a scale of (1-5) how much did this **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
  21. When you first became concerned enough about your breast cancer symptom to decide to seek medical care, did you have a mental health diagnosis? (Yes/No; If yes, would you like to share details on your specific circumstance?)
  22. On a scale of (1-5) how much did this **prevent or make it difficult for you** to seek evaluation and treatment? {completely irrelevant (1), somewhat irrelevant (2), uncertain relevance (3), somewhat relevant (4) and completely relevant (5)}
- 

\*Verified by case-note review. Top three factors impacting help-seeking interval: At this point, read the participant all factors that they assigned a rating > 1 to, three times. During each time, ask the participant to pick out the factor that had the greatest impact on them. This process will lead to the selection of the 1st most important (the first read-through), 2nd most important (the second read-through) and 3rd most important factor (the third read-through)