

Supplementary Table 1. Decisions made by women with BC following BC diagnosis (n=549)

Categories	n	%	Items
<b>I Decisions regarding medical care</b>	258	47.0	
1. BC treatment	209	38.1	<ul style="list-style-type: none"> <li>• Which pre- or post-operative adjuvant therapy to undergo</li> <li>• Which treatment plan to follow</li> <li>• Whether to undergo treatments other than those approved by health insurance/complementary or alternative medicine</li> <li>• Whether to terminate or change the treatment plan and, medication including choosing generic medication</li> </ul>
1-a. Surgery	128	23.3	<ul style="list-style-type: none"> <li>• Which surgical procedure to undergo, including surgery to remove lymph nodes</li> <li>• Whether to undergo lymphatic venous anastomosis for post-surgical lymphoedema, or (simultaneous) reconstructive surgery</li> </ul>
1-b. Chemotherapy	48	8.7	<ul style="list-style-type: none"> <li>• Whether to undergo chemotherapy, and to continue or terminate chemotherapy during treatment</li> </ul>
2. Medical care other than treatment	90	16.4	<ul style="list-style-type: none"> <li>• Decisions regarding examination (sentinel lymph node biopsy, bone biopsy, regular check-up, and genetic testing), self-care after surgery, and outpatient visits such as transportation and, hospitalization</li> </ul>
2-a. Selection of a hospital or physician	31	5.6	<ul style="list-style-type: none"> <li>• Selecting a doctor/hospital for close examination/surgery/radiation therapy</li> <li>• Changing the hospital or doctor in charge</li> </ul>
2-b. Obtaining a second opinion	30	5.5	<ul style="list-style-type: none"> <li>• Whether to seek a second opinion</li> </ul>
2-c. Trusting doctor	11	2.0	<ul style="list-style-type: none"> <li>• Trusting the doctor's opinion about the treatment plan</li> </ul>
<b>II Decisions regarding sociopsychological matters</b>	360	65.6	
3. Mindset	151	27.5	
3-a. Attitude/ hope	127	23.1	<ul style="list-style-type: none"> <li>• Deciding one's attitude toward life with BC/ hoping for positivity</li> <li>• Planning for near future</li> </ul>
3-b. Attitude toward BC and BC treatment	42	7.7	<ul style="list-style-type: none"> <li>• Deciding one's attitude toward BC and BC treatment, including how to: decide the treatment plan, accept BC, face treatment for BC, and act in case of recurrence/metastasis or if BC the treatment does not work</li> </ul>
4. Family matters	134	24.4	<ul style="list-style-type: none"> <li>• How to maintain the house and whom to ask for help with the housework during hospitalization and treatment</li> <li>• How to take care of and whom to ask for help for taking care of children, husband, elderly parents, or pets during hospitalization and treatment</li> </ul>
4-a Matters regarding children	70	12.8	<ul style="list-style-type: none"> <li>• Matters regarding children</li> </ul>
5. Employment	130	23.7	<ul style="list-style-type: none"> <li>• Decisions regarding continuing to work and when to restart working after surgery</li> </ul>

			<ul style="list-style-type: none"> <li>• Changing roles at work and working style including working hours</li> </ul>
5-a. Resignation/leave of absence	22	4.0	<ul style="list-style-type: none"> <li>• Decisions to resign or to take leave of absence</li> </ul>
6. Financial matters	79	14.4	<ul style="list-style-type: none"> <li>• Decisions regarding the payment of medical expenses/living expenses and health or life insurance</li> <li>• Whether to receive benefits from livelihood protection or a pension</li> </ul>
7. Lifestyle modification	42	7.7	<ul style="list-style-type: none"> <li>• Making lifestyle changes, such as improving eating and exercise habits, and smoking cessation</li> <li>• Changing the living environment, such as renovating the house or moving to a new place</li> <li>• Deciding upon self-care</li> </ul>
8. Informing others about BC	32	5.8	<ul style="list-style-type: none"> <li>• Whether to inform family members (children or parents)</li> <li>• Whom to inform and when</li> </ul>
9. Pregnancy/childbirth	13	2.4	<ul style="list-style-type: none"> <li>• Decisions regarding fertility preservation, or infertility treatment</li> <li>• Whether to have a child in the future</li> </ul>
10. Preparing for one's death	19	3.5	<ul style="list-style-type: none"> <li>• Recognizing the possibility of one's death</li> <li>• Putting one's house in order</li> <li>• Deciding attitude toward one's death and matters after one's death</li> </ul>
11. Appearance	12	2.2	<ul style="list-style-type: none"> <li>• Examining underwear</li> <li>• What to do with pads and wigs</li> <li>• How to act when going to a hot spring</li> <li>• Dressing up</li> </ul>
12. Obtaining information	9	1.6	<ul style="list-style-type: none"> <li>• Obtaining information about BC and BC treatment, and about one's will and inheritance</li> </ul>
13. Marriage/divorce	7	1.3	<ul style="list-style-type: none"> <li>• Deciding whether to marry or divorce</li> </ul>
14. Seeking help	5	0.9	<ul style="list-style-type: none"> <li>• Asking someone for help to overcome difficulties caused by BC and BC treatment, or to seek encouragement to continue treatment for BC</li> </ul>

Supplementary Table 2. Thoughts made by women with BC following BC diagnosis (n=549)

	n	%	Items
Thoughts	70	12.8	<ul style="list-style-type: none"> <li>• Thoughts gained following BC diagnosis or BC treatment</li> <li>• Feelings during BC treatments</li> </ul>
1. Fear/ Worry	41	7.5	<ul style="list-style-type: none"> <li>• Fear regarding recurrence and metastases/ death due to BC/ influence of cancer treatment on one's body and body functions/ the possibility that daughters may inherit BC genes</li> <li>• Worry about BC and BC treatment would influence: one's job/ finance/ fertility/ appearance, uncertainty of BC treatment and one's treatment decisions, family and close friends during treatment or after one's death, and events related to one's death</li> <li>• Worry how other people (family, boyfriend, etc.) feel about their illness</li> </ul>
1-a. Recurrences/ Metastases	14	2.6	<ul style="list-style-type: none"> <li>• Fear regarding recurrence and metastases</li> </ul>
1-b. Influence of BC treatment on the body	7	1.3	<ul style="list-style-type: none"> <li>• Fear regarding influence of cancer treatment on one's body</li> </ul>
2. Regret	4	0.7	<ul style="list-style-type: none"> <li>• Regret about one's decision</li> </ul>