

ID

SUPPH-29

Your answers on this questionnaire will help us to learn more about how people deal with illness. Some people use their own methods such as prayer, relaxation techniques, visualization, physical exercise and other techniques which they feel are helpful. We are interested in what you do. There are no right or wrong answers to these questions. Your responses are strictly anonymous.

Below is a list of behaviors. How much **confidence** do you have in doing these behaviors? Rate your confidence using this scale:

	1	2	3	4	5			
	VERY LITTLE		CONFIDENCE		QUITE A LOT			
1. Excluding upsetting thoughts from my consciousness				1	2	3	4	5
2. Using relaxation techniques to decrease my anxiety				1	2	3	4	5
3. Finding ways of alleviating my stress				1	2	3	4	5
4. Using a specific technique to manage my stress				1	2	3	4	5
5. Doing things that helped me to cope with previous emotional difficulties				1	2	3	4	5
6. Practicing stress reduction techniques even when I'm feeling sick				1	2	3	4	5
7. Managing to keep anxiety about illness from becoming overwhelming				1	2	3	4	5

	1	2	3	4	5
	VERY LITTLE		CONFIDENCE		QUITE A LOT
8. Thinking of myself as better off than people who became ill when they were younger than I am now	1	2	3	4	5
9. Focusing on something not associated with my illness as a way of decreasing my anxiety	1	2	3	4	5
10. Believing that using a technique to manage treatment stress will actually work	1	2	3	4	5
11. Choosing among treatment alternatives recommended by my physician the one that seems right for me	1	2	3	4	5
12. Making my own decision regarding treatment alternatives	1	2	3	4	5
13. Deciding for myself whether or not to have treatment	1	2	3	4	5
14. Experiencing life's pleasures since I became ill	1	2	3	4	5
15. Doing special things for myself to make life better	1	2	3	4	5
16. Convincing myself I can manage the treatment stress	1	2	3	4	5
17. Helping other people going through illness and treatment	1	2	3	4	5
18. Convincing myself the treatment is not so bad	1	2	3	4	5
19. Keeping my stress within healthy limits	1	2	3	4	5
20. Appreciating what is really important in life	1	2	3	4	5
21. Believing I can find strength within myself for healing	1	2	3	4	5

	1	2	3	4	5
	VERY LITTLE		CONFIDENCE		QUITE A LOT
22. Convincing myself I'll be O.K.	1	2	3	4	5
23. Finding a way to help me get through this time	1	2	3	4	5
24. Believing that I really have a positive attitude about my state of health	1	2	3	4	5
25. Doing things that helped me to cope with previous physical difficulties	1	2	3	4	5
26. Doing things to control my fatigue	1	2	3	4	5
27. Finding ways of helping myself feel better if I am feeling blue	1	2	3	4	5
28. Managing the side effects of treatment so that I can do things I enjoy doing	1	2	3	4	5
29. Dealing with the frustration of illness and treatment	1	2	3	4	5

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Instructions:

The SUPPH-29 is a concise self-report scale. However a short introduction and period of instruction are needed for the measurement program to be valid. The following introduction was given by research assistants prior to subjects' completion of the scale and was used to introduce the scale verbally to respondents. The individual who introduces the scale needs to stress that the respondents should answer the questions based on their confidence in carrying out the behaviors that follow. Examples of introductions to the scale given by research assistants follows.

"People use different ways to adapt to their illness. Some people tell me they use prayer as a way of managing their illness. Other people use relaxation techniques or imagery, where they imagine being in a pleasant place, like at the mountains or at the beach. Some use physical exercise as a way to adapt. Some people tell me they talk to themselves, saying things like, 'Keep on going,' 'Take one day at a time,' or 'Be determined.' What do you use to help you adapt?"

"People use different ways to adapt to their illness. Some people tell me they use prayer and some might use relaxation techniques or imagery, where they imagine being in a pleasant place, like at the mountains or at the beach. Others use physical exercise a way to adapt. Some people tell me they talk to themselves, saying things like, "Keep on going," "Take one day at a time," or "Be determined." What do you use to help you adapt?"

If patient is unable to identify anything, ask whether he or she had anything in the past that was similar, and what the person did at that time. Often while one continues talking to the patient repression strategies, such as reading and watching TV, are identified. Then the questionnaire is begun by incorporating the strategies stated by the patient. For example, "You told me you find it helpful to use relaxation exercises. Think of that as your "strategy" for dealing with your illness."

Scoring

Scoring the scale involves summing the responses. The description of the 3-factors follow:

Positive attitude: items 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29.

Stress reduction: items 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Making decisions: items 11, 12, 13.

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