

Dunkel-Schetter, C., Feinstein, L.G., Taylor, S.E., & Falke, R.L. (1992). Patterns of Coping with Cancer. Health Psychology, 11(2), 79-87.

X. Coping

Cancer is generally a difficult or troubling experience for those who have it . The following are some possible problems associated with cancer. Please indicate which one has been the most difficult or troubling for you in the past six months by circling the appropriate number.

- 1 Fear and uncertainty about the future due to cancer
- 2 Limitations in physical abilities, appearance, or lifestyle due to cancer
- 3 Pain, symptoms, or discomfort from illness or treatment
- 4 Problems with family or friends related to cancer
- 5 Other (please specify _____)

How stressful has this problem been for you in the past six months?

- 1 EXTREMELY STRESSFUL
- 2 STRESSFUL
- 3 SOMEWHAT STRESSFUL
- 4 SLIGHTLY STRESSFUL
- 5 NOT STRESSFUL

When we experience stress in our lives, we usually try to manage it by trying out different ways of thinking or behaving. These can be called ways of "coping". Sometimes our attempts are successful in helping us solve a problem or feel better and other times they are not. The next set of items is on the ways of coping you may have used in trying to manage the most stressful part of your cancer. Please read each item below and indicate how often you have tried this in the past six months in attempting to cope with the specific problem circled above. It is important that you answer every item as best you can.

How often have you tried this in the past 6 months to manage the problem circled above?

	DOES NOT APPLY/NEVER	RARELY	SOMETIMES	OFTEN	VERY OFTEN
1. Concentrated on what I had to do next -- the next step	0	1	2	3	4
2. Felt that time would make a difference -- the only thing to do was to wait.	0	1	2	3	4
3. Did something which I didn't think would work, but at least I was doing something	0	1	2	3	4
4. Talked to someone to find out more about the situation.	0	1	2	3	4
5. Criticized or lectured myself.	0	1	2	3	4
6. Tried not to close off my options, but leave things open somewhat	0	1	2	3	4
7. Hoped a miracle would happen	0	1	2	3	4
8. Went along with fate; sometimes I just have bad luck	0	1	2	3	4
9. Went on as if nothing were happening	0	1	2	3	4
10. Tried to keep my feelings to myself.	0	1	2	3	4
11. Looked for the silver lining, so to speak; tried to look on the bright side of things . . .	0	1	2	3	4
12. Slept more than usual.	0	1	2	3	4

How often have you tried this in the past 6 months to manage the problem circled above?

	DOES NOT APPLY/NEVER	RARELY	SOMETIMES	OFTEN	VERY OFTEN
13. Looked for sympathy and understanding from someone	0	1	2	3	4
14. Was inspired to do something creative.	0	1	2	3	4
15. Tried to forget the whole thing.	0	1	2	3	4
16. Tried to get professional help	0	1	2	3	4
17. Changed or grew as a person in a good way. . .	0	1	2	3	4
18. Waited to see what would happen before doing anything	0	1	2	3	4
19. Made a plan of action and followed it.	0	1	2	3	4
20. Let my feelings out somehow.	0	1	2	3	4
21. Came out of the experience better than when I went in.	0	1	2	3	4
22. Talked to someone who could do something concrete about the problem	0	1	2	3	4
23. Tried to make myself feel better by eating, drinking, smoking or using drugs	0	1	2	3	4
24. Took a big chance or did something risky . . .	0	1	2	3	4
25. Tried not to act too hastily or follow my first hunch.	0	1	2	3	4
26. Found new faith.	0	1	2	3	4
27. Rediscovered what is important in life	0	1	2	3	4
28. Changed something so things would turn out all right.	0	1	2	3	4
29. Avoided being with people in general	0	1	2	3	4
30. Didn't let it get to me; refused to think about it too much.	0	1	2	3	4
31. Asked a relative or friend I respect for advice	0	1	2	3	4
32. Kept others from knowing how bad things were .	0	1	2	3	4
33. Made light of the situation; refused to get too serious about it	0	1	2	3	4
34. Talked to someone about how I was feeling. . .	0	1	2	3	4
35. Took it out on other people.	0	1	2	3	4

How often have you tried this in the past 6 months to manage the problem circled above?

	DOES NOT APPLY/NEVER	RARELY	SOMETIMES	OFTEN	VERY OFTEN
36. Drew on my past experiences; I was in a similar experience before.	0	1	2	3	4
37. Knew what had to be done, so redoubled my efforts to make things work.	0	1	2	3	4
38. Refused to believe it would happen	0	1	2	3	4
39. Came up with a couple of different solutions to the problem	0	1	2	3	4
40. Tried to keep my feelings from interfering with other things too much	0	1	2	3	4
41. Changed something about myself	0	1	2	3	4
42. Wished that the situation would go away or somehow be over with	0	1	2	3	4
43. Had fantasies or wishes about how things might turn out	0	1	2	3	4
44. Prayed	0	1	2	3	4
45. Prepared myself for the worst.	0	1	2	3	4
46. Went over in my mind what I would say or do. .	0	1	2	3	4
47. Thought of how a person I admire would handle this situation and used that as a model. . . .	0	1	2	3	4
48. Reminded myself how much worse things could be	0	1	2	3	4
49. Tried to find out as much as I could about cancer and my own case	0	1	2	3	4
50. Treated the illness as a challenge or battle to be won.	0	1	2	3	4
51. Depended mostly on others to handle things or tell me what to do	0	1	2	3	4
52. Lived one day at a time or took one step at a time	0	1	2	3	4
53. Tried something entirely different from any of the above. Please describe _____					
