

ILLNESS COGNITION SCALE

Instructions: People can have different feelings and thoughts about their illness. Answer the following statements as they apply to you. Tick one of each of these choices, depending on if you either strongly agree, agree, neither agree or disagree, disagree or strongly disagree with the statement. (Note: Tick one column only.)

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
1. I am not sure how I would cope with being well					
2. When people tell me I look well it makes me feel they don't understand					
3. Being ill is part of my life					
4. I have made my illness part of my life					
5. I am scared of taking treatment					
6. There are some advantages to being ill					
7. Illness is something that I have got used to					
8. People do not expect me to get better					
9. I cannot imagine being well					
10. No one takes my illness as seriously as I would like them to take it					
11. I wish that people would pay me more attention when I am ill					
12. I think I am getting better					
13. People give me more attention when I am ill					
14. I fear returning to my usual roles when well					
15. My life revolves around being ill					
16. It has been difficult to find treatment that is helpful to me					
17. I have problems following treatment advice					

Note: Item12 is reverse-scored.