

Cancer Coping Questionnaire (21-item version)

Name..... Hospital number.....

People have many ways of coping with the stress that cancer puts them under.
How stressful has the last week been for you?

Very stressful Moderately stressful Slightly stressful Not at all stressful

Have you worried about cancer in the last week?

Most of the time A lot of the time Some of the time None of the time

On the following pages there is a list of different methods of coping. Think about how you have coped with your illness in the *last week*, and circle how often you have used each method described. No one uses all the ways of coping described, but everyone uses some of them.

In the last week did you:

		Very often	Often	Sometimes	Not at all
1.	Make definite plans for the future?	4	3	2	1
2.	Try breathing slowly and deeply to cope with anxiety?	4	3	2	1
3.	Distract yourself from worrying thoughts?	4	3	2	1
4.	Remind yourself that aches and pains could be caused by things other than the cancer spreading?	4	3	2	1
5.	Make a list of priorities for the week so that you got important things done?	4	3	2	1
6.	Stand back to get the seriousness of your illness into proportion?	4	3	2	1

	Very often	Often	Sometimes	Not at all
7. Look for what strengths you have to cope with cancer?	4	3	2	1
8. Cope with frustration by channelling it into other things (e.g. physical activity like housework or gardening)?	4	3	2	1
9. Remind yourself of what things you still have in life despite cancer?	4	3	2	1
10. Organize your day so that you got the most out of it, despite cancer?	4	3	2	1
11. Practise relaxation?	4	3	2	1
12. Answer back worrying thoughts?	4	3	2	1
13. Plan your day so that you got on with some activities unrelated to cancer?	4	3	2	1
14. Make sure you thought of some of the positive aspects of your life?	4	3	2	1

If you are in a close relationship, think of how you and your partner have coped in the last week.

In the last week did you:

	Very often	Often	Sometimes	Not at all
15. Involve your partner in an activity that helped you cope with cancer?	4	3	2	1
16. Talk with your partner about the impact of cancer on your lives?	4	3	2	1
17. Ask your partner what (s)he was thinking, rather than making assumptions?	4	3	2	1
18. Try to see cancer as a challenge that you and your partner have to face together?	4	3	2	1
19. Discuss how your partner could help support you?	4	3	2	1
20. Talk to your partner about how you could organize things to take some pressure off you (e.g. changing who does household chores)?	4	3	2	1
21. Think of how cancer had brought you and your partner closer together?	4	3	2	1