Psychosocial Illness Impact-Positive

Please respond to each question or statement by marking one box per row.

Thinking about how your illness has affected you, please rate how true these statements were of you before your illness, and again now, since your illness.

		Not at all	A little bit	Somewhat	Quite a bit	Very much
II2	I am comfortable with who I am					
II2.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II2.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II3	I believe I can handle problems					
II3.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II3.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II4	I believe I am a confident person					
II4.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II4.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II5	I believe I am a good person					
II5.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II5.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II6	I appreciate the health of my body					
II6.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II6.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II7	I am an optimistic person					
II7.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II7.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II8	I can keep going when problems arise					
II8.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II8.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II9	I can handle most anything					
II9.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II9.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II10	I believe I am a patient person					
II10.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II10.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II11	I believe I am an honest person					
II11.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II11.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II12	I know who I can count on in times of trouble					
II12.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II12.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II13	I have compassion for others					
II13.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II13.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II15	My relationships are meaningful					
II15.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II15.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II16	I am aware of the love and support available from other people					
II16.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II16.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II17	I realize who my real friends are					
II17.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II17.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II18	I am comfortable receiving help from others					
II18.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II18.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II19	I can appreciate people in my life					
II19.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II19.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II20	I am willing to help others					
II20.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II20.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II21	I make time for family and friends					
II21.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II21.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II22	I feel connected to people in my community					
II22.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II22.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II23	I feel close to people I care about					
II23.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II23.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II24	I am willing to express my emotions					
II24.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II24.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II25	I am able to accept the way things work out					
II25.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II25.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II26	I can deal with uncertainty					
II26.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II26.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II27	I can adjust to things I cannot change					
II27.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II27.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II28	I am able to take things as they come					
II28.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II28.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II29	I am able to deal with stress and problems					
II29.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II29.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II30	I tend to be accepting of things					
II30.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II30-a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II31	I take good care of myself					
II31.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II31.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II32	I look at things in a positive way					
II32.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II32.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II33	I am able to feel joy					
II33.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II33.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II34	I am able to enjoy life					
II34.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II34.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II35	I can appreciate each day fully					
II35.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II35.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
II36	My life is meaningful					
II36.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II36.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II37	I appreciate life					
II37.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II37.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II39	I have a sense of purpose in life					
II39.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II39.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II40	I feel peaceful					
II40.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II40.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II43	I have a sense of peace					
II43.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II43.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II46	I see what is really important in my life					
II46.b	How true was this before your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5
II46.a	How true is this now, since your illness?	☐ 2	☐ 2	☐ 3	☐ 4	☐ 5

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