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SCS

Name: _____ Age: _____ Gender: _____ Date: _____

Debilitating health and mental health conditions can have profound effects on our lives. This scale was designed to assess how your health or mental health condition has affected your life.

Listed below are 7 statements describing different thoughts and feelings that you may experience when you think about your health or mental health condition. Using the following scale, please indicate the degree to which you have these thoughts and feelings when you think about your health or mental health condition.

0 – never

1 – sometimes

2 – often

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- 1 I become afraid that my condition will get worse.
 - 2 I feel I can't stand it anymore.
 - 3 I can't seem to keep (my condition/symptoms) out of my mind.
 - 4 There is nothing I can do to reduce the intensity of my symptoms.
 - 5 I wonder whether something serious may happen.
 - 6 My symptoms are awful and I feel that they overwhelm me.
 - 7 I worry all the time about whether my symptoms will end.

...Total