

ILLNESS COGNITION QUESTIONNAIRE

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Instructions

On the next page is a list of statements by people with a long-term illness. Please indicate the extent to which you agree with them by circling one of the answers following the statement. An example is provided below.

Example

If you agree with the statement below to **a large extent**, circle **3**:

	not at all	some- what	to a large extent	completely
I have learned to live with my illness.	1	2	3	4

Work through the entire list of statements in this way. Do not spend too much time considering your answer. Your first impression is usually the best.

ILLNESS COGNITION QUESTIONNAIRE

To what extent do you agree with the following statements?

	not at all	some- what	to a large extent	completely
1. Because of my illness I miss the things I like to do most.	1	2	3	4
2. I can handle the problems related to my illness.	1	2	3	4
3. I have learned to live with my illness.	1	2	3	4
4. Dealing with my illness has made me a stronger person.	1	2	3	4
5. My illness controls my life.	1	2	3	4
6. I have learned a great deal from my illness.	1	2	3	4
7. My illness makes me feel useless at times.	1	2	3	4
8. My illness had made life more precious to me.	1	2	3	4
9. My illness prevents me from doing what I would really like to do.	1	2	3	4
10. I have learned to accept the limitations imposed by my illness.	1	2	3	4
11. Looking back, I can see that my illness has also brought about some positive changes in my life.	1	2	3	4
12. My illness limits me in everything that is important to me.	1	2	3	4
13. I can accept my illness well.	1	2	3	4
14. I think I can handle the problems related to my illness, even if the illness gets worse.	1	2	3	4
15. My illness frequently makes me feel helpless.	1	2	3	4
16. My illness has helped me realize what's important in life.	1	2	3	4
17. I can cope effectively with my illness.	1	2	3	4
18. My illness has taught me to enjoy the moment more.	1	2	3	4

Scoring procedure for the ILLNESS COGNITION QUESTIONNAIRE (ICQ)

The following items have to be added together to obtain the scale scores:

Helplessness	item 1, 5, 7, 9, 12, 15
Acceptance	item 2, 3, 10, 13, 14, 17
Perceived benefits	item 4, 6, 8, 11, 16, 18