

APPENDIX A: Sense of Coherence Scale (Antonovsky, 1987)

(Note: participants were given questionnaires with a larger font than shown here.)

Please CIRCLE the number which best expresses your answer. Each question has 7 possible answers, with number 1 and 7 as extreme answers. Please answer every question and give only one answer per question. Some of the questions are very similar but you should still answer all of them.

1. When you talk to people do you have the feeling that they don't understand you?								
Never have this feeling.	1	2	3	4	5	6	7	Always have this feeling.

2. When you have to do something which depends on co-operation with others, do you have the feeling that it:								
Surely won't get done.	1	2	3	4	5	6	7	Surely will get done.

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?								
You feel that they're strangers.	1	2	3	4	5	6	7	You know them very well.

4. Do you have the feeling that you don't really care about what goes on around you?								
Very seldom or never.	1	2	3	4	5	6	7	Very often.

5. Are you surprised by the behaviour of people whom you thought you knew well?								
Never.	1	2	3	4	5	6	7	Always.

6. Has it happened that people whom you counted on have disappointed you?								
Never happened.	1	2	3	4	5	6	7	Always happens.

7. Life is:								
Full of interest.	1	2	3	4	5	6	7	Completely routine.

8. Until now your life has had:								
No clear goals or purpose at all.	1	2	3	4	5	6	7	Very clear goals and purpose.

9. Do you have the feeling that you are being treated unfairly?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

10. In the past ten years your life has been:								
Full of changes without your knowing what will happen next.	1	2	3	4	5	6	7	Completely consistent and clear.

11. Most of the things that you do in future will probably be:								
Completely fascinating.	1	2	3	4	5	6	7	Deadly boring.

12. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

13. What best describes how you see life:								
One can always find a solution to painful things in life.	1	2	3	4	5	6	7	There is no solution to painful things in life.

14. When you think about life, you very often:								
Feel how good it is to be alive.	1	2	3	4	5	6	7	Ask yourself why you exist at all.

15. When you face a difficult problem the choice of a solution is:								
Always confusing and hard to find.	1	2	3	4	5	6	7	Always completely clear.

16. Doing things you do every day is:								
A source of deep pleasure and satisfaction.	1	2	3	4	5	6	7	A source of pain and boredom.

17. Your life in the future will probably be:								
Full of changes without your knowing what will happen next.	1	2	3	4	5	6	7	Completely consistent and clear.

18. When something unpleasant happens your tendency is:								
"To beat yourself up" about it.	1	2	3	4	5	6	7	To say "ok, that's that. I have to live with it", and go on.

19. Do you have very mixed up feelings and ideas?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

20. When you do something that gives you a good feeling:								
It's certain that you'll go on feeling good.	1	2	3	4	5	6	7	It's certain that something will happen to spoil the feeling.

21. Does it happen that you have feelings inside which you would rather not feel?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

22. You anticipate that your personal life in future will be:								
Totally without meaning or purpose.	1	2	3	4	5	6	7	Full of meaning and purpose.

23. Do you think that there will always be people whom you'll be able to count on in the future?								
You're certain there will be.	1	2	3	4	5	6	7	You doubt there will be.

24. Does it happen that you have the feeling that you don't know exactly what's about to happen?								
Very often	1	2	3	4	5	6	7	Very seldom or never

25. Many people – even those with a strong character – sometimes feel like losers in certain situations. How often do you feel this way?								
Never	1	2	3	4	5	6	7	Very often

26. When something happened, have you generally found that:								
You overestimated or underestimated its importance.	1	2	3	4	5	6	7	You saw things in the correct proportion.

27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:								
You will always succeed in overcoming the difficulties.	1	2	3	4	5	6	7	You won't succeed in overcoming the difficulties.

28. How often do you have the feeling that there's little meaning in the things you do in your daily life?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

29. How often do you have feelings that you're not sure you can keep under control?								
Very often.	1	2	3	4	5	6	7	Very seldom or never.

END OF THE ORIGINAL SCALE
ITEMS FROM THIS POINT WERE ADDED ON FOR THE CURRENT RESEARCH

30. How well do you understand the culture, behaviour and conversations of the people around you?								
You understand them very well.	1	2	3	4	5	6	7	You are often confused by these things.

31. When some event happens in your life, usually								
You think it is more important or less important than it really is.	1	2	3	4	5	6	7	You immediately see it clearly for what it is.

32. In the next ten years, you expect that your life will be:								
Full of changes without your knowing what will happen next.	1	2	3	4	5	6	7	Completely under your own control.

33. Do you often change your main goals and objectives in life?								
You very seldom or never change your main life goals.	1	2	3	4	5	6	7	You often change your goals, and often feel the need to find your true purpose in life.

34. How often do you feel frustrated, sad, annoyed or angry because you do not have the ability to do something that you would like to do?								
Very often feel this way.	1	2	3	4	5	6	7	Seldom or never feel this way.

35. Are you in control of your thoughts, moods, behaviour and feelings?								
You are always in full in control of yourself.	1	2	3	4	5	6	7	You often feel you are going to lose control of yourself.

36. When you think of difficulties you are likely to face in important aspects of your life, you have the feeling that:								
The people around you will always help you to cope.	1	2	3	4	5	6	7	You will never have enough help from other people.

37. Do you feel you are living the kind of life you want to have?								
Your life is definitely not the way you want it to be.	1	2	3	4	5	6	7	You feel that your life is about as perfect as possible.

38. Your memory is:								
Excellent—you always remember things easily.	1	2	3	4	5	6	7	Very bad—you often forget things like appointments or where you put something.

39. Do you feel that the people around you don't understand your culture and language?								
Very often feel this way.	1	2	3	4	5	6	7	Seldom or never feel this way.

40. Do you enjoy thinking of new solutions to problems, or doing things in new and unusual ways?								
You prefer to do things the way they are usually done.	1	2	3	4	5	6	7	You often think of new ideas, or do unusual things.

41. When unexpected problems happen, you:								
Always handle them very well.	1	2	3	4	5	6	7	Always handle them very badly.

42. When you very much want to learn something that is new and very difficult to learn, you:								
Keep on trying, no matter how much time and effort it takes to learn it.	1	2	3	4	5	6	7	Give up fairly soon and move onto something that is more within your abilities.

43. Do you feel that you can change what happens to you tomorrow by what you do today?								
You are sure you can.	1	2	3	4	5	6	7	In the long run, it doesn't make much difference whatever you do.

44. How often do you daydream about finding a new identity and a new place to live?								
You often dream about this.	1	2	3	4	5	6	7	You never dream about this.

45. Do you find it difficult to solve problems, make plans, learn new things, or make decisions?								
These things are very difficult for you.	1	2	3	4	5	6	7	These things are quite easy for you.