

Sense Making Scale

PsycTESTS Citation:

Pakenham, K. I. (2007). Sense Making Scale [Database record]. Retrieved from PsycTESTS. doi: 10.1037/t00525-000

Test Shown: Full

Test Format:

The Sense Making Scale has 38 questions; items are rated on a 5-point scale (1 = strongly disagree to 5 = strongly agree).

Source:

Pakenham, Kenneth I. (2007). Making sense of multiple sclerosis. *Rehabilitation Psychology*, Vol 52(4), 380-389. doi: 10.1037/0090-5550.52.4.380

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Sense Making Scale

Items

1. Redefined Life Purpose

- 37 MS has given me new opportunities.
- 15 MS has opened new doors.
- 42 MS has added nothing to my life.
- 54 I have new life goals because of MS.
- 58 MS has helped me find purpose in life.
- 21 There is nothing positive about having MS.
- 46 My MS is an opportunity for personal growth.
- 18 I have new roles because of MS.
- 26 MS has been like a teacher to me.
- 31 Because of my MS, my relationships are stronger.
- 19 Getting MS was a wake-up call to make changes in my life.

2. Spiritual Perspective

- 53 My MS is part of God's plan/will for me.
- 38 Our lives are mapped out from birth.
- 16 I was chosen to have MS.
- 13 Everything happens for a reason, including my MS.
- 39 I got MS so I could grow spiritually/in my faith.
- 52 My getting MS was destiny or fate.
- 33 I got MS for a purpose.
- 17 I see my MS as a "test."

3. Causal Attributions

- 56 My MS was caused by genes and by environmental factors.
- 27 My MS was inherited.
- 29 My getting MS was partly due to my personal problems.
- 28 Stress contributed to the development of my MS.
- 49 My MS was caused by toxins in the environment.
- 32 My lifestyle caused my MS.
- 9 Certain personality characteristics caused my MS.

4. Changed Values and Priorities

- 7 The value I place on relationships has changed.
- 4 MS has given me a different view on life.
- 23 MS has changed my view on what is important in life.
- 30 MS has given me a greater understanding of suffering.
- 5 Because of MS, my relationships have changed.
- 3 MS has given me greater understanding of others.

Sense Making ScaleItems

5. Acceptance

- | | |
|----|---|
| 35 | It is not the MS that is important; it is how I manage it that's important. |
| 50 | I accept that I have MS and get on with life. |
| 47 | I could be a lot worse off than I am. |
| 24 | I have MS, but I focus on the positive. |

6. Luck

- | | |
|----|---|
| 51 | Getting MS was just the "luck of the draw." |
| 14 | My getting MS was just bad luck. |
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