Impact of Cancer (Zebrack)

1 2 3 4 5

Strongly Disagree Disagree Neutral Agree Strongly Agree

1. I learned something about life because of having had cancer.
2. Having had cancer makes me feel unsure about my future.
3. I worry about my future.
4. I am afraid to die.
5. I feel like time in my life is running out.
6. Having had cancer has made me realize that time is precious.
7. Having had cancer has strengthened my religious faith or my sense of spirituality.
8. I do not take my body for granted since the cancer.
9. Having had cancer has made me more concerned about my health.
10. I am more aware of physical problems or changes in my body since having had cancer.
11. I worry about my health.
12. I worry about the cancer coming back or about getting another cancer.
13. New symptoms (aches, pains, getting sick or the flu) make me worry about the cancer coming back.
14. I am concerned that my energy has not returned to what it was before I had cancer.
15. I am bothered that my body cannot do what it could before having had cancer.
16. I worry about how my body looks.
17. I feel disfigured.
18. I sometimes wear clothing to cover up parts of my body I don’t want others to see.
19. Having had cancer has made me take better care of myself (my health).
20. Having to pay attention to my physical health interferes with my life.
21. I feel a sense of pride or accomplishment from surviving cancer..
22. I learned something about myself because of having had cancer.
23. I am angry about having had cancer.
24. I feel guilty for somehow being responsible for getting cancer.
25. I feel that I am a role model to other people with cancer.
26. Having had cancer has made me feel old.
27. I feel guilty today for not having been available to my family when I had cancer.
28. Having had cancer has been the most difficult experience in my life.
29. I wonder why I got cancer.
30. It is important for me to know why I got cancer.
31. Having had cancer turned into a reason to make changes in my life.
32. Because of cancer I have become better about expressing what I want.
33. Because of cancer I have more confidence in myself.
34. Having had cancer has given me direction in life.
35. I place a higher value on my relationships with family or friends than I did before having had cancer.
36. I feel a special bond with people with cancer.
37. Because I had cancer I am more understanding of what other people may feel when they are seriously ill.
38. Having had cancer has made me more willing to help others.
39. I feel that I should give something back to others because I survived cancer.
40. Having had cancer keeps me from doing activities I enjoy (examples: travel, socializing, recreation, time with family).
41. On-going cancer-related or treatment-related symptoms (for example bladder or bowel control, lymphedema, hair loss, scars, infertility, premature menopause, lack of energy, impotence/sexual problems, aches, pain or physical discomfort) interfere with my life.