Sense Making Scale (5-point, 1=strongly disagree to 5=strongly agree)

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| *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. | |
| *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. | |