APPENDIX-5
SPECIMEN COPY
(LOCALLY ADAPTED)
COPING CONCERNS CHECKLIST*
J.L. Devlen, 1984

[The data was collected by the researcher in a face-to-face structured interview session according to the items included in the test.]

Initially, the interviewer should ask general questions about hospitalisation, treatment, and general day to day activities. Next, go on to ask if there are any problems which the person has been facing, physical, emotional or personal. If these are present explore these problems first and rate them as given below. Later, elicit other problems or concerns, uniformly as follows. At each step check whether the person can cope or bear talking about the problems. If not, the interview may be terminated appropriately.

I would now like to ask you about specific problems you may have been worrying about.

(Please use of the following codes for each concern:

DEGREE OF CONCERN
0  Not a worry
1  Slight worry
2  Moderate worry
3  Very worried
4  Extremely worried
8  Don’t know)

1. Have you been worrying about your current illness? If yes, explore:
   (How worried have you been about it?)
   (Is there anything you can do or tell yourself when you worry?)
   (Does that affect how much you worry at all?)

2. Have you been worrying about how you are feeling physically?

3. Have you been worrying about your treatment? If yes, explore.

4. Have you been worrying about feeling upset/distressed? If yes, explore.

5. Have you been worrying about not being able to do the things you used to? If yes, explore.

6. Have you been worrying about the future? If yes, explore.

7. Have you been worrying about your job? If yes, explore.

8. Have you been worrying about your finances? If yes, explore.
9. Have you been worrying about your relationship with your partner? (The focus should be on interpersonal relations and mutual adjustment following illness.) If yes, explore.

10. Have you been worrying about your relationship with others? (The focus should be on interpersonal relations and mutual adjustment following illness.) If yes, explore.

11. Have you been worrying about how you look or appear after the onset of the disease or the treatment and has it caused any disfigurement? If yes, explore.

12. Have you been worrying about the support you are getting? If yes, explore.

13. Have you been worrying about your sexual performance or activity? (Check whether the patient is willing to talk about such issues at present, or later, or not at all.) If yes, explore.

14. Have you been worrying about the interference in your social activities? If yes, explore.

15. Have you been worrying about your self esteem? If yes, explore.

16. Have you been worrying about your level of energy and vitality? If yes, explore.

17. Have you been worrying about your dependence on others? If yes, explore.

18. Have you been worrying about your pain? If yes, explore.

19. Have you been worrying about the control of your cancer? If yes, explore.

20. Have you been worrying about recurrence or relapse of your cancer? If yes, explore.

21. Have you been worrying about disturbance in your sleep? If yes, explore.

22. Have you been worrying about any other thing? If yes, explore.

23. Have you been worrying about any other concerns which are related as the effects of your treatment or your cancer? If yes, explore another specific 4 or 5 concerns from the above disease related checklist.

May I now summarise what I understand to be your key worries/problems, which of these concerns you most? and next?
APPENDIX-5
(Contd.)

COPING STRATEGY (Rate the most frequently used)

01 Constructive Action
02 Talking to others: Professionals
03 Talking to others: Family and Friends
04 Talking to others: Other patients
05 Adaptation/Accommodation
06 Distractive action
07 Situational avoidance
08 Emotion/Tension reduction
09 Acceptance/Tolerance resignation
10 Temporary acceptance
11 Trying to accept
12 Conditional sacrifice
13 Optimism
14 Rationalised optimism
15 Conviction
16 Self-confidence/Fighting spirit
17 Rationalisation/Searching for meaning
18 Confidence in medical care
19 Though displacement
20 Postponement of worry
21 Decision not to worry
22 Helplessness
23 Fatalism
24 Wishful thinking/Hopefulness
25 Self-instruction
26 Future orientation
27 Relative appraisal
28 Find something favourable
29 Religion
30 Taking life one day at a time
31 No action taken
32 Unclassifiable
88 Don't know
99 Not applicable

RESOLUTION

0 Total resolution
1 Some resolution
2 No resolution
8 Don't know
9 Not applicable
**PROFORMA FOR RECORDING CONCERNS**

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<thead>
<tr>
<th>CONCERNS</th>
<th>DEGREE</th>
<th>COPING</th>
<th>RESOLUTION</th>
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<tbody>
<tr>
<td>1. CURRENT ILLNESS</td>
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<td>2. SUBJECTIVE PHYSICAL HEALTH</td>
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<td>3. TREATMENT</td>
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<td>4. FEELING UPSET OR DISTRESSED</td>
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<td>5. NOT BEING ABLE TO DO THINGS</td>
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<td>6. THE FUTURE</td>
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<td>9. RELATIONSHIP WITH PARTNER</td>
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<td>10. RELATIONSHIP WITH OTHERS</td>
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<td>11. BODY IMAGE OR DISFIGUREMENT</td>
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<td>12. SUPPORT FROM FAMILY, OTHERS</td>
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<td>13. SEXUAL ROLE AND PERFORMANCE</td>
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<td>14. Interference in social activity</td>
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<td>15. Self esteem</td>
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<td>16. Energy and vitality</td>
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<td>17. Dependence on others</td>
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<td>18. Pain</td>
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<td>19. Cancer control</td>
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<td>20. Recurrence or relapse</td>
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<td>21. Sleep</td>
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<td>22. Any other concern</td>
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