Instructions:

This questionnaire contains many things that a person might do during and after cancer treatment. We are interested in how confident you are that you can do those things. Make sure your ratings accurately reflect your confidence whether or not you have done it in the past. So, your ratings reflect your confidence that you can do these things now (or in the future).

Please read each numbered item. Then rate that item on how confident you are that you can accomplish that behavior. Circle a number on the scale. If you circle a “1” you would be stating that you are not at all confident that you can accomplish that behavior. If you circle a “9” you would be stating that you are totally confident that you can accomplish that behavior. Numbers in the middle of the scale indicate that you are moderately confident that you can accomplish that behavior.

Please rate all items. If you are not sure about an item, please rate it as best you can.

1. Maintaining independence

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

2. Maintaining a positive attitude

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

3. Maintaining a sense of humor

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

4. Expressing negative feelings about cancer

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

5. Using denial

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

6. Maintaining work activity

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

7. Remaining relaxed throughout treatments and not allowing scary thoughts to upset me

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

8. Actively participating in treatment decisions

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

9. Asking physicians questions

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

10. Seeking consolation

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

11. Sharing feelings of concerns

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

12. Managing nausea and vomiting

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

13. Coping with physical changes

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

14. Remaining relaxed while waiting at least one hour for my appointment

 \_1 Not at all confident \_2 \_3 \_4 \_5 Moderately Confident \_6 \_7 \_8 \_9 Totally Confident

*Refrain from providing the following information to participants:*

Notes:

Scoring for the CBI Brief Form: The CBI Brief From is intended to be used as a one-dimensional scale. Total score is calculated using the sum of ratings for the 14 items.

Reference:

Heitzmann CA, Merluzzi TV, Jean-Pierre P, Roscoe JA, Kirsh KL, Passik SD. Assessing self-efficacy for coping with cancer: development and psychometric analysis of the brief version of the Cancer Behavior Inventory (CBI-B). Psychooncology. 2011 Mar;20(3):302-12 (PubMed abstract)