

CANCER BEHAVIOR INVENTORY (CBI-L V3)

This survey 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. Be sure your ratings are about your confidence even if you have not done it in the past. So, your ratings are about your confidence that you can do these things now or in the near future.

Please read each item. Then rate that item on how confident you are that you can do that behavior. Circle a number on the scale. If you circle a "9" you are totally confident that you can do that behavior. If you circle a "1" you are not at all confident that you can do that behavior. Numbers in the middle mean that you are somewhat confident that you can do that behavior. Be sure your ratings reflect your confidence even if you have not done it in the past.

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

1. Maintaining independence	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
2. Maintaining a positive attitude	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
3. Accepting that I have cancer	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
4. Maintaining activities (work, home, hobbies, social)	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
5. Asking nurses questions	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
6. Trying to be calm throughout treatments and not allowing scary thoughts to upset me	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
7. Seeking support from people & groups outside the family	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7
8. Maintaining a daily routine	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5 6	TOTALLY CONFIDENT 7

9. Asking my health care professionals questions	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
10. Using spiritual/religious beliefs as a source of coping	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
11. Putting things out of my mind at times	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
12. Trying to be calm while receiving treatment (chemotherapy, radiation)	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
13. Coping with physical changes	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
14. Learning to “let things go” at times	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
15. Actively participating in treatment decisions	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
16. Using spirituality/religion to give my life meaning	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
17. Sharing my worries or concerns with others	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
18. Maintaining hope using spirituality/religion	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT
19. Keeping busy with activities	NOT AT ALL CONFIDENT 1 2	MODERATELY CONFIDENT 3 4 5	6 7 TOTALLY CONFIDENT

20. Maintaining a sense of humor	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
21. Accepting physical changes or limitations caused by cancer treatment	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
22. Seeking social support	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
23. Maintaining hope	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
24. Using spiritual/religious beliefs to understand my reasons for living/survival	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
25. Asking physicians questions	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
26. Coping with aches and pain	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7
27. Managing nausea and vomiting (whether or not I have had these problems in the past)	NOT AT ALL CONFIDENT	MODERATELY CONFIDENT	TOTALLY CONFIDENT
	1 2	3 4 5	6 7