

肿瘤患者特质心理韧性量表

指导语：请指出从上个月以来，您对以下陈述的同意程度。如果有些特殊情境并未发生，则回答如果真的发生了您的感受会是怎样。请在最能描述你的感觉的数字上，打√。

编号	条目	从不	很少	有时	经常	总是
1	我有明确的人生目标	1	2	3	4	5
2	我为曾经的成就而感到自豪	1	2	3	4	5
3	在生病、受伤之后，我很容易就能恢复过来	1	2	3	4	5
4	在遇到情绪痛苦、沮丧之后，我很容易能够走出来	1	2	3	4	5
5	我能够适应环境(生活、工作)的变化	1	2	3	4	5
6	我能对生命中所发生的事做决定	1	2	3	4	5
	当你面对肿瘤这个疾病，					
7	我试着去看它好的一面	1	2	3	4	5
8	它教我去适应一些不能改变的事情	1	2	3	4	5
9	我开始更加关注自己的家庭与亲人	1	2	3	4	5
10	我变得更容易接受一些事情	1	2	3	4	5
11	我变得更能够体谅别人	1	2	3	4	5
12	我有办法对付各种副反应（恶心、呕吐、疼痛等）	1	2	3	4	5
13	我的家人们都会支持我的决定	1	2	3	4	5
14	我和病友、医护人员建立了良好的关系	1	2	3	4	5
15	在心情忧郁、沮丧的时候，我能找到缓解的方法	1	2	3	4	5
16	我可以专心于自己的爱好（太极拳、慢跑、爬山等）	1	2	3	4	5
	当你面对肿瘤这个疾病，					
17	我相信自己的病情会好转	1	2	3	4	5
18	我还有许多未了的心愿等着我去完成	1	2	3	4	5
19	我相信大难不死，必有后福	1	2	3	4	5
20	我会对生活中的好人好事给予很高的评价	1	2	3	4	5
21	我发觉有一个强有力的目标在指引我前进	1	2	3	4	5
22	我能感受到生活的乐趣	1	2	3	4	5
23	我觉得每个人都应为他自己的生命负责	1	2	3	4	5
24	我觉得人不能碌碌无为,应当有所追求	1	2	3	4	5
25	我能接受“人终有一死”这个事实	1	2	3	4	5

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Resilience Scale Specific for Cancer (RS-SC)

Instructions: Please read the items below and indicate how often you agree with these statements over the last 4 weeks. If some specific situations did not occur, imagine about how you would feel if it had happened. There are no right or wrong answers and please circle on the number which most closely described your feelings.

Item	Content	Never	Seldom	Sometimes	Often	Always
1	Have a clear goal in my life	1	2	3	4	5
2	Proud of my achievements	1	2	3	4	5
3	Tend to bounce back after illness or injuries	1	2	3	4	5
4	Can handle emotional distress	1	2	3	4	5
5	Can adapt to changes in my surroundings	1	2	3	4	5
6	Able to control my life	1	2	3	4	5
	When you are faced by cancer,					
7	Try to see the good side	1	2	3	4	5
8	Adapt to things cannot be changed	1	2	3	4	5
9	Pay more attention to family	1	2	3	4	5
10	Accept things more easily	1	2	3	4	5
11	Show more empathy for others	1	2	3	4	5
12	Able to handle side effects of treatment	1	2	3	4	5
13	Family will support my decisions	1	2	3	4	5
14	Establish good relationship with other patients, nurses and physicians	1	2	3	4	5
15	Can relieve emotional distress in my own way	1	2	3	4	5
16	Keep doing my hobbies	1	2	3	4	5
	When you are faced by cancer,					
17	Cancer can be cured	1	2	3	4	5
18	Still have many plans for my life	1	2	3	4	5
19	I believe that good fortune will come after surviving a disaster	1	2	3	4	5
20	Praise for good deeds	1	2	3	4	5
21	Have a strong sense of purpose for life	1	2	3	4	5
22	Feel the happiness in my life	1	2	3	4	5
23	Everyone should take responsibility for their own life	1	2	3	4	5
24	Everyone should pursue something good during life	1	2	3	4	5
25	I can accept that all people are mortal	1	2	3	4	5