

Helpless/Hopeless and Fighting Spirit Scales

Instructions to complete assessment: A number of statements are given below which describe people's feeling of hope. Please mark with a '√' or an 'x' your answer to each statement that indicates how far it applies to you at the present. For example, if the statement definitely does not apply to you then you should answer '1'.

DATE COMPLETED: __ - __ - __				
	1	2	3	4
	Definitely does not apply to me	Does not apply to me	Applies to me	Definitely applies to me
I see my illness as a challenge				
I feel like giving up				
I feel completely at a loss about what to do				
I try to fight the illness				
I can't handle it				
I am not hopeful about the future				
I feel there is nothing I can do to help myself				
I think it is the end of the world				
I am very optimistic				
I feel that life is hopeless				
I can't cope				
I am determined to fight this disease				

From Watson M, Law M, dos Santos M, Greer S, Baruch J, Bliss J. The mini-mac: Further development of the mental adjustment to cancer scale. *Journal of Psychosocial Oncology* 1994; 12(3): 33-46.

Instructions to interpret assessment: Add up all of your answers. If your score is less than 25, you should discuss your answers with your health professional.