

F.O.R. QUESTIONNAIRE

PATIENT VERSION

INSTRUCTIONS:

The following 22 questions are designed to find out what you think about some health-related matters. There are no “right” or “wrong” answers; this is not a test but rather a questionnaire asking for your opinion.

Work at a fairly high speed through this questionnaire, and do not be concerned about whether or not your answers are consistent. It is your first impression that is desired. On the other hand, please do not be careless as it is your true impression that we want.

F.O.R. Patient Version

CHECK THE ANSWER WHICH BEST TYPIFIES YOUR RESPONSE TO THE STATEMENT

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I think about my health often.					
2. I am bothered by the uncertainty of my health status.					
3. I think more about my health now than before my illness was diagnosed.					
4. I have no physical concerns at this time.					
5. I worry no more about my health than other people worry about their health.					
6. I feel there is little need to worry about my future health status.					
7. I always take my health into consideration when making future plans.					
8. Compared to other persons who have this illness, I feel that I worry less than they do about health concerns.					
9. My future health status is not a major concern of mine.					
10. I sometimes find myself preoccupied with my physical condition.					
11. Just prior to regularly scheduled exams, my uneasiness about my health increases.					
12. I think no more about my health presently than I did before my illness was diagnosed.					
13. I am not bothered by uncertainty regarding my health status.					
14. I would like to feel more certain about my health.					
15. I seldom think about my health.					
16. Because of my physical health, my future is of concern to me.					
17. I do not worry about my illness returning.					
18. When I think about my future health status, I feel some uneasiness.					
19. Minor aches and pains remind me of my illness.					
20. I feel optimistic as I focus on my future.					
21. I am concerned that the difficulties with my illness may not be over.					
22. I do not feel anxious about my future when I read articles about my illness.					