

# ILLNESS COGNITION QUESTIONNAIRE

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## Instructions

On the next page is a list of statements by people with a long-term illness. Please indicate the extent to which you agree with them by circling one of the answers following the statement. An example is provided below.

## Example

If you agree with the statement below to **a large extent**, circle **3**:

	not at all	some- what	to a large extent	completely
I have learned to live with my illness.	1	2	3	4

Work through the entire list of statements in this way. Do not spend too much time considering your answer. Your first impression is usually the best.

# ILLNESS COGNITION QUESTIONNAIRE

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**To what extent do you agree with the following statements?**

	<b>not at all</b>	<b>some- what</b>	<b>to a large extent</b>	<b>completely</b>
1. Because of my illness I miss the things I like to do most.	1	2	3	4
2. I can handle the problems related to my illness.	1	2	3	4
3. I have learned to live with my illness.	1	2	3	4
4. Dealing with my illness has made me a stronger person.	1	2	3	4
5. My illness controls my life.	1	2	3	4
6. I have learned a great deal from my illness.	1	2	3	4
7. My illness makes me feel useless at times.	1	2	3	4
8. My illness had made life more precious to me.	1	2	3	4
9. My illness prevents me from doing what I would really like to do.	1	2	3	4
10. I have learned to accept the limitations imposed by my illness.	1	2	3	4
11. Looking back, I can see that my illness has also brought about some positive changes in my life.	1	2	3	4
12. My illness limits me in everything that is important to me.	1	2	3	4
13. I can accept my illness well.	1	2	3	4
14. I think I can handle the problems related to my illness, even if the illness gets worse.	1	2	3	4
15. My illness frequently makes me feel helpless.	1	2	3	4
16. My illness has helped me realize what's important in life.	1	2	3	4
17. I can cope effectively with my illness.	1	2	3	4
18. My illness has taught me to enjoy the moment more.	1	2	3	4

## **Scoring procedure for the ILLNESS COGNITION QUESTIONNAIRE (ICQ)**

The following items have to be added together to obtain the scale scores:

<b>Helplessness</b>	item 1, 5, 7, 9, 12, 15
<b>Acceptance</b>	item 2, 3, 10, 13, 14, 17
<b>Perceived benefits</b>	item 4, 6, 8, 11, 16, 18