

## The Brief Illness Perception Questionnaire

For the following questions, please circle the number that best corresponds to your views:

<p><b>How much does your illness affect your life?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>no affect at all <span style="float: right;">severely affects my life</span></p>
<p><b>How long do you think your illness will continue?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>a very short time <span style="float: right;">forever</span></p>
<p><b>How much control do you feel you have over your illness?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>absolutely no control <span style="float: right;">extreme amount of control</span></p>
<p><b>How much do you think your treatment can help your illness?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>not at all <span style="float: right;">extremely helpful</span></p>
<p><b>How much do you experience symptoms from your illness?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>no symptoms at all <span style="float: right;">many severe symptoms</span></p>
<p><b>How concerned are you about your illness?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>not at all concerned <span style="float: right;">extremely concerned</span></p>
<p><b>How well do you feel you understand your illness?</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>don't understand at all <span style="float: right;">understand very clearly</span></p>
<p><b>How much does your illness affect you emotionally? (e.g. does it make you angry, scared, upset or depressed?)</b></p> <p style="text-align: center;">0    1    2    3    4    5    6    7    8    9    10</p> <p>not at all affected emotionally <span style="float: right;">extremely affected emotionally</span></p>
<p><b>Please list in rank-order the three most important factors that you believe caused <u>your illness</u>. <i>The most important causes for me:-</i></b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>