

Stroke Cognitions Questionnaire Revised

Below are listed some statements that stroke patients have made. Please indicate how often you have had each thought in the past month by circling the appropriate category. Some of them may not apply to your situation. If this is the case and you have never had the thought then simply circle the word 'Never.' Some of them are very negative. Not all people experience such negative thoughts, but we would like to know whether you have.

1) 'I have lots to look forward to'

Often Sometimes Rarely Never

2) 'I still get a sense of satisfaction and achievement from life'

Often Sometimes Rarely Never

3) 'I feel inadequate and helpless'

Often Sometimes Rarely Never

4) 'I still have motivation and interest in things I used to enjoy'

Often Sometimes Rarely Never

5) 'I get irritated easily'

Often Sometimes Rarely Never

6) 'I feel a burden to others'

Often Sometimes Rarely Never

7) 'I'm optimistic about the future'

Often Sometimes Rarely Never

8) 'I'm frustrated about not being able to do the things I want to'

Often Sometimes Rarely Never

9) 'I wonder what the point of living like this is'

Often Sometimes Rarely Never

10) 'I'm accepting my limitations and disabilities'

Often Sometimes Rarely Never

11) 'There's no point in doing things if I can't do them as well as before'

Often Sometimes Rarely Never

12) 'I'm no good at anything'

Often Sometimes Rarely Never

13) 'I feel I'm in control of my life'

Often Sometimes Rarely Never

14) 'I feel alone and unwanted'

Often Sometimes Rarely Never

15) 'I feel like a failure'

Often Sometimes Rarely Never

16) 'I feel I have a lot left to give'

Often Sometimes Rarely Never

17) 'I have lost confidence in myself'

Often Sometimes Rarely Never

18) 'I dwell on what I'm unable to achieve'

Often Sometimes Rarely Never

19) 'There's lots to be happy about'

Often Sometimes Rarely Never

20) 'I can't be bothered to do anything'

Often Sometimes Rarely Never

21) 'I feel I am coping'

Often Sometimes Rarely Never