

## **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