

## *Fear of Cancer Recurrence Inventory*

Most people who have been diagnosed with cancer are worried, to varying degrees, that there might be a recurrence of the cancer. **By recurrence, we mean the possibility that the cancer could return or progress in the same place or in another part of the body.** This questionnaire aims to better understand the experience of worries about cancer recurrence. Please read each statement and indicate to what degree it applied to you **DURING THE PAST MONTH** by circling the appropriate number.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Never	Rarely	Sometimes	Most of the time	All the time

**The following situations make me think about the possibility of cancer recurrence:**

1. Television shows or newspaper articles about cancer or illness .....	0	1	2	3	4
2. An appointment with my doctor or other health professional .....	0	1	2	3	4
3. Medical examinations (e.g. annual check-up, blood tests, X-rays) .....	0	1	2	3	4
4. Conversations about cancer or illness in general .....	0	1	2	3	4
5. Seeing or hearing about someone who is ill .....	0	1	2	3	4
6. Going to a funeral or reading the obituary section of the paper .....	0	1	2	3	4
7. When I feel unwell physically or when I am sick .....	0	1	2	3	4
8. Generally, I avoid situations or things that make me think about the possibility of cancer recurrence .....	0	1	2	3	4

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Not at all	A little	Somewhat	A lot	A great deal

9. I am worried or anxious about the possibility of cancer recurrence .....	0	1	2	3	4
10. I am afraid of cancer recurrence .....	0	1	2	3	4
11. I believe it is normal to be worried or anxious about the possibility of cancer recurrence .....	0	1	2	3	4
12. When I think about the possibility of cancer recurrence, this triggers other unpleasant thoughts or images (such as death, suffering, the consequences for my family) .....	0	1	2	3	4
13. I believe that I am cured and that the cancer will not come back .....	0	1	2	3	4

14. In your opinion, are you at risk of having a cancer recurrence?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Not at all at risk	A little at risk	Somewhat at risk	A lot at risk	A great deal at risk

15. How often do you think about the possibility of cancer recurrence?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Never	A few times a month	A few times a week	A few times a day	Several times a day

16. How much time per day do you spend thinking about the possibility of cancer recurrence?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
I don't think about it	A few seconds	A few minutes	A few hours	Several hours

17. How long have you been thinking about the possibility of cancer recurrence?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
I don't think about it	A few weeks	A few months	A few years	Several years

0	1	2	3	4
Not at all	A little	Somewhat	A lot	A great deal

**When I think about the possibility of cancer recurrence, I feel:**

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 18. Worry, fear or anxiety .....                    | 0 | 1 | 2 | 3 | 4 |
| 19. Sadness, discouragement or disappointment ..... | 0 | 1 | 2 | 3 | 4 |
| 20. Frustration, anger or outrage .....             | 0 | 1 | 2 | 3 | 4 |
| 21. Helplessness or resignation .....               | 0 | 1 | 2 | 3 | 4 |

**My thoughts or fears about the possibility of cancer recurrence disrupt:**

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 22. My social or leisure activities (e.g. outings, sports, travel) .....    | 0 | 1 | 2 | 3 | 4 |
| 23. My work or everyday activities .....                                    | 0 | 1 | 2 | 3 | 4 |
| 24. My relationships with my partner, my family, or those close to me ..... | 0 | 1 | 2 | 3 | 4 |
| 25. My ability to make future plans or set life goals .....                 | 0 | 1 | 2 | 3 | 4 |
| 26. My state of mind or my mood .....                                       | 0 | 1 | 2 | 3 | 4 |
| 27. My quality of life in general .....                                     | 0 | 1 | 2 | 3 | 4 |

0	1	2	3	4
Not at all	A little	Somewhat	A lot	A great deal

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 28. I feel that I worry excessively about the possibility of cancer recurrence .....   | 0 | 1 | 2 | 3 | 4 |
| 29. Other people think that I worry excessively about the possibility of cancer recurrence .....                                     | 0 | 1 | 2 | 3 | 4 |
| 30. I think that I worry more about the possibility of cancer recurrence than other people who have been diagnosed with cancer ..... | 0 | 1 | 2 | 3 | 4 |

0	1	2	3	4
Never	Rarely	Sometimes	Most of the time	All the time

**When I think about the possibility of cancer recurrence, I use the following strategies to reassure myself:**

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 31. I call my doctor or other health professional .....                                       | 0 | 1 | 2 | 3 | 4 |
| 32. I go to the hospital or clinic for an examination .....                                   | 0 | 1 | 2 | 3 | 4 |
| 33. I examine myself to see if I have any physical signs of cancer .....                      | 0 | 1 | 2 | 3 | 4 |
| 34. I try to distract myself (e.g. do various activities, watch television, read, work) ..... | 0 | 1 | 2 | 3 | 4 |
| 35. I try not to think about it, to get the idea out of my mind .....                         | 0 | 1 | 2 | 3 | 4 |
| 36. I pray, meditate or do relaxation .....   | 0 | 1 | 2 | 3 | 4 |
| 37. I try to convince myself that everything will be fine or I think positively .....         | 0 | 1 | 2 | 3 | 4 |
| 38. I talk to someone about it .....  | 0 | 1 | 2 | 3 | 4 |
| 39. I try to understand what is happening and deal with it .....                              | 0 | 1 | 2 | 3 | 4 |
| 40. I try to find a solution .....  | 0 | 1 | 2 | 3 | 4 |
| 41. I try to replace this thought with a more pleasant one .....                              | 0 | 1 | 2 | 3 | 4 |
| 42. I tell myself "stop it" .....   | 0 | 1 | 2 | 3 | 4 |
| Do you feel reassured when you use these strategies? .....                                    | 0 | 1 | 2 | 3 | 4 |