Chronic health and mental health conditions can have profound effects on our lives. This scale was designed to assess how your health or mental health condition has affected your life.

Listed below are 5 statements describing different thoughts and feelings that you may experience when you think about your health or mental health condition. Using the following scale, please indicate the degree to which you have these thoughts and feelings when you think about your health or mental health condition.

<table>
<thead>
<tr>
<th>0 – never</th>
<th>1 – sometimes</th>
<th>2 – often</th>
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1. [ ] Most people don’t understand how severe my condition is.
2. [ ] My life will never be the same.
3. [ ] No one should have to live this way.
4. [ ] I can’t believe this has happened to me.
5. [ ] Nothing will ever make up for all that I have gone through.

...Total