

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.

0	1	2	3	4
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

0	1	2	3	4
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?

0	1	2	3	4
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?

0	1	2	3	4
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?

0	1	2	3	4
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?

0	1	2	3	4
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