

## SELF-ASSESSMENT QUESTIONNAIRE FOR FAMILY AND CAREGIVERS

The following questionnaire may help you as a family member or caregiver to determine whether you might benefit from professional counselling.

1. *I feel anxious or worried about my loved one's cancer diagnosis/treatment.*

Not at all   1   2   3   4   5   All the time

2. *I feel depressed or discouraged.*

Not at all   1   2   3   4   5   All the time

3. *I have been irritable or unusually angry and I have not controlled it well.*

Not at all   1   2   3   4   5   All the time

4. *My sleeping habits have changed.*

Not at all   1   2   3   4   5   Very much

5. *I have experienced a change in my appetite.*

Not at all   1   2   3   4   5   Very much

6. *I have had difficulty concentrating at work, home or school, or on routine things such as reading the newspaper or watching television.*

Not at all   1   2   3   4   5   Very much

7. *My loved one's diagnosis/treatment interferes with my daily activities.*

Not at all   1   2   3   4   5   Very much

8. *My loved one's diagnosis/ treatment interferes with my family or social life.*

Not at all   1   2   3   4   5   Very much

9. *My loved one's diagnosis/ treatment interferes with sexual life.*

Not at all   1   2   3   4   5   Very much

10. *My loved one's diagnosis has caused financial hardship to our family.*

Not at all   1   2   3   4   5   Very much

11. I have difficulty keeping up with my caregiving activities.

Not at all   1   2   3   4   5   Very much

12. I have difficulty coping with the stress that the entire family is experiencing.

Not at all   1   2   3   4   5   Very much

**Everyone experiences some of these symptoms, to varying degrees, part of the time. If you find that many of your answers are in columns four or five, and you are having difficulty dealing with your situation on your own, you may be experiencing significant distress. Please do not hesitate to discuss your feelings with a psychosocial oncology counsellor.**

*Based on tools developed by the Tom Baker Cancer Centre Department of Psychosocial Resources and Northwestern Ontario Regional Cancer Centre Supportive Care Program, with permission (partly derived from the Functional Living Index: Cancer and from the EORTC Core Quality of Life Questionnaire).*