

STORI-30

The following questionnaire asks about how you feel about your life and yourself since the illness. Some of the questions are about times when you don't feel so good. Others ask about times when you feel pretty good about life.

If you find some of the questions upsetting, and you need to talk to someone – please take a break and talk to your support person.

The questions are in groups of five.

Read all five questions in a group, and then answer those five questions.

Circle the number from 0 to 5 to show how much each statement is true of you now.

Then move on to the next group.

When you choose your answer, think about **how you feel now**, not how you have felt some time in the past. For example:

Q.18 says: I am *just starting* to realise that I *can* still be a valuable person.

Q.19 says: I'm *starting* to feel that I am making a valuable contribution to life.

If you now feel that you are making a valuable contribution to life, you would give a higher score to Q.19 than you would to Q.18, which says you are *just starting* to realise you can still be a valuable person..

The questions are about how you feel about your life *on the whole* these days.

Try not to let things that might be affecting your mood just at the moment affect your answers.

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Read all 5 questions in Group 1 then answer those five questions.

Circle the number from 0 to 5 that shows how much each statement is true of you *now*.

Then move on to Group 2, and so on.

When you choose your answer, think about *how you feel now*, not how you have felt in the past.

Group 1 <i>Read questions 1 – 5 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
1	I feel my life has been ruined by this illness.	0	1	2	3	4	5
2	I want to start learning how to cope with the illness.	0	1	2	3	4	5
3	I am just starting to work towards getting my life back on track	0	1	2	3	4	5
4	I am working on important projects that give me a sense of purpose in life.	0	1	2	3	4	5
5	My life is really good now, and the future looks bright.	0	1	2	3	4	5

Group 2 <i>Read questions 6 – 10 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
6	I feel like I'm nothing but a sick person now.	0	1	2	3	4	5
7	Because others believe in me, I've just started to think maybe I can get better.	0	1	2	3	4	5
8	I am starting to figure out what I am good at and what my weaknesses are.	0	1	2	3	4	5
9	These days I am working on some things in life that are personally important to me.	0	1	2	3	4	5
10	I am accomplishing worthwhile and satisfying things in my life.	0	1	2	3	4	5

Group 3 <i>Read questions 11 – 15 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
11	I feel as though I don't know who I am any more.	0	1	2	3	4	5
12	I've just begun to accept the illness as part of my life I'll have to learn to live with.	0	1	2	3	4	5
13	I am starting to think about what my special qualities are.	0	1	2	3	4	5
14	I am learning new things about myself as I work towards recovery.	0	1	2	3	4	5
15	I am happy with who I am as a person.	0	1	2	3	4	5

Group 4 <i>Read questions 16 - 20 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
16	My life seems completely pointless now.	0	1	2	3	4	5
17	I am just starting to think maybe I <i>can</i> do something with my life.	0	1	2	3	4	5
18	I am just starting to realise that I <i>can</i> still be a valuable person.	0	1	2	3	4	5
19	I'm starting to feel that I am making a valuable contribution to life.	0	1	2	3	4	5
20	I look forward to facing new challenges in life	0	1	2	3	4	5

Group 5 <i>Read questions 21 - 25 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
21	I can't do anything about my situation.	0	1	2	3	4	5
22	I want to start learning how to look after myself properly.	0	1	2	3	4	5
23	I am starting to feel more confident about learning to live with the illness.	0	1	2	3	4	5
24	In having to deal with illness, I am learning a lot about life.	0	1	2	3	4	5
25	I can manage the illness well now.	0	1	2	3	4	5

Group 6 <i>Read questions 26 - 30 and then circle your answer for each statement</i>		<i>Not at all true now</i>			<i>Completely true now</i>		
26	I don't seem to have any control over my life now.	0	1	2	3	4	5
27	I'm starting to think I could do something to help myself.	0	1	2	3	4	5
28	I am beginning to learn about mental illness and how I can help myself.	0	1	2	3	4	5
29	I am working hard at staying well, and it will be worth it in the long run.	0	1	2	3	4	5
30	I am in control of my own life.	0	1	2	3	4	5

Thank you for completing the STORI-30

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