

S I S R

PART A

People who are told they have a serious illness can feel differently about life with the illness at different times. Below are five statements describing how people may feel at times when living with a mental illness.

Please read **all five** statements (A-E) before answering the question that follows.

- A) “I don’t think people can recover from mental illness. I feel that my life is out of my control, and there is nothing I can do to help myself.”
- B) “I have just *recently* realised that people can recover from serious mental illness. I am *just starting* to think it may be possible for me to help myself.”
- C) “I am *starting* to learn how I can overcome the illness. I’ve decided I’m going to start getting on with my life.”
- D) “I can manage the illness reasonably well now. I am doing OK, and feel fairly positive about the future.”
- E) “I feel I am in control of my health and my life now. I am doing very well and the future looks bright.”

Of the five statements above, which one would you say ***most closely*** describes how you have been feeling over the **past month** about life with the illness? Tick the box next to that statement.

Andresen, R, Caputi, P & Oades, L (2010). Do clinical outcome measures assess consumer-defined recovery? *Psychiatry Research*, 177, 309-317.

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PART B

Below are four statements about how people can feel about aspects of their lives. For the **past month**, how much would you agree with each statement? Please circle the appropriate number.

1) I am confident that I will find ways to attain my goals in life.

Disagree Strongly	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Agree Strongly
1	2	3	4	5	6

2) I know who I am as a person, and what things in life are important to me.

Disagree Strongly	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Agree Strongly
1	2	3	4	5	6

3) The things I do in my life are meaningful and valuable.

Disagree Strongly	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Agree Strongly
1	2	3	4	5	6

4) I am completely responsible for my own life and wellbeing.

Disagree Strongly	Disagree Somewhat	Disagree Slightly	Agree Slightly	Agree Somewhat	Agree Strongly
1	2	3	4	5	6