

STORI

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 a friend or 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.43 says “I am beginning to learn about mental illness and how I can help myself.”

Q.44 says “I now feel reasonably confident about managing the illness.”

If you are now fairly confident about managing the illness, you would give a higher score to Q.44 than you would to Q.43, which says you are just *beginning* to learn.

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>Not at all true now</i>				<i>Completely true now</i>
1 I don't think people with a mental illness can get better.	0	1	2	3	4 5
2 I've <i>only recently</i> found out that people with a mental illness <i>can</i> get better.	0	1	2	3	4 5
3 I am <i>starting</i> to learn how I can help myself get better.	0	1	2	3	4 5
4 I am working hard at staying well, and it will be worth it in the long run.	0	1	2	3	4 5
5 I have a sense of "inner peace" about life with the illness now.	0	1	2	3	4 5

Group 2	<i>Not at all true now</i>				<i>Completely true now</i>
6 I feel my life has been ruined by this illness.	0	1	2	3	4 5
7 I'm <i>just starting</i> to realise my life doesn't have to be awful forever.	0	1	2	3	4 5
8 I have <i>recently</i> started to learn from people who are living well in spite of serious illness.	0	1	2	3	4 5
9 I'm starting to feel <i>fairly</i> confident about getting my life back on track.	0	1	2	3	4 5
10 My life is really good now, and the future looks bright.	0	1	2	3	4 5

Group 3	<i>Not at all true now</i>				<i>Completely true now</i>
11 I feel like I'm nothing but a sick person now.	0	1	2	3	4 5
12 Because others believe in me, I've <i>just started</i> to think maybe I can get better.	0	1	2	3	4 5
13 I am <i>just beginning</i> to realise that illness doesn't change who I am as a person.	0	1	2	3	4 5
14 I am <i>now beginning</i> to accept the illness as part of the <i>whole person</i> that is me.	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>Not at all true now</i>			<i>Completely true now</i>		
16	I feel as though I don't know who I am any more.	0	1	2	3	4	5
17	I have recently begun to recognise a part of me that is not affected by the illness.	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 am learning new things about myself as I work towards recovery.	0	1	2	3	4	5
20	I think that working to overcome the illness has made me a better person.	0	1	2	3	4	5

Group 5		<i>Not at all true now</i>			<i>Completely true now</i>		
21	I'll never be the person I thought I would be.	0	1	2	3	4	5
22	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
23	I am starting to figure out what I am good at and what my weaknesses are.	0	1	2	3	4	5
24	I'm starting to feel that I am making a valuable contribution to life.	0	1	2	3	4	5
25	I am accomplishing worthwhile and satisfying things in my life.	0	1	2	3	4	5

Group 6		<i>Not at all true now</i>			<i>Completely true now</i>		
26	I am angry that this had to happen to <i>me</i> .	0	1	2	3	4	5
27	I'm just starting to wonder if some good could come out of this.	0	1	2	3	4	5
28	I am starting to think about what my special qualities are.	0	1	2	3	4	5
29	In having to deal with illness, I am learning a lot about life.	0	1	2	3	4	5
30	In overcoming the illness I have gained new values in life.	0	1	2	3	4	5

Group 7		<i>Not at all true now</i>			<i>Completely true now</i>		
31	My life seems completely pointless now.	0	1	2	3	4	5
32	I am just starting to think maybe I <i>can</i> do something with my life.	0	1	2	3	4	5
33	I am trying to think of ways I might be able to contribute in life.	0	1	2	3	4	5
34	These days I am working on some things in life that are personally important to me.	0	1	2	3	4	5
35	I am working on important projects that give me a sense of purpose in life.	0	1	2	3	4	5

Group 8		<i>Not at all true now</i>			<i>Completely true now</i>		
36	I can't do anything about my situation.	0	1	2	3	4	5
37	I'm starting to think I could do something to help myself.	0	1	2	3	4	5
38	I am starting to feel more confident about learning to live with the illness.	0	1	2	3	4	5
39	Sometimes there are setbacks, but I come back and keep trying.	0	1	2	3	4	5
40	I look forward to facing new challenges in life.	0	1	2	3	4	5

Group 9		<i>Not at all true now</i>			<i>Completely true now</i>		
41	Others know better than I do what's good for me.	0	1	2	3	4	5
42	I want to start learning how to look after myself properly.	0	1	2	3	4	5
43	I am beginning to learn about mental illness and how I can help myself.	0	1	2	3	4	5
44	I now feel reasonably confident about managing the illness.	0	1	2	3	4	5
45	I can manage the illness well now.	0	1	2	3	4	5

Group 10		<i>Not at all true now</i>			<i>Completely true now</i>		
46	I don't seem to have any control over my life now.	0	1	2	3	4	5
47	I want to start learning how to cope with the illness.	0	1	2	3	4	5
48	I am just starting to work towards getting my life back on track	0	1	2	3	4	5
49	I am beginning to feel responsible for my own life.	0	1	2	3	4	5
50	I am in control of my own life.	0	1	2	3	4	5

Thank you for completing the "STORI"

For more information about the STORI, please visit our website <http://socialsciences.uow.edu.au/iimh/stori/index.html>

Reference: Andresen R, Caputi P and Oades L (2006). The Stages of Recovery Instrument: Development of a measure of recovery from serious mental illness. *Australian and New Zealand Journal of Psychiatry* 2006; 40:972-980