

Spinal Cord Lesion Coping Strategies Questionnaire (SCL-CS)

Adapted from Elfstrom ML et al. Linkages between coping and psychological outcome in the spinal cord lesioned: development of SCL-related measures, *Spinal Cord*, 40:23-29, 2002; Appendix and

Elfstrom ML et al. Condition-related coping strategies in persons with spinal cord lesion: a cross-national validation of the Spinal Cord Lesion-related Coping Strategies Questionnaire in four community samples. *Spinal Cord*, 45: 420-428, 2007; Appendix. Used with permission from Nature Publishing.

Each item is rated on a 4-point Likert-type scale ranging from 1-4:

- 1) Strongly agree
- 2) Agree
- 3) Disagree
- 4) Strongly disagree.

Mean values are computed such that total scores range from 1 to 4.

Items:

Acceptance

I have been able to see my lesion in relation to other things in life.

I think I have accepted my lesion.

My lesion has made me learn to appreciate new things in life I did not think about before.

What I have lost physically, I have gained in so many other ways.

Fighting spirit

I try to make the best of life despite the lesion.^[1]_{SEP}

I refuse to let the lesion rule my life.

I always try to manage on my own as much as possible.

It is important for me to set goals that I can fight to achieve.

I always look out for new ways to make life easier.

Social reliance

My lesion has taught me that we are all dependent upon others.

I would feel completely helpless without support from others.

You have to believe that other people are able to help you.

SCL-CSQ Worksheet:

Patient Name: _____

Date: _____

Each item is rated on a 4-point Likert-type scale ranging from 1) Strongly agree to 4) Strongly disagree.

Item:	Rating (1-4):
Acceptance	----
I have been able to see my lesion in relation to other things in life.	
I think I have accepted my lesion.	
My lesion has made me learn to appreciate new things in life I did not think about before.	
What I have lost physically, I have gained in so many other ways.	
Acceptance domain score (averaged; range 1-4):	
Fighting spirit	----
I try to make the best of life despite the lesion. ^[1] _{SEP}	
I refuse to let the lesion rule my life.	
I always try to manage on my own as much as possible.	
It is important for me to set goals that I can fight to achieve.	
I always try to look out for new ways to make life easier.	
Fighting Spirit domain score (averaged; range 1-4):	
Social reliance	----
My lesion has taught me that we are all dependent upon others.	
I would feel completely helpless without support from others.	
You have to believe that other people are able to help you.	
Social Reliance domain score (averaged; range 1-4):	