

Spinal Cord Lesion Emotional Wellbeing Questionnaire (SCL-EWB)

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 and Kreuter M. Relationships between locus of control, coping strategies and emotional wellbeing in persons with spinal cord lesion. Journal of Clinical Psychology in Medical Settings, 13(1): 93-104, 2006; Appendix A. 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.

Items:

Helplessness

I often feel at a loss without really knowing what to do.

It often feels like I have no control over my life.^[1]_[SEP]

I often feel isolated - that others do not understand my situation.

I often feel inferior to people who are not injured.

^[1]_[SEP]I often feel anxious about how my injury might influence my life in the future.

Sometimes I feel like I am ashamed about my lesion.

Intrusion

I will probably never get over feeling bitter that it had to happen to just me.^[1]_[SEP]

I often ask myself why I was injured.

My accident feels like an undeserved punishment.

Personal growth

My injury has somehow made me more humble.

I believe the accident has made me more mature.

Since my injury, I feel better about myself.

SCL-EWB 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):
Helplessness	----
I often feel at a loss without really knowing what to do.	
It often feels like I have no control over my life.	
I often feel isolated - that others do not understand my situation.	
I often feel inferior to people who are not injured.	
I often feel anxious about how my injury might influence my life in the future.	
Sometimes I feel like I am ashamed about my lesion.	
Helplessness domain score (averaged; range 1-4):	
Intrusion	----
I will probably never get over feeling bitter that it had to happen to just me.	
I often ask myself why I was injured.	
My accident feels like an undeserved punishment.	
Intrusion domain score (averaged; range 1-4):	
Personal Growth	----
My injury has somehow made me more humble.	
I believe the accident has made me more mature.	
Since my injury, I feel better about myself.	
Personal Growth domain score (averaged; range 1-4):	