Cognitive Adaptation Index

1. **self-esteem** (Rosenberg, 1965)

2. **mastery** (Pearlin & Schooler, 1978)

3. **optimism** (LOT; Scheier & Carver, 1985)

4. **illness-specific optimism**

   *adapted from the LOT*

   I have a positive attitude about my recovering from this heart problem.

   I am optimistic about my recovery.

   I do not count on a smooth recovery. R

   Although the future course of my heart problem is uncertain, I expect the best.

   I expect something to go wrong with my recovery.  R

   I do not expect things to go my way in recovering from this illness.  R

5. **denial of impact** (Havik & Maeland, 1986)

   It takes more than a heart problem to make me fall apart.

   I don’t spend much time thinking about the possibility of a new heart problem.

6. **self-efficacy**

   Step 1: As patients to identify ways that they can control their heart disease.

   Step 2: To what extent are you able to [fill in the answer from step 1]?

   not at all  1  2  3  4  5  a lot

   repeat for three responses

   1-3 are dispositional measures

   4-6 are situation-specific measures