

BENEFIT-FINDING SCALE

Primary Reference: Tomich and Helgeson (2004a)

* = included in benefit-finding scale in that publication.

Bold items are those retained in more recent versions of the scale and recommended by authors.

| | 2002 | 2004a | 2004b | 2005/2006 |
|---|------|-------|-------|-----------|
| Having had breast cancer: | | | | |
| 1. has showed me that all people need to be loved. | | * | * | |
| 2. has made me more sensitive to family issues. | * | * | * | * |
| 3. has led me to be more accepting of things. | * | * | * | * |
| 4. has taught me that everyone has a purpose in life. | | * | * | |
| 8. has made us more in charge of ourselves as a family. | | * | * | |
| 10. has made me more aware and concerned for the future of humankind | | * | * | |
| 11. has taught me how to adjust to things I cannot change. | * | * | * | * |
| 12. has given my family a sense of continuity, a sense of history. | | * | * | |
| 14. has made me a more responsible person. | * | * | * | * |
| 15. has made me realize the importance of planning for my family's future. | * | * | * | * |
| 16. has given my life better structure. | | * | * | |
| 17. has brought my family closer together. | * | * | * | * |
| 18. has made me more productive. | * | * | * | * |
| 19. has helped me take things as they come. | * | * | * | * |
| 21. has helped me to budget my time better. | * | * | * | * |
| 22. has made me more grateful for each day. | * | * | * | * |
| 23. has taught me to be patient. | * | * | * | * |
| 25. has taught me to control my temper. | * | * | * | * |
| 26. has renewed my interest in participating in different activities. | * | * | | * |
| 30. has led me to cope better with stress and problems. | * | * | * | * |

religion (often excluded because small number of items with unique content)

| | | | | |
|--|---|--|---|--|
| 6. has confirmed my faith in God. | * | | * | |
| 9. has encouraged me to attend religious services more frequently. | * | | * | |

social contact (developed largely for the intervention trial)

| | | | | |
|--|--|--|--|--|
| 5. has expanded my social contact with other women who have had breast cancer. | | | | |
| 7. has led me to have a larger circle of friends. | | | | |
| 13. has led me to meet people who have become some of my best friends. | | | | |
| 24. has put me on common ground with other women who have had breast cancer. | | | | |

job items (not used in publications because of women who did not work outside the home)

| | | | | |
|---|--|--|--|--|
| 20. has made me more realistic about my job. | | | | |
| 27. has given me a new perspective on my job. | | | | |
| 28. has inspired me to improve my job skills. | | | | |
| 29. has been an advantage to my career. | | | | |

Tomich, P. L., & Helgeson, V. S. (2002). Five years later: A cross-sectional comparison of breast cancer survivors with healthy women. *Psycho-Oncology*, 11, 154-169.

18 of 30 original items were administered at 5-year follow-up.

16-item version of scale reported.

Factor analysis of the 18 items produced two scales:

1. Personal growth (9 items: 2, 9, 14, 15, 17, 18, 21, 25, 26)

(alpha = .89 cancer; alpha = .86 controls)

2. Acceptance (7 items: 3, 6, 11, 19, 22, 23, 30)

(alpha = .88 cancer; alpha = .87 controls)

Excluded 2 job-related items (20, 27), because they loaded on 3rd factor.

Tomich, P. L., & Helgeson, V. S. (2004a). Is finding something good is the bad always good? Benefit finding among women with breast cancer. *Health Psychology*, 23, 16-23.

30 original items were administered at baseline.

20-item version of scale reported (alpha = .95).

Excluded religion (2 items), because small number of items were distinct from other items.

Excluded job (4 items), because 10% of women were not working.

Excluded social contact (4 items), because not all women were in intervention.

Helgeson, V. S., Snyder, P. R., & Seltman, H. (2004b). Psychological and physical adjustment to breast cancer over 4 years: Identifying distinct trajectories of change. *Health Psychology*, 23, 3-15.

30 original items were administered at baseline.

21-item version of scale reported (alpha = .95).

Excluded job item (4 items), social contact items (4 items), and Item #26.

Tomich, P. L., Helgeson, V. S., & Vache, E. J. N. (2005). Perceived growth and decline following breast cancer? A comparison to age-matched controls 5-years later. *Psycho-Oncology*, 14, 1018-1029.

18 of 30 original items were administered at 5-year follow-up.

14-item version of scale reported (alpha = .93 cancer; alpha = .92 controls).

Same scale as 2002 article, but omitted 2 religion items.

Tomich, P. L., & Helgeson, V. S. (2006). Breast cancer recurrence and cognitive adaptation theory: Are there limits? *Journal of Consulting and Clinical Psychology*, 74, 980-987.

18 of 30 original items were administered at 5-year follow-up.

14-item version of scale reported (alpha = .92 at baseline, .93 at follow-up).

Same scale as 2005 article.