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