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.

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.

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.


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.


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.


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.


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.