(107) Chinese version of C-PIH HK: Coping Scale

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Please circle the number that most closely fits your answer | Not very well | Poorly | Somewhat poorly  | Slightly poorly  | Average  | Slightly well | Fairly well  | Well  | Very well |
| 1. | I manage the effect of my health condition(s) on my physical activity (i.e., walking, household tasks) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 2. | I manage the effect of my health condition(s) on how I feel (i.e., my emotions and spiritual well-being) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 3. | I manage the effect of my health condition(s) on my social life (i.e., how I mix with other people) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 4. | Overall, I manage to live a healthy life (e.g., no smoking, moderate alcohol, healthy food, regular physical activity, manage stress) | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |