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| (62) | Chronic illness self-management: Self-stigma |

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|  | Self-stigma |
|  | Please select your situation in the past month | Never or rarely | Seldom | Average | Quite often | Very often |
| 1. | Feeling embarrassed in social situations because of your illness | 1 | 2 | 3 | 4 | 5 |
| 2. | Feeling different from others because of your illness | 1 | 2 | 3 | 4 | 5 |
| 3. | Feeling worried about being a burden to others because of your illness | 1 | 2 | 3 | 4 | 5 |
| 4. | Feeling alienated from others because of your illness | 1 | 2 | 3 | 4 | 5 |
| 5 | Feeling worried about what others think of you because of your illness | 1 | 2 | 3 | 4 | 5 |
| 6 | Avoiding making friends in order to avoid telling others about your illness | 1 | 2 | 3 | 4 | 5 |
| 7 | Feeling puzzled by the symptoms of your illness | 1 | 2 | 3 | 4 | 5 |