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| (62) | Chronic illness self-management: Coping with stigma |

How often could you adopt the following strategies to handle others’ stigmatization of your illness in the past month?

(If you have no experience of stigmatization, please imagine that you are in those situations to answer the following questions.)

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|  | Coping with stigma | | | | | |
|  | Please select your situation in the past month | Never or rarely | Seldom | Average | Quite often | Very often |
| 1. | You can avoid feeling sad | 1 | 2 | 3 | 4 | 5 |
| 2. | You can stop unpleasant thoughts and avoid frustrating yourself | 1 | 2 | 3 | 4 | 5 |
| 3. | You can plan how to improve the situation and take action | 1 | 2 | 3 | 4 | 5 |
| 4. | You can reflect on what can be changed and what cannot be changed | 1 | 2 | 3 | 4 | 5 |
| 5 | You can seek emotional support from your friends and family | 1 | 2 | 3 | 4 | 5 |