

## **The functioning in the chronic illness scale (FCIS)**

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Please, refer to each question by choosing (encircling) the answer which best reflects your opinion. There are no wrong answers – all answers are relevant as long as they are true.

### **Part 1 – The impact of illness on the patient**

Patient's subjective assessment of the impact of illness on his / her life.

*Maximal score – illness does not affect the patient's functioning*

*Minimal score – illness severely affects the patient's functioning*

1. My physical capacity is similar as prior to the illness.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

2. The illness limits my physical activity.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

3. Despite the illness I consider myself a whole-some person.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

4. I have been a burden to my family ever since the illness began.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

5. Despite the illness I feel OK.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

6. I feel worse than I felt before the illness.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

7. My life is the same as prior to the illness.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

8. My illness limits my social and family contacts.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

### **Part 2 – The patient's impact on the illness.**

Defining the patients' opinions on their impact on the course of illness.

*Maximal score – the patient believes to have signif- ican impact on the course of illness*

*Minimal score – the patient believes to have no impact on the course of illness*

1. My illness exclusively results from my neglect.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

2. My illness is not my fault.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

3. I am primarily responsible for my future well-/ill-being.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

4. Only doctors are responsible for my future well- /ill-being.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

5. Regular medication intake may be beneficial my health.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

6. Medications are more likely to be harmful than beneficial.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

7. Regular daily physical activity may be beneficial my health.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

8. Due to my illness, I should limit my physical activity to minimum and avoid even lightest exercise.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

### **Part 3 – The impact of illness on patient's attitude**

Defining the patient's attitude towards new circum- stances of life.

*Maximal score – the patient holds a very optimistic view for the future*

*Minimal score – the patient holds a very pessimistic view for the future*

1. My illness made me actively take care of my health.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

2. I feel helpless against my illness.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

3. I believe that my health can improve.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

4. I suppose that my illness will cause a gradual decline of my well-being.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

5. I actively think about steps to be undertaken in order to avoid a recurrence of my illness.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

6. The thought about my illness scares me.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

7. I maintain positive thinking about the future.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

8. I feel as if my illness took everything away from me.

*Definetely NOT (1); rather not (2); I do not know (3); rather yes (4); definitely YES (5)*

### Score interpretation (Part 1 + Part 2 + Part 3)

Score	Percentile levels
$\leq 78$	low level
79-93	medium level
$\geq 94$	high level

*Maximal score – good functioning in the illness*

*Minimal score – bad functioning in the illness*

### Score interpretation – Part 1: The impact of illness on the patient

Score	Percentile levels
$\leq 23$	low level
24-33	medium level
$\geq 34$	high level

*Maximal score – illness does not affect the patient's functioning*

*Minimal score – illness severely affects the patient's functioning*

### Score interpretation – Part 2: The patient's impact on the illness.

Score	Percentile levels
$\leq 24$	low level
25-29	medium level
$\geq 30$	high level

*Maximal score – the patient believes to have significant impact on the course of illness*

*Minimal score – the patient believes to have no impact on the course of illness*

### Score interpretation – Part 3: The impact of illness on patient's attitude

Score	Percentile levels
$\leq 27$	low level
28-33	medium level
$\geq 34$	high level

*Maximal score – the patient holds a very optimistic view for the future*

*Minimal score – the patient holds a very pessimistic view for the future*