

# Psychological assessment

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- Are there emotions that distress you enough to interfere with your daily functioning?
- Are you depressed or overly anxious?
  - Are you concerned about your ability to concentrate, your memory, or your sleep pattern?
  - How well do you maintain your professional, social and family roles?
- Are you concerned about your levels of:
  - Fear. Anxiety. Sadness. Despair. Hopelessness. Dealing with uncertainty. Guilt. Anger. Loneliness. Isolation. Meaninglessness?
- How do you identify what you're feeling? Do you share your feelings with others?
  - Do you think you have to keep a positive attitude all the time and not express negative feelings?
- Can you figure out what you need to resolve uncomfortable feelings?
  - How creative and/or committed are you to finding ways to meet these needs?
- Are you able to look at or talk about your own mortality?
  - How do you deal with feeling vulnerable?
  - How do you deal with fears of recurrence?
  - How well do you deal with cancer as a chronic illness rather than a "death sentence?"
- How strong is your social support system? Do you use it as often as you need?
- How robust is your stress reduction/coping system?
- Do you have a healthy or accepting image of your body as it is now?
  - Do you have the support you need to adjust to the changes in your body (e.g., lymphedema, colostomy, scars, breast reconstruction, fatigue, etc.)?

- Have you found ways to experience positive emotions?
  - Are you satisfied with your ability to experience joy, meaningfulness, contentment, calm?
  - Are you as productive as you wish to be on a regular basis?
- Overall, are you at ease with your life right now?