

Instrument Title: The Benefit Finding Scale for breast cancer  
Instrument Author: Carver, C. S.  
Cite instrument as: Carver, C. S.. (2013) . The Benefit Finding Scale for breast cancer . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## Benefit Finding

Cancer patients sometimes feel that having cancer makes contributions to their lives, as well as causing problems. Indicate how much you agree with each of the following, using these response options.

- 1 = Not at all
- 2 = A little
- 3 = Moderately
- 4 = Quite a bit
- 5 = Extremely

### Having had breast cancer ...

1. has led me to be more accepting of things.
2. has taught me how to adjust to things I cannot change.
3. has helped me take things as they come.
4. has brought my family closer together.
5. has made me more sensitive to family issues.
6. has taught me that everyone has a purpose in life.
7. has shown me that all people need to be loved.
8. has made me realize the importance of planning for my family's future.
9. has made me more aware and concerned for the future of all human beings.
10. has taught me to be patient.
11. has led me to deal better with stress and problems.
12. has led me to meet people who have become some of my best friends.
13. has contributed to my overall emotional and spiritual growth.
14. has helped me become more aware of the love and support available from other people.
15. has helped me realize who my real friends are.
16. has helped me become more focused on priorities, with a deeper sense of purpose in life.
17. has helped me become a stronger person, more able to cope effectively with future life challenges.