

### CARE Scale-7

Please select a number to indicate your response to each question below.

4 To an extreme degree

3 To a moderate degree

2 Somewhat

1 Slightly

0 Not at all

0 Not applicable

Response

Item

\_\_\_\_\_ (1) I tend to focus on taking care of others and think of myself last.

\_\_\_\_\_ (2) I tend to put other people's needs ahead of my own.

\_\_\_\_\_ (3) I have difficulty prioritizing my needs first.

\_\_\_\_\_ (4) I often find that I meet the expectations of others at the expense of myself.

\_\_\_\_\_ (5) I feel guilty about how my pain impacts my spouse/partner/children/dependents.

\_\_\_\_\_ (6) I worry a great deal about how my pain impacts my partner and/or family.

\_\_\_\_\_ (7) I worry that my pain will disconnect me from family and/or friends.

\_\_\_\_\_

Total

**Appendix 2:**

**CARE Scale scoring metric**

**Factor 1: Difficulty Prioritizing Self-Care**

$$\begin{array}{ccccccc} \underline{\hspace{1cm}} & \underline{\hspace{1cm}} & \underline{\hspace{1cm}} & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} \\ 1 & 2 & 3 & 4 & & \text{F1: SUM} \end{array}$$

**Factor 2: Relationship Guilt/Worry**

$$\begin{array}{ccccccc} \underline{\hspace{1cm}} & \underline{\hspace{1cm}} & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} \\ 5 & 6 & 7 & & \text{F2: SUM} \end{array}$$

**Total CARE Scale Score**

$$\begin{array}{ccccccc} \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} \\ \text{F1 SUM} & & \text{F2 SUM} & & \text{TOTAL SCORE} \end{array}$$