

CLINICAL INTERVIEW TO ASSESS PHASE OF ADJUSTMENT

This is a guide for providers to follow-up on the “Phases of adjustment to disease” questionnaire.

A. CRISIS PHASE QUESTIONS

1. Do you feel like you are in a crisis in your life now?
2. What is it like for you being in crisis? How well do you adjust to being in a crisis?
3. Are you used to being in a crisis in general? Is the feeling of crisis new to you or something you have experienced at other times in your life?
4. If you have been in other crisis before, how did you cope at that time? What made a difference?
5. Are there times when you do not feel like you are in a state of crisis? What is going on at that time? How are others acting at that time? What are you doing or what are you thinking so you do not feel like you are in a crisis? To get this positive situation again, what will you have to do again? What will you have to do again, to get your family members to do what you want so you are not in crisis? What would you be saying to yourself that would be different from when you feel like you are in a crisis?
6. Let us pretend that you wake up tomorrow and a miracle has occurred and you do not feel like you are in a crisis anymore, but you still have your disease and you still have to be treated for it. What will be different? How can you make this miracle happen? What could keep you from making this miracle happen?
7. What can you do to make this miracle happen just a little, say 20%? How could you make 50% of the miracle happen?
8. Is your family or anyone close to you in crisis because of your health problem? If so, how has their crisis affected you? Is it hard for you to manage when those close to you are in crisis? How would they have to change before you can ease your feeling of crisis? Do you feel guilty for causing them to be in crisis?
9. Who in particular would need to cope better before you can ease your crisis?
10. Are you fearful you will not be able to reach certain goals in your life now because of your disease? Are you afraid you will have to give up or forego certain dreams you have for your life?
11. How are you coping with treatment for your disease? Have you adjusted to the needs of treatment? Have you adjusted to the changes treatment has caused for you?
12. You may be finding that some duties you are not able to complete at this time. What do you say to yourself when you cannot complete your responsibilities, or meet other’s expectations for you?
13. You may find that you are limited from doing certain things now. How do you handle being limited? Is it hard for you and if so, how hard from zero to ten?

B. QUESTIONS FOR POST-CRISIS PHASE

1. Do you think your life is getting back to normal now? If so, how did you manage to take whatever steps you took to turn things around? What were you telling yourself that allowed you to stop feeling like you are in crisis?

2. What would “normal” be like for you?
3. What did you do to get yourself ready for a stable life again? How did you change your thinking or behavior to be able to resume a stable life?
4. Now that you have developed a stable life again and moved out of crisis, what does this say about you? What new picture do you have of yourself now that you have re-stabilized your life?
5. Did you like your normal life before you became sick?
6. Do you see any problems that could arise if your life goes back to normal and you resume your old routines?
7. Could going back to normal cause you to end treatment or not follow the doctor’s recommendations?
8. Do you like having things feel stable or in some way do you enjoy a state of crisis? Is there anything attractive about a time of crisis to you? Do you like a calm, orderly existence or do you find it boring and too uneventful?
9. In the past, when things settled down after a crisis, did you stop doing what you needed to do to avoid crisis again?
10. Have you been on a medical regimen in the past or been in recovery from some type of addiction? If so, did you follow your program or vary it or drop it after a while?
11. Are you the kind of person who is compliant with the medical regimen? Have you ever been described as headstrong or too independent?

C. QUESTIONS FOR ALIENATION PHASE

1. How do you like the person you have become since you got sick? Do you want to get rid of this new form of you? How much do you care about this new form of you? How much do you like or dislike yourself now that you have become sick?
2. How much has the disease taken over who you are as a person? How much of your basic essence (who you are as a person) has changed since you got this disease or started treatment?
3. Do you feel close to the person you are now or do you feel distant from who you are now?
4. Have there been changes in your relationships with others since you became sick? Are you closer or more distant to the significant people in your life now? Have you pulled away from others or have they pulled away from you?
5. If you are more distant from others, what is it like for you?
6. Are you a religious person in general? If so, has your participation in religious activities changed since you became sick? Do you still believe in God as much as you did before you became sick? Are you closer or do you feel more distant from religion and God since you became sick? Do you feel God has let you down? Do you think God has brought you this disease for some reason? Do you feel punished for something you have done? Do you blame God, fate, or fortune for your illness?
7. Things have gotten bad for you since your disease began. How come things are not worse? What are you doing to keep things from getting worse?
8. If you continue to feel alienated from your body (or from significant others in your life), what do you think will happen if things do not get better?
9. If that bad thing you just mentioned does happen, what will happen next, and then after that? What could make the smallest change to prevent those bad things from happening?

D. QUESTIONS FOR CONSOLIDATION AND SYNTHESIS PHASES

1. What is it like for you when you encounter a limitation in yourself? What do you say to yourself not to be overwhelmed by a limitation? When you cope with limitations, how are you thinking and acting?
2. If you have had to give up some or all of your old activities, how much do you think about them?

3. What will you need to do to find peace-of-mind in your new life (or in the life you still have left)?
4. How confident are you on a scale from 0 to 10 that you can find a meaningful life now as a medical patient? What would you have to do to make that meaningful life happen?
5. How much do you think you have changed, from 0 to 10 with 10 being total change, since you first became sick? How did you manage to make that change?
6. If you were to gaze into a crystal ball regarding your progress since you became sick, what would you see about your future six months from now, or a year from now? What kind of changes would we see in that crystal ball?
7. If we were to make a videotape of you after you learned the different coping skills to manage these negative feelings you have to contend with, what would be on that videotape? How would you and others be acting and doing with one another?