



UNC CFAR Social and Behavioral Science Research Core SABI Database

INSTRUMENT TITLE: *Psychological Adjustment to HIV infection (MAHIVS)*

SOURCE ARTICLE: Kelly, B., Raphael, B., Burrows, G., Judd, F., Kernutt, G., Burnett, P., et al. (2000). Measuring psychological adjustment to HIV infection. *The International Journal of Psychiatry in Medicine*, 30(1), 41-59.

RESPONSE OPTIONS: 4-point Likert scale from *Definitely does not apply to me* to *Definitely does apply to me*

SURVEY ITEMS:

Factor 1: Hopelessness

1. At the moment I take one day at a time.
2. Problems with my health prevent me planning ahead.
3. I suffer a great deal of anxiety about it.
4. I feel like giving up.
5. I am not very hopeful about the future.
6. I have plans for the future.
7. I feel that life is hopeless.
8. I feel I can't do anything to cheer myself up.
9. I try to carry on my life as I have always done.

Factor 2: Fighting Spirit/Self-Efficacy

10. I have been doing things that I believe will change my health, e.g. diet.
11. I firmly believe I will get better.
12. I have been doing things that I believe will improve my health, e.g. exercised.
13. I believe that my positive attitude will improve my health.
14. I try to fight the illness
15. I feel that there is nothing I can do to help myself.

Factor 3: Personal Control

TERMS OF USE:

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

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This instrument is an adaptation of the Mental Adjustment to Cancer Scale as described in: *Watson, M., Greer, S., Young, J., et al. (1998). Development of a questionnaire measure of adjustment to cancer: The MAC scale. Psychological Medicine, 18, 203-209.*

When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.



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16. I avoid finding out more about it.
17. I would like to make contact with others.
18. I am trying to get as much information as I can.
19. I've left it all to my doctors

Factor 4: Minimization

20. I've put myself in the hands of God.
21. I count my blessings.
22. I keep busy so that I don't have time to think about it.

Factor 5

23. I try to keep a sense of humor about it.
24. Other people worry about it more than I do.

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