

cancer, I feel pretty certain we could beat it.
1 2 3 4 5
Not at all A great deal

2. People in my family believe a high percentage of women in the family are destined to die from breast cancer.
1 2 3 4 5
Not at all A great deal

3. People in my family are fighters. To them, even a diagnosis of breast cancer would just represent another challenge.
1 2 3 4 5
Not at all true Very True

4. My family's attitude to problems is "How do we fix it?" If I, or someone in my family, developed cancer, they would pretty much take a problem-solving approach to overcoming the disease.
1 2 3 4 5
Not at all true Very True

5. If I, or someone in my family, developed breast cancer, I think a lot of people in the family would shrug and say, "It's the family fate."
1 2 3 4 5
Not at all true Very True

6. People in our family tend to believe that whether or not they get cancer is beyond their control.
1 2 3 4 5
Not at all true Very True

7. If I were to develop breast cancer, the person I would rely on most for assistance and emotional support would be:
a. husband b. daughter c. son d. sister
e. brother f. mother g. father h. woman friend
i. male friend j. doctor k. minister, priest, rabbi
l. other

8. People in our family tend to believe that whether or not they develop cancer is something they have a lot of control over.
1 2 3 4 5
Not at all true Very True

9. My spouse believes that with the right attitude cancer is often beatable.
1 2 3 4 5
Not at all true Very True

10. My spouse believe that cancer is always a fatal

disease.

1	2	3	4	5
Not at all	true			Very True

C. Family Attitudes Toward Genetic Screening, Testing

1. People in my family are interested in learning more about the possibility that genetic testing and screening some day will be able to tell us more about the genetic and familial basis for breast cancer.

1	2	3	4	5
Not at all				A great deal

2. In general, members of my family think genetic testing is a useful medical tool to increase our understanding of who is at risk for various types of cancer.

1	2	3	4	5
Not at all				A great deal

3. Genetic testing should be an essential component of screening people who have a high risk for different kinds of cancer.

1	2	3	4	5
Strongly Disagree				Strongly Agree

4. Most members of my family would be fearful of learning what genetic testing might reveal about themselves or close family members.

1	2	3	4	5
Not at all				A great deal

5. If genetic screening were available to give additional information about a person's risk for developing breast cancer, my family members would encourage me to take the test.

1	2	3	4	5
Not at all				A great deal

6. If genetic screening were available to give additional information about a person's risk for developing breast cancer, my husband would encourage me to take the test.

1	2	3	4	5
Not at all				A great deal

7. Most members of my family feel optimistic that genetic screening and testing one day will make a major contribution to our understanding of breast cancer.

1	2	3	4	5
Not at all				A great deal

8. People in my family feel that, even if a genetic test could help predict risk for breast cancer, it

wouldn't matter because there's not much you can do about it.

1 2 3 4 5
Not at all true Very true

9. People in my family tend to be suspicious of scientific technology like genetic testing and believe that a lot of times we're better off without it.

1 2 3 4 5
Not at all true Very True

10. I think a lot of people in my family would feel guilty if they found out they didn't have the gene for breast cancer and other family members did.

1 2 3 4 5
Not at all true Very true

II. Family Communications about Breast Cancer

1. I am able to talk with people in my current family (husband, children), about the possibility of someone in the family, including myself, contracting breast cancer

1 2 3 4 5
Not at all A great deal

2. I am able to talk with people in my family of origin (mother, father, sisters, brothers, aunts, uncles, cousins) about the possibility of someone in the family, including myself, contracting breast cancer.

1 2 3 4 5
Not at all A great deal

3. The family member with whom I can talk most openly about breast cancer is _____.

4. When I talk with someone in my family of origin about breast cancer, we tend to focus on the following:

1 2 3 4 5
Not at all A great deal

- _____ a. Identifying risk factors
- _____ b. Identifying family susceptibility
- _____ c. Genetic testing
- _____ d. Cancer prevention
- _____ e. Sharing feelings, seeking and giving support
- _____ f. Sharing information, resources
- _____ g. Current treatment options

III. Family Coping Style:

1. In trying to cope with the possibility of someone in the family developing breast cancer, members of my family do all of the following:

- a. I do not smoke or have stopped smoking
- b. I avoid direct sunlight as much as possible
- c. I try to reduce the amount of fat in my diet
- d. I exercise at least 3 times a week
- e. I regularly take vitamins that have anti-cancer properties
- f. I regularly take herbal and other natural remedies that have anti-cancer properties
- g. I am treated by an acupuncturist
- h. I have sessions with a spiritualist or astrologer
- i. I regularly pray or meditate
- j. I regularly engage in visualization exercises
- k. I read about breast and other types of cancer
- l. I attend educational seminars about breast cancer

2. My family encourages adult female relatives to do the following:

- a. Not to smoke or to stop smoking
- b. Avoid direct sunlight as much as possible
- c. Try to reduce the amount of fat in their diet
- d. Exercise at least 3 times a week
- e. Regularly take vitamins that have anti-cancer properties
- f. Regularly take herbal and other natural remedies that have anti-cancer properties
- g. Be treated by an acupuncturist
- h. have sessions with a spiritualist or astrologer
- i. Regularly pray or medicate
- j. Regularly engage in visualization exercises
- k. Read about breast and other types of cancers
- l. Attend educational seminars about breast and other types of cancer