

Do You Need Help for Cancer Stress?

Up to four in 10 cancer patients experience significant distress, such as sadness, hopelessness and fear, according to the American Cancer Society. That's understandable, given all the uncertainties—how your body might change, what toll treatment may take, how your loved ones will react. Fortunately, professional counseling can help. To find out whether you might benefit, take this quiz and share the results with your doctor.

NOTE: If many of your answers are 4s or 5s, consider counseling.

Over the past two weeks:

1. I've been worried or anxious about my cancer.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
2. I've felt depressed or discouraged.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
3. I've been irritable or unusually angry.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
4. I've been sleeping more or less than usual.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
5. I've been eating more or less than usual.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
6. Cancer has interfered with my daily activities.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
7. Cancer has put a damper on my social life.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
8. Cancer has affected my marriage.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
9. I've been worried about my appearance.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
10. I've had trouble coping with my stress.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*
11. I've been experiencing a physical, emotional or financial hardship.
Not at all | 1 | 2 | 3 | 4 | 5 | *All the time*

SOURCE: American Cancer Society