

Staying in the Circle of Life

Native Cancer Survivors Support Group

Session 1: Introduction & Social Support Pre-Assessment



PARTNERSHIPS
for **NATIVE HEALTH**

Thank you for participating in the Staying in the Circle of Life Native Cancer Survivors Support Group! This assessment is a way for us to find out what we are doing well and if there are areas in which we can improve. We want to provide the best resources to our partner communities and this is one way to keep us on track. We estimate that it will take 5-10 minutes to complete this assessment.

Do not write your name on the assessment. Your identity will be kept confidential. The data collected will be anonymous, and there will be no identifying information or names used in any written reports that result from this evaluation.

Your participation is voluntary. You may stop participating at any time during the process. Your services will not be affected by your participation or lack of participation.

If you have any questions during the assessment, please feel free to ask the facilitator for help.

Please take a moment to answer the following questions. For each, fill in the bubble next to the response that best describes how you feel.

1. Which of the following is not an example of social support?
 - When someone does or says something nice
 - When someone explains something you didn't know about
 - When someone asks you to fill out a medical form
 - When someone helps you with a daily task
 - When someone drives you to a doctor's appointment

2. Only family members can give social support.
 - True
 - False

3. Which of the following may improve through social support?
 - Your mood
 - Your feelings of control
 - Your self-image
 - Your ability to handle stress
 - All of the above

4. Which of the following statements is false?
 - Social support may increase energy levels
 - Spiritual leaders can be a source of social support
 - Social support may increase isolation
 - Social support can help you with cancer-related stress
 - None of the above

5. Social support may reduce emotional distress.
 - True
 - False

6. I feel confident that my social support network can help me handle cancer-related stress.
 - Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

Continue to next page =>

7. I feel confident that I have the skills to identify the types of support I need and do not have now.
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree