Now, we have some questions about your health.

## In the last month, how often have you:

	Very often	Fairly often	Sometimes	Almost never	Never	Prefer not to answer
Been upset because of something that happened unexpectedly?	0	0	0	0	0	0
Felt that you were unable to control the important things in your life?	0	0	0	0	0	0
Felt nervous and stressed?	0	0	0	0	0	0
Felt confident about your ability to handle your personal problems?	0	0	0	0	0	0
Felt that things were going your way?	0	0	0	0	0	0
Found that you could <b>not</b> deal with all the things that you had to do?	0	0	0	0	0	0
Been able to control irritations in your life?	0	0	0	0	0	0
Felt that you were on top of things?	0	0	0	0	0	0
Been angered because of things that happened that were outside of your control?	0	0	0	0	0	0
Felt difficulties were piling up so high that you could <b>not</b> overcome them?	0	0	0	0	0	0

\*p.5 of Coping with COVID through nature: Evidence from breast cancer patients and the output from the intake form