

### Mini-SeRvE scale

Please read the following statements and circle the appropriate number depending on how you have felt in this last week. There are no right or wrong answers.

**1 Disagree Strongly, 2 Disagree Somewhat, 3 Don't Know, 4 Agree Somewhat, 5 Agree Strongly**

Q1.	I have hope for the future	1	2	3	4	5
Q2.	I am upset by the stigma or shame of my problems	1	2	3	4	5
Q3.	I am confident I can cope with most things in life	1	2	3	4	5
Q4.	I feel agitated	1	2	3	4	5
Q5.	I feel a sense of meaning and purpose in life	1	2	3	4	5
Q6.	I can find or create something beautiful in life	1	2	3	4	5
Q7.	I feel other people are against me	1	2	3	4	5
Q8.	I can accept myself	1	2	3	4	5
Q9.	I have lost inner motivation	1	2	3	4	5
Q10.	I believe in my ability to overcome my problems	1	2	3	4	5
Q11.	I feel isolated or cut off from others	1	2	3	4	5

If you have any belief, **at all**, however small, in a higher power or force for good, (for example God), then please also complete the following statements.  
If not, then please just leave them blank.

Q12.	My faith/spiritual belief is helpful to me	1	2	3	4	5
Q13.	My faith/spiritual belief gives me difficult thoughts	1	2	3	4	5
Q14.	I find it helpful to attend religious services or do religious rituals	1	2	3	4	5
Q15.	I find it helpful to pray	1	2	3	4	5