Response: Please circle the number that reflects how you feel now:

1 = Not at all true

2 = Hardly true

3 = Moderately true

4 = Exactly true

	Statement	Score			
1	I can always manage to solve difficult problems if I try hard enough.	1	2	3	4
2	If someone opposes me, I can find the means and ways to get what I want.	1	2	3	4
3	It is easy for me to stick to my aims and accomplish my goals.	1	2	3	4
4	I am confident that I can walk for a good distance, at my own pace, despite it making me breathless.	1	2	3	4
5	I am confident that I could deal efficiently with unexpected events.	1	2	3	4
6	Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4
7	I feel confident that I will be able to perform the exercises asked of me during the course of rehabilitation, even if I find them difficult.	1	2	3	4
8	I can solve most problems if I invest the necessary effort.	1	2	3	4
9	I feel that I have an adequate amount of knowledge about my lung disease, despite it being a complex condition.	1	2	3	4
10	I can remain calm when facing difficulties because I can rely on my coping abilities.	1	2	3	4
11	When I am confronted with a problem, I can usually find several solutions.	1	2	3	4
12	I feel positive that I will be able to complete the exercises at home, despite there being no supervision from a health professional.	1	2	3	4
13	If I am in trouble, I can usually think of a solution.	1	2	3	4
14	I can handle whatever comes my way.	1	2	3	4
15	On a day-to-day basis I feel in control of my lung disease and how that affects my lifestyle, even when my symptoms become distressing.	1	2	3	4

The PRAISE Tool for Measuring Pulmonary (Lung) Rehabilitation

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