**Dispositional Cancer Worry (DCW)**

DCW has two underlying dimensions: severity and frequency.

DCW – Severity

1. I am afraid of the physical consequences of getting cancer.
2. I worry about my health because of my chances of getting cancer.
3. I feel anxiety when I think of the possible consequences of getting cancer.
4. I brood about the physical consequences of getting cancer.

DCW – Frequency

1. I have trouble falling asleep or staying asleep, because of pictures or thoughts about cancer that came to mind.
2. Pictures about cancer have popped into my mind.
3. I have dreams about cancer.
4. I have waves of strong feeling about cancer.

For both severity and frequency we now recommend using a 7 point scale with "not at all" on one end and "very much" on the other.

Not at all \_\_\_\_   \_\_\_\_\_  \_\_\_\_   \_\_\_\_  \_\_\_\_   \_\_\_\_ \_\_\_\_ very much

Citation:

**Jensen, J. D.**, Bernat, J. K., Davis, L. A., & Yale, R. (2010). [Dispositional cancer worry: Convergent, divergent, and predictive validity of existing scales](http://www.jakobdjensen.com/PDF%20Versions/Jensenetal2010jopo.pdf). *Journal of Psychosocial Oncology*, *28*, 470-489.