

Sense of Coherence Scale

Patient name: _____ Date: _____

Instructions: For each statement below, indicate how much you agree or disagree by selecting the appropriate number on the scale from 1 to 7.

1. When you talk to people, do you have the feeling they don't understand you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Never have this feeling							Always have this feeling

2. In the past, when you had to do something which depended upon cooperation with others, did you have the feeling that it.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Surely wouldn't get done							Surely would get done

3. Think of the people with whom you come into contact daily, aside from the ones to whom you feel closest. How well do you know most of them?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
You feel that they're strangers							You know them very well

4. Do you have the feeling that you don't really care what goes on around you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very seldom or never							Very often

5. Has it happened in the past that you were surprised by the behavior of people whom you thought you knew well?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Never happened							Always happened

6. Has it happened that people whom you counted on disappointed you?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Never happened							Always happened

7. Life is:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Full of interest							Just routine

8. Until now your life has had:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
No clear goals or purpose at all							Very clear goals and purpose

9. Do you have the feeling that you're being treated unfairly?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often							Very seldom or never

10. In the past 10 years your life has been:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Full of changes without knowing what will happen next							Completely consistent and clear

11. Most of the things you do in the future will probably be:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Completely fascinating							Deadly boring

12. Do you have the feeling that you're in an unfamiliar situation and don't know what to do?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often							Very seldom or never

13. What best describes how you see life?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
One can always find a solution to painful things in life							There is no solution to painful things in life

14. When you think about your life, you very often:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Feel good to be alive							Ask yourself why you exist at all

15. When you face a difficult problem, the choice of a solution is:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Always confusing and hard to find							Always completely clear

16. Doing the things you do every day is:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
A source of deep pleasure and satisfaction							A source of pain and boredom

17. Your life in the future will probably be:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Full of changes without knowing what will happen next						Completely consistent and clear	

18. When something unpleasant happened in the past your tendency was:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
"To eat yourself up" about it						"To say 'ok, that's that, I have to live with it' and go on"	

19. Do you have very mixed-up feelings and ideas?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very seldom or never						Very often	

20. When you do something that gives you a good feeling:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
It's certain that you'll go on feeling good						It's certain that something will spoil the feeling	

21. Does it happen that you have feelings inside you would rather not feel?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often						Very seldom or never	

22. You anticipate that your personal life in the future will be:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Totally without meaning or purpose						Full meaning and purpose	

23. Do you think that there will always be people whom you can count on in the future?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
You're certain there'll be						You doubt there'll be	

24. Does it happen that you have the feeling that you don't know exactly what's about to happen?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often						Very seldom or never	

25. Many people—even those with a strong character—sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Never							Very often

26. When something happened, you have generally found that:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
You overestimated or underestimated its importance							You saw things in the right proportion

27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
You will always succeed in overcoming the difficulties							You won't succeed in overcoming the difficulties

28. How often do you have the feeling that there's little meaning in the things you do in your daily life?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often							Very seldom or never

29. How often do you have feelings that you're not sure you can keep under control?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	
Very often							Very seldom or never

Total score: _____

Scoring

This scale consists of 29 items designed to assess an individual's sense of coherence. The scoring involves three components: 11 items for comprehensibility, 10 items for manageability, and 8 items for meaningfulness.

Respondents rate each item on a semantic scale ranging from 1 to 7 points. The total score is calculated by summing the points, with possible scores ranging from 29 to 203, providing insights into the individual's overall sense of coherence.

References

Antonovsky, A. (1987). *Unraveling the mystery of health: How people manage stress and stay well*. Jossey-Bass, San Francisco.

Antonovsky, A. (1993). The structure and properties of the sense of coherence scale. *Social Science & Medicine* (1982), 36(6), 725–733. [https://doi.org/10.1016/0277-9536\(93\)90033-z](https://doi.org/10.1016/0277-9536(93)90033-z)

Eriksson, M., & Mittelmark, M. B. (2017). *The sense of coherence and its measurement* (M. B. Mittelmark, S. Sagy, M. Eriksson, G. F. Bauer, J. M. Pelikan, B. Lindström, & G. A. Espnes, Eds.). PubMed; Springer. <https://www.ncbi.nlm.nih.gov/books/NBK435830/>