

RESPONSES TO STRESS – [SCP] (SR-A)

This is a list of things about having spastic cerebral palsy that people sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a) Having stiff and/or tight muscles	1	2	3	4
b) Feeling too tired to effectively cope and manage daily activities and/or stressors	1	2	3	4
c) Experiencing balance and coordination issues	1	2	3	4
d) Having chronic pain and discomfort that increases during periods of stress	1	2	3	4
e) Noticing a decline in ability to complete daily activities; dressing, eating, bathing, and/or working	1	2	3	4
f) Worried about accessibility, and independence	1	2	3	4
g) Finding it difficult to fully relax and/or cope due to increased muscle tension	1	2	3	4
h) Having self-esteem issues due physical differences and limitations	1	2	3	4
i) Experiencing social isolation or having difficulties forming relationships	1	2	3	4
j) Having to deal with daily challenges and limitations due to my condition	1	2	3	4
k) Other:	1	2	3	4

Circle the number that shows how much control you generally think you have over these problems.

1	2	3	4
None	A little	Some	A lot

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

Think of all the stressful parts of spastic cerebral palsy that you indicated above. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you [have the problems with the STRESSOR] like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF HAVING SPASTIC CEREBRAL PALSY:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of having spastic cerebral palsy, I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change or fix the situation. Write one plan you thought of: _____ _____	1	2	3	4
4. When faced with the stress of having spastic cerebral palsy, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SPASTIC CEREBRAL PALSY:

How much do you do this?
Not at all A little Some A lot

	1	2	3	4
6. I keep remembering what has happened because of my spastic cerebral palsy or can't stop thinking about what might happen.	1	2	3	
7. I let someone or something know how I feel. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
8. I decide I'm okay the way I am, even though I'm not perfect.	1	2	3	4
9. When I'm around other people I act like I don't have spastic cerebral palsy.	1	2	3	4
10. I just have to get away from everything when I am dealing with the stress of having spastic cerebral palsy.	1	2	3	4
11. I deal with the stress of having spastic cerebral palsy by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I am dealing with the stress of having spastic cerebral palsy.	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I am dealing with the stress of having spastic cerebral palsy, I just can't be near anything that reminds me of what is happening.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of having spastic cerebral palsy, I really don't know what I feel.	1	2	3	4
17. I ask other people or things for help or for ideas about how to make things better. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
18. When I am trying to sleep, I can't stop thinking about the stressful aspects of having spastic cerebral palsy or I have bad dreams about having spastic cerebral palsy.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. (<i>remember to circle a number.</i>) → I do this by: (Check all that you did.) <input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling <input type="checkbox"/> Crying <input type="checkbox"/> None of these	1	2	3	4
21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. (<i>remember to circle a number.</i>) → Check all that you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
22. I just can't get myself to face the stress of having spastic cerebral palsy.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of	1	2	3	4

You're half done. Before you keep working, look back at the first page so you remember the aspects of having spastic cerebral palsy that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF HAVING SPASTIC CEREBRAL PALSY:	How much do you do this?			
	Not at all	A little	Some	A lot
having spastic cerebral palsy.				
24. I do something to try to fix the stressful aspects of having spastic cerebral palsy. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about the stressful aspects of having spastic cerebral palsy just pop into my head.	1	2	3	4
26. When I am dealing with the stress of having spastic cerebral palsy, I feel it in my body. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight	1	2	3	4
27. I try to stay away from people and things that make me feel upset or remind me of the stressful aspects of having spastic cerebral palsy.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having spastic cerebral palsy, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off the stressful aspects of having spastic cerebral palsy or how I'm feeling .	1	2	3	4
31. When something stressful happens related to having spastic cerebral palsy, I can't stop thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) → Check all you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
33. When something stressful happens related to having spastic cerebral palsy, I can't always control what I do. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking <input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to having spastic cerebral palsy, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When I am faced with the stressful parts of spastic cerebral palsy, right away I feel really: (remember to circle a number.) → Check all that you feel: <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to having spastic cerebral palsy.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SPASTIC CEREBRAL PALSY:	How much do you do this?			
	Not at all	A little	Some	A lot
39. I think about the things I'm learning from having spastic cerebral palsy, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having spastic cerebral palsy, I can't stop thinking about what I did or said.	1	2	3	4
41. When stressful parts of having spastic cerebral palsy happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of having spastic cerebral palsy, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of having spastic cerebral palsy by: (remember to circle a number.) → Check all that you do: <input type="checkbox"/> Exercising <input type="checkbox"/> Shopping <input type="checkbox"/> Watching TV <input type="checkbox"/> Reading <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these	1	2	3	4
44. When something stressful happens related to having spastic cerebral palsy, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of having spastic cerebral palsy. (remember to circle a number.) → Check all that you do: <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these	1	2	3	4
46. I just freeze when I am dealing with stressful parts of having spastic cerebral palsy, I can't do anything.	1	2	3	4
47. When stressful things happen related to having spastic cerebral palsy I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to having spastic cerebral palsy, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When something stressful happens related to having spastic cerebral palsy, I can't stop thinking about why this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I am faced with the stressful parts of having spastic cerebral palsy.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to having spastic cerebral palsy, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4
57. When I am dealing with the stress of having spastic cerebral palsy, sometimes I can't control what I do or say.	1	2	3	4