

ID: _____

Date: _____

Parent Report for Adolescent/Child – Responses to Stress – Chronic Health Condition

This is a list of things about a chronic health condition that children and teenagers sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for your child in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Feeling different from other people because of their chronic health condition	1	2	3	4
b. Not being able to do things other people their age can do because of their chronic health condition	1	2	3	4
c. Feeling like no one else understands what it's like to have a chronic health condition	1	2	3	4
d. Having to take medications for their chronic health condition	1	2	3	4
e. Having to explain their chronic health condition to people	1	2	3	4
f. Being afraid that something bad might happen with their chronic health condition	1	2	3	4
g. Disagreements or arguments with you or another parent about their chronic health condition	1	2	3	4
h. Managing their chronic health condition when they are away from home	1	2	3	4
i. Having to go to the clinic or the hospital because of their chronic health condition	1	2	3	4
j. Worrying that their chronic health condition will get worse	1	2	3	4
k. Having problems or complications from their chronic health condition when they are around other people	1	2	3	4
l. Having difficulty keeping up with school and / or work because of their chronic health condition	1	2	3	4

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

1 2 3 4
 None A little Some A lot

Below is a list of things that children and teenagers sometimes do, think, or feel when something stressful happens OR they are dealing with their chronic health condition. 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 a chronic health condition that you indicated above. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** your child does or feels these things when they have the problems with their chronic health condition like the ones you indicated above. Please let us know about everything they do, think, and feel, even if they don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF THEIR CHRONIC HEALTH CONDITION: little	How much do you do this?			
	Some	Not at all	A	
1. They try not to feel anything.	1	2	3	4
2. When dealing with the stress of their chronic health condition, they feel sick to their stomach or get headaches.	1	2	3	4
3. They try to think of different ways to change or fix the situation.	1	2	3	4

Write one plan they thought of: _____

WHEN DEALING WITH THE STRESS OF A CHRONIC HEALTH CONDITION:	How much do they do this?			
	Not at all	A little	Some	A lot
4. When faced with the stress of their chronic condition, they don't feel anything at all, it's like they have no feelings.	1	2	3	4
5. They wish that they were stronger and less sensitive so that things would be different.	1	2	3	4
6. They keep remembering what happened with their chronic health condition or can't stop thinking about what might happen.	1	2	3	4
7. They let someone or something know how they feel. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
8. They decide they are okay the way they are, even though they are not perfect.	1	2	3	4
9. When around other people they act like their chronic health condition never happened.	1	2	3	4
10. They just have to get away from everything when they are dealing with the stress of their chronic health condition.	1	2	3	4
11. They deal with the stress of their chronic health condition by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. They get really jumpy when they are dealing with the stress of their chronic health condition	1	2	3	4
13. They realize that they just have to live with things the way they are.	1	2	3	4
14. When they are dealing with the stress of their chronic health condition, they just can't be near anything that reminds them of what is happening with their chronic health condition.	1	2	3	4
15. They try not to think about it, to forget all about it.	1	2	3	4
16. When they are dealing with the stress of their chronic health condition, they really don't know what they feel.	1	2	3	4
17. They 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"/> Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Pet <input type="checkbox"/> Clergy Member <input type="checkbox"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
18. When they are trying to sleep, they can't stop thinking about the stressful aspects of their chronic health condition or they have bad dreams about their chronic health condition.	1	2	3	4
19. They tell themselves that they can get through this, or that they will be okay.	1	2	3	4
20. They let their feelings out. (<i>remember to circle a number.</i>) → They do this by: (Check all that they did.) <input type="checkbox"/> Writing in their 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

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

WHEN DEALING WITH THE STRESS OF THEIR CHRONIC HEALTH CONDITION]:

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

21. They get help from other people or things when they are trying to figure out how to deal with their feelings. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that you went to:				
<input type="checkbox"/> Parent	<input type="checkbox"/> Friend	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Pet	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> Teacher	<input type="checkbox"/> God	<input type="checkbox"/> Stuffed Animal	<input type="checkbox"/> Other Family Member	<input type="checkbox"/> None of these
22. They just can't get themselves to face the stress of their chronic health condition.	1	2	3	4
23. They wish that someone would just come and take away the stressful aspects of their chronic health condition.	1	2	3	4
24. They do something to try to fix the stressful parts of their health condition. Write one thing they did: _____ _____	1	2	3	4
25. Thoughts about their chronic health condition just pop into their head.	1	2	3	4
26. When they are dealing with their chronic health condition or the stress of their chronic health condition, they feel it in their body. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> Their heart races	<input type="checkbox"/> Their breathing speeds up	<input type="checkbox"/> None of these		
<input type="checkbox"/> They feel hot or sweaty	<input type="checkbox"/> Their muscles get tight			
27. They try to stay away from people and things that make them feel upset or remind them of their chronic health condition.	1	2	3	4
28. They don't feel like themselves when they are dealing with their chronic health condition or the stress of their chronic health condition; it's like they are far away from everything.	1	2	3	4
29. They just take things as they are; they go with the flow.	1	2	3	4
30. They think about happy things to take their mind off their chronic health condition or how they are feeling .	1	2	3	4
31. When something stressful happens related to their chronic health condition, they can't stop thinking about how they are feeling.	1	2	3	4
32. They get sympathy, understanding, or support from someone. <i>(remember to circle a number.)</i>	1	2	3	4
Check all they went to:				
<input type="checkbox"/> Parent	<input type="checkbox"/> Friend	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Pet	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> Teacher	<input type="checkbox"/> God	<input type="checkbox"/> Stuffed Animal	<input type="checkbox"/> Other Family Member	<input type="checkbox"/> None of these
33. When something stressful happens related to their chronic health condition, they can't always control what they do. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> They can't stop eating	<input type="checkbox"/> They can't stop talking			
<input type="checkbox"/> They do dangerous things	<input type="checkbox"/> They have to keep fixing/checking things			
<input type="checkbox"/> None of these				
34. They tell themselves that things could be worse.	1	2	3	4
35. Their mind just goes blank when something stressful happens related to their chronic health condition, they can't think at all.	1	2	3	4
36. They tell themselves that it doesn't matter, that it isn't a big deal.	1	2	3	4

WHEN DEALING WITH THE STRESS OF A CHRONIC HEALTH CONDITION:	How much do they do this?			
	Not at all	A little	Some	A lot
37. When they are faced with the stressful parts of their chronic health condition, right away they feel really: <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that they feel:				
<input type="checkbox"/> Angry	<input type="checkbox"/> Sad	<input type="checkbox"/> None of these		
<input type="checkbox"/> Worried/anxious	<input type="checkbox"/> Scared			
38. It's really hard for them to concentrate or pay attention when something stressful happens related to their chronic health condition.	1	2	3	4
39. They think about the things they are learning from their chronic health condition, or something good will come from it.	1	2	3	4
40. After something stressful happens related to their chronic health condition, they can't stop thinking about what they did or said.	1	2	3	4
41. When stressful parts of their chronic health condition happen, they say to themselves, "This isn't real."	1	2	3	4
42. When they are dealing with the stressful parts of their chronic health condition, they end up just lying around or sleeping a lot.	1	2	3	4
43. They keep their mind off stressful parts of their chronic health condition by: <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that they do:				
<input type="checkbox"/> Exercising	<input type="checkbox"/> Seeing friends	<input type="checkbox"/> Watching TV		
<input type="checkbox"/> Playing video games	<input type="checkbox"/> Doing a hobby	<input type="checkbox"/> Listening to music	<input type="checkbox"/> None of these	
44. When something stressful happens related to their chronic health condition they get upset by things that don't usually bother them.	1	2	3	4
45. They do something to calm themselves down when they are dealing with the stress of their chronic health condition. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that they 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	
46. They just freeze when they are dealing with stressful parts of their chronic health condition, they can't do anything.	1	2	3	4
47. When stressful things happen related to their chronic health condition, they sometimes act without thinking.	1	2	3	4
48. They keep their feelings under control when they have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to their chronic health condition, they can't seem to get around to doing things they are supposed to do.	1	2	3	4
50. They tell themselves that everything will be all right.	1	2	3	4
51. When something stressful happens related to their chronic health condition, they can't stop thinking about why this is happening.	1	2	3	4
52. They think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. Their thoughts start racing when they are faced with the stressful parts of their chronic health condition.	1	2	3	4
54. They imagine something really fun or exciting happening in their life.	1	2	3	4
55. When something stressful happens related to their chronic health condition, they can get so upset that they can't remember what happened or what they did.	1	2	3	4
56. They try to believe that it never happened.	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 a chronic health condition that have been stressful for your child lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF THEIR CHRONIC HEALTH CONDITION]:

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

57. When they are dealing with the stress of their chronic health condition, sometimes they can't control what they do or say.	1	2	3	4
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