

## YOUR CHILD'S RESPONSES TO STRESS: PARENT FORM (SON)

**A.** All kids get headaches, but some kids get them more often than others. So that we can find out more about your son's headaches and how stressful they were for him, please answer the next two questions thinking about the **last 6 months**.

(1) Circle the letter that shows how often your son usually has headaches:

- |                          |                         |
|--------------------------|-------------------------|
| a. once every few months | d. several times a week |
| b. once a month          | e. once a day or more   |
| c. once a week           |                         |

(2) Circle the number that shows how stressful, or how much of a hassle your son's headaches are for him.

- |            |          |          |      |
|------------|----------|----------|------|
| 1          | 2        | 3        | 4    |
| Not at all | A little | Somewhat | Very |

(3) Circle the number that shows how much control your son thinks he has over his headaches.

- |      |          |      |       |
|------|----------|------|-------|
| 1    | 2        | 3    | 4     |
| None | A little | Some | A lot |

**B.** This is a list of things that kids sometimes do, think, or feel when they are trying to deal with headaches. Everybody deals with headaches in their own way - some children or teens do a lot of the things on this list or have many feelings, other people just do or think a few things.

**Think of when your son has a headache.** For each item on the list below, circle **one** number from 1 (not at all) to 4 (a lot) that shows, to the best of your knowledge, **how much** he does or feels these things when he has a headache. Please let us know about everything your son does, thinks, and feels, even if you don't think it helps make things better.

	How much does your son do this?			
	1	2	3	4
	Not at all	A little	Some	A lot
1. My son <b>tries</b> not to have any emotions.	1	2	3	4
2. When my son just thinks about headaches, it can make his stomach feel funny and give him a headache.	1	2	3	4
3. My son tries to think of different ways to make his headache feel better or go away. <b>Write one plan your son thought of :</b> _____ _____	1	2	3	4
4. When my son gets a headache, he doesn't feel any emotions at all, it's like he has no feelings	1	2	3	4
5. My son wishes that he were stronger and less sensitive so things would be different.	1	2	3	4
6. My son keeps remembering what it feels like to have a headache or can't stop thinking about when he might have one again.	1	2	3	4
7. My son lets someone or something know about his emotions or feelings. <span style="display: block; text-align: right; font-size: x-small;">(Remember to circle a number.) -----&gt;</span>	1	2	3	4
<b>Check all he talked to:</b>				
Parent <input type="checkbox"/>	Friend <input type="checkbox"/>	Brother/Sister <input type="checkbox"/>	Pet <input type="checkbox"/>	Doctor/Nurse <input type="checkbox"/>
Teacher <input type="checkbox"/>	God <input type="checkbox"/>	Stuffed Animal <input type="checkbox"/>	None of these <input type="checkbox"/>	
8. My son decides he is okay the way he is, even though he gets headaches a lot.	1	2	3	4
9. When my son is around other people, he acts like he feels fine.	1	2	3	4
10. My son just <b>has</b> to get away from everyone when he has headaches; he can't stop himself.	1	2	3	4
11. My son deals with his headaches by wishing they would just go away, that everything would work itself out.	1	2	3	4
12. My son gets really jumpy when he has a headache.	1	2	3	4
13. My son realizes that he just has to live with things the way they are.	1	2	3	4

How much does your son do this?  
Not at all A little Some A lot

14. When my son gets headaches, he just **can't** be near anything that reminds him of feeling sick. 1 2 3 4

15. My son tries not to think about his headache, to forget all about it. 1 2 3 4

16. When my son gets headaches, he really doesn't know what his emotions are. 1 2 3 4

17. My son asks other people for help or for ideas about how to make himself feel better.  
(Remember to circle a number.) -----> 1 2 3 4

**Check all he talked to:**

- Parent  Friend  Brother/sister  Doctor/Nurse   
Teacher  God  None of these

18. When my son has a headache, he **can't stop** thinking about it when he tries to sleep, or he has bad dreams about it. 1 2 3 4

19. My son tells himself that he can get through this, or that he'll do better next time. 1 2 3 4

20. My son lets his emotions out. (Remember to circle a number.) ----> 1 2 3 4

**He does this by: (Check all that he did.)**

- Writing in a journal/diary  Drawing/painting   
Complaining to let off steam  Being sarcastic/making fun   
Listening to music  Punching a pillow   
Exercising  Yelling   
Crying  None of these

21. My son gets help from other people when trying to figure out how to deal with his emotions. -----> 1 2 3 4

**Check all that he went to:**

- Parent  Friend  Brother/sister  Pet   
Teacher  God  Stuffed animal  None of these  Doctor/Nurse

22. My son **just can't** get himself to face the fact that he has a headache. 1 2 3 4

23. My son wishes that someone would just come and make his head feel better. 1 2 3 4

24. My son does something to try to fix his headache or take action to change things. 1 2 3 4

**Write one thing he did:** \_\_\_\_\_  
\_\_\_\_\_

25. Thoughts about getting headaches just pop into his head. 1 2 3 4

26. When my son has headaches, he feels it in other places in his body.  
(Remember to circle a number.) ----- 1 2 3 4

**Check all that happen:**

- His heart races  His breathing speeds up   
He feels hot or sweaty  His muscles get tight   
None of these

**\*\*\*Remember to answer these questions thinking about how your son feels when he has a headache.\*\*\***

27. My son **tries** to stay away from people and things that make him feel upset or remind him of headaches. 1 2 3 4

	How much does your son do this?			
	Not at all	A little	Some	A lot
28. My son does not feel like himself when he has headaches, it's like he is far away from everything.	1	2	3	4
29. My son just takes things as they are, he goes with the flow.	1	2	3	4
30. My son thinks about happy things to take his mind off his headache or his emotions.	1	2	3	4
31. When my son gets headaches, he <b>can't stop</b> thinking about how he is <b>feeling</b> .	1	2	3	4
32. My son gets sympathy, understanding, or support from someone. (Remember to circle a number.) ----->	1	2	3	4
<b>Check all he went to:</b>				
Parent <input type="checkbox"/> Friend <input type="checkbox"/> Brother/sister <input type="checkbox"/> Teacher <input type="checkbox"/>				
Doctor/Nurse <input type="checkbox"/> None of these <input type="checkbox"/>				
33. When my son gets headaches, he <b>can't</b> always control what he does. ----->	1	2	3	4
<b>Check all that happen:</b> (Remember to circle a number.)				
He can't stop eating <input type="checkbox"/> He can't stop talking <input type="checkbox"/>				
He does dangerous things <input type="checkbox"/> He has to keep fixing/checking things <input type="checkbox"/>				
None of these <input type="checkbox"/>				
34. My son tells himself that things could be worse.	1	2	3	4
35. My son's mind just goes blank when he has a headache, he can't think at all.	1	2	3	4
36. My son tells himself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When my son has a headache, right away he feels really: ( <b>Check all you feel.</b> )	1	2	3	4
Angry <input type="checkbox"/> Sad <input type="checkbox"/> Scared <input type="checkbox"/> Worried/anxious <input type="checkbox"/> ----->				
None of these <input type="checkbox"/> (Remember to circle a number.)				
38. It's really hard for my son to concentrate or pay attention when he has a headache.	1	2	3	4
39. When my son has a headache, he thinks about the things he is learning from the situation, or something good that will come from it.	1	2	3	4
40. After my son has a headache, he <b>can't stop</b> thinking about how he felt.	1	2	3	4
41. When my son gets a headache, he says to himself, "This isn't real."	1	2	3	4
42. When my son has a headache, he ends up just lying around or sleeping a lot.	1	2	3	4
43. My son keeps his mind off his headache by: (Remember to circle a number.) ----->	1	2	3	4
<b>Check all that he does:</b>				
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"/> None of these <input type="checkbox"/>				
44. When my son has a headache, he gets upset by things that don't usually bother him.	1	2	3	4
45. My son does something to calm himself down when he has a headache. ----->	1	2	3	4
<b>Check all that he does:</b> (Remember to circle a number.)				
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 <input type="checkbox"/>				

	How much does your son do this?			
	Not at all	A little	Some	A lot
46. My son just freezes when he has a headache, he <b>can't</b> do anything.	1	2	3	4
47. When my son has a headache, sometimes he acts without thinking.	1	2	3	4
48. My son keeps his feelings under control when he has to, then lets them out when they won't make things worse.	1	2	3	4
49. When my son has a headache, he can't seem to get around to doing things he is supposed to do.	1	2	3	4
50. My son tells himself that everything will be all right.	1	2	3	4
51. When my son has a headache, he <b>can't stop</b> thinking about why he get headaches.	1	2	3	4
52. My son thinks of ways to laugh about his headache so that it won't seem so bad.	1	2	3	4
53. My son's thoughts start racing when he has a headache.	1	2	3	4
54. When my son has a headache, he tries to imagine something really fun or exciting happening in his life.	1	2	3	4
55. When my son has a really bad headache, he can get so upset that he can't remember what happened or what he did.	1	2	3	4
56. My son tries to believe it never happened.	1	2	3	4
57. When my son has a headache, sometimes he <b>can't</b> control what he does or says.	1	2	3	4