

PARENT REPORT ON SON'S RESPONSES TO STRESS – [PARC]

This is a list of things about having a parent sick with cancer 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 *son* in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Concerns about how sick his parent looks and feels	1	2	3	4
b. Concerns about how worried other people in the family are about his parent	1	2	3	4
c. His parent being gone from home a lot	1	2	3	4
d. Concerns about getting cancer herself	1	2	3	4
e. Concerns about his other parent becoming sick	1	2	3	4
f. Having other people take care of him like a babysitter or a grandparent because his parents are gone so much	1	2	3	4
g. Not knowing what to say to his friends and other people about the cancer	1	2	3	4
h. His parent not having much time to spend with him or do things with him	1	2	3	4
i. Having to take care of other people in his family (e.g., brothers and sisters)	1	2	3	4
j. Having to miss school or other activities because of his parent's cancer	1	2	3	4
k. Doing things that his parent usually takes care of when s/he is not sick	1	2	3	4
l. Other: _____	1	2	3	4

Circle the number that shows how much control he generally thinks he has 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 dealing with having a parent who is sick with cancer. 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 having a parent who is sick with cancer that have been stressful for your son lately that you checked off above. For each item below, circle one number from 1 (not at all) to 4 (a lot) that shows **how much** he does or feels these things when he is trying to deal with the stressful parts of having a parent with cancer like the ones you indicated above. Please let us know about everything he does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
1. He tries not to feel anything.	1	2	3	4
2. When dealing with the stress of having a parent with cancer, he feels sick to his stomach or gets headaches.	1	2	3	4
3. He tries to think of different ways to change or fix the situation. Write one plan he thought of: _____ _____	1	2	3	4

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
4. When faced with having a parent with cancer, he doesn't feel anything at all, it's like he has no feelings.	1	2	3	4
5. He wishes that he were stronger and less sensitive so that things would be different.	1	2	3	4
6. He keeps remembering what happened has happened since his parent got cancer or can't stop thinking about what might happen.	1	2	3	4
7. He lets someone or something know how he feels. (<i>remember to circle a number.</i>) → Check all he 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. He decided he is okay the way he is, even though he's not perfect.	1	2	3	4
9. When he is around other people he acts like his parent never got cancer.	1	2	3	4
10. He just has to get away from everything when he is dealing with the stress of having a parent with cancer.	1	2	3	4
11. He deals with having a parent with cancer by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He gets really jumpy when he is dealing with having a parent with cancer.	1	2	3	4
13. He realizes that he just has to live with things the way they are.	1	2	3	4
14. When he is dealing with the stress of having a parent with cancer, he just can't be near anything that reminds him of what is happening.	1	2	3	4
15. He tries not to think about it, to forget all about it.	1	2	3	4
16. When he is dealing with having a parent with cancer, he really doesn't know what he feels.	1	2	3	4
17. He asks other people or things for help or for ideas about how to make things better. (<i>remember to circle a number.</i>) → Check all he 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 he is trying to sleep, he can't stop thinking about the stressful aspects of having a parent with cancer or he has bad dreams about it.	1	2	3	4
19. He tells himself that he can get through this, or that he will be okay.	1	2	3	4
20. He lets his feelings out. (<i>remember to circle a number.</i>) → He does this by: (Check all that he did.) <input type="checkbox"/> Writing in his 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. He gets help from other people or things when he is trying to figure out how to deal with his feelings. (<i>remember to circle a number.</i>) → Check all that he 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	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 parent with cancer that have been stressful for your son lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
22. He just can't get himself to face having a parent with cancer.	1	2	3	4
23. He wishes that someone would just come and take away the stressful parts of having a parent with cancer.	1	2	3	4
24. He does something to try to fix the stressful parts of having a parent with cancer. Write one thing he did: _____ _____	1	2	3	4
25. Thoughts about having a parent with cancer just pop into his head.	1	2	3	4
26. When he is dealing with having a parent with cancer, he feels it in his body. (remember to circle a number.) →	1	2	3	4
Check all that happen: <input type="checkbox"/> His heart races <input type="checkbox"/> His breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> He feels hot or sweaty <input type="checkbox"/> His muscles get tight				
27. He tries to stay away from people and things that make him feel upset or remind him of having a parent with cancer.	1	2	3	4
28. He doesn't feel like himself when he is dealing with the stress of having a parent with cancer, it's like he is far away from everything.	1	2	3	4
29. He just takes things as they are; he goes with the flow.	1	2	3	4
30. He thinks about happy things to take his mind off the stressful parts of having a parent with cancer or how he is feeling.	1	2	3	4
31. When something stressful happens related to having a parent with cancer, he can't stop thinking about how he is feeling.	1	2	3	4
32. He gets sympathy, understanding, or support from someone. (remember to circle a number.) →	1	2	3	4
Check all he 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 having a parent with cancer, he can't always control what he does. (remember to circle a number.) →	1	2	3	4
Check all that happen: <input type="checkbox"/> 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				
34. I tell myself that things could be worse.	1	2	3	4
35. His mind just goes blank when something stressful happens related to having a parent with cancer, he can't think at all.	1	2	3	4
36. He tells himself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he is faced with the stressful parts of having a parent with cancer, right away he feels really: (remember to circle a number.) →	1	2	3	4
Check all that he feels: <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared				

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
38. It's really hard for him to concentrate or pay attention when something stressful happens related to having a parent with cancer.	1	2	3	4
39. He thinks about the things he is learning from having a parent with cancer, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having a parent with cancer, he can't stop thinking about what he did or said.	1	2	3	4
41. When stressful parts of having a parent with cancer happen, he says to himself, "This isn't real."	1	2	3	4
42. When he is dealing with the stressful parts of having a parent with cancer, he ends up just lying around or sleeping a lot.	1	2	3	4
43. He keeps him mind off stressful parts of having a parent with cancer by: (remember to circle a number.) → Check all that he does:	1	2	3	4
<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 having a parent with cancer, he gets upset by things that don't usually bother him.	1	2	3	4
45. He does something to calm himself down when he is dealing with the stress of having a parent with cancer. (remember to circle a number.) → Check all that he does:	1	2	3	4
<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. He just freezes when he is dealing with stressful parts of having a parent with cancer, he can't do anything.	1	2	3	4
47. When stressful things happen related to having a parent with cancer he sometimes acts without thinking	1	2	3	4
48. He 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 something stressful happens related to having a parent with cancer, he can't seem to get around to doing things he is supposed to do.	1	2	3	4
50. He tells herself that everything will be all right.	1	2	3	4
51. When something stressful happens related to having a parent with cancer, he can't stop thinking about why this is happening.	1	2	3	4
52. He thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His thoughts start racing when he is faced with the stressful parts of having a parent with cancer.	1	2	3	4
54. He imagines something really fun or exciting happening in his life.	1	2	3	4
55. When something stressful happens related to having a parent with cancer, he can get so upset that he can't remember what happened or what he did.	1	2	3	4
56. He tries to believe that it never happened.	1	2	3	4
57. When he is dealing with having a parent with cancer, sometimes he can't control what he does or says.	1	2	3	4