

RESPONSES TO STRESS – [RAP] (PR-C)

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

- (1) Circle the letter that shows how often your son usually got stomach aches:
- a. once every few months
 - b. once a month
 - c. once a week
 - d. several times a week
 - e. once a day or more

- (2) Circle the number that shows how stressful, or how much of a hassle your son's stomachaches are for him/her/her.
- | | | | |
|------------|----------|----------|------|
| 1 | 2 | 3 | 4 |
| Not at all | A little | Somewhat | Very |

- (3) Circle the number that shows how much control your child thinks he/she/she has over his/her/her stomachaches.
- | | | | |
|------------|----------|------|-------|
| 1 | 2 | 3 | 4 |
| Not at all | A little | Some | A lot |

This is a list of things that kids sometimes do, think, or feel when they are trying to deal with stomachaches. Everybody deals with stomachaches 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 child has a stomach ache. 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/she/she does or feels these things when he/she/she has a stomach ache. Please let us know about everything your child does, thinks, and feels, even if you don't think it helps make things better.

THINK OF WHEN YOUR CHILD HAS A STOMACH ACHE:	How much does he/she/she do this?			
	Not at all	A little	Some	A lot
1. My child tries not to have any emotions.	1	2	3	4
2. When my child just thinks about stomachaches, it can make his/her stomach feel funny and give him/her a headache.	1	2	3	4
3. My child tries to think of different ways to make his/her stomachache feel better or go away. Write one plan your child thought of : _____	1	2	3	4
4. When my child gets a stomachache, he/she doesn't feel any emotions at all, it's like he/she has no feelings.	1	2	3	4
5. My child wishes that he/she were stronger and less sensitive so that things would be different.	1	2	3	4
6. My child keeps remembering what it feels like to have a stomachache or can't stop thinking when he/she might have one again.	1	2	3	4
7. My child lets someone or something know about his/her emotions or feelings (remember to circle a number.) → Check all he/she talked to: <input type="checkbox"/> 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"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
8. My child decides he/she is okay the way he/she is, even though he/she gets stomachaches a lot.	1	2	3	4
9. When my child is around other people, he/she acts like he/she feels fine.	1	2	3	4

THINK OF WHEN YOUR CHILD HAS A STOMACH ACHE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
10. My child just has to get away from everyone when he/she has stomachaches; he/she can't stop him/herself.	1	2	3	4
11. My child deals with his/her stomachaches by wishing they would just go away, that everything would work itself out.	1	2	3	4
12. My child gets really jumpy when he/she has a stomachache.	1	2	3	4
13. My child realizes that he/she just has to live with things the way they are.	1	2	3	4
14. When my child gets stomachaches, he/she just can't be near anything that reminds him/her of feeling sick.	1	2	3	4
15. My child tries not to think about his/her stomachache, to forget all about it.	1	2	3	4
16. When my child gets stomachaches, he/she really doesn't know what his/her emotions are.	1	2	3	4
17. My child asks other people for help or for ideas about how to make him/herself feel better. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all he/she talked to:				
<input type="checkbox"/> 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"/> Other Family Member	<input type="checkbox"/> None of these
18. When my child is having a stomachache, he/she can't stop thinking about it when he/she tries to sleep, or he/she has bad dreams about it.	1	2	3	4
19. My child tells him/herself that he/she can get through this, or that he/she'll do better next time.	1	2	3	4
20. My child lets his/her emotions out. <i>(remember to circle a number.)</i> →	1	2	3	4
He/she does this by: (Check all that he/she does.)				
<input type="checkbox"/> Writing in a 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			
21. My child gets help from other people when trying to figure out how to deal with his/her emotions. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that he/she went to:				
<input type="checkbox"/> 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"/> Other Family Member	<input type="checkbox"/> None of these
22. My child just can't get him/herself to face the fact that he/she has a stomachache.	1	2	3	4
23. My child wishes that someone would just come and make his/her stomach feel better.	1	2	3	4
24. My child does something to try to fix his/her stomachache or take action to change things.	1	2	3	4
Write one thing he/she did: _____				
25. Thoughts about getting stomachaches just pop into his/her head.	1	2	3	4
26. When my child has stomachaches, he/she feels it in other places in his/her body. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> His/her heart races	<input type="checkbox"/> His/her breathing speeds up	<input type="checkbox"/> None of these		
<input type="checkbox"/> He/she feels hot or sweaty	<input type="checkbox"/> His/her muscles get tight			

You're half done. Remember to answer these questions thinking about how you feel when you have a stomach ache

THINK OF WHEN YOUR CHILD HAS A STOMACH ACHE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
27. My child tries to stay away from people and things that make him/her feel upset or remind him/her of stomach aches.	1	2	3	4
28. My child does not feel like him/herself when he/she has stomachaches, it's like he/she is far away from everything.	1	2	3	4
29. My child just takes things as they are, he/she goes with the flow.	1	2	3	4
30. My child thinks about happy things to take his/her mind off his/her stomachache or his/her emotions	1	2	3	4
31. When my child gets stomachaches, he/she can't stop thinking about how he/she is feeling .	1	2	3	4
32. My child gets sympathy, understanding, or support from someone. (remember to circle a number.) → Check all he/she went to: <input type="checkbox"/> 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"/> Other Family Member <input type="checkbox"/> None of these	1	2	3	4
33. When my child gets stomachaches, he/she can't always control what he/she does. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> He/she can't stop eating <input type="checkbox"/> He/she can't stop talking <input type="checkbox"/> He/she does dangerous things <input type="checkbox"/> He/she has to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. My child tells him/herself that things could be worse.	1	2	3	4
35. My child's mind just goes blank when he/she has a stomachache, he/she can't think at all.	1	2	3	4
36. My child tells him/herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When my child has a stomachache, right away he/she feels really: (remember to circle a number.) → Check all that he/she feels: <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 my child to concentrate or pay attention when he/she has a stomachache.	1	2	3	4
39. When my child has a stomachache, he/she thinks about the things he/she is learning from the situation or something good that will come from it.	1	2	3	4
40. After my child has a stomachache, he/she can't stop thinking about how he/she felt.	1	2	3	4
41. When my child gets a stomachache, he/she says to him/herself, "This isn't real."	1	2	3	4
42. When my child has a stomachache, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. My child keeps his/her mind off his/her stomachache by: (remember to circle a number.) → Check all that he/she does: <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	1	2	3	4
44. When my child has a stomachache, he/she gets upset by things that don't usually bother him/her.	1	2	3	4

THINK OF WHEN YOUR CHILD HAS A STOMACH ACHE:	How much does he/she do this?			
	Not at all	A little	Some	A lot
45. My child does something to calm him/herself down when he/she has a stomachache. (remember to circle a number.) → Check all that he/she does: <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. My child just freezes when he/she has a stomachache, he/she can't do anything.	1	2	3	4
47. When my child has a stomachache, sometimes he/she acts without thinking.	1	2	3	4
48. My child keeps his/her feelings under control when he/she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When my child has a stomachache, he/she can't seem to get around to doing things he/she is supposed to do.	1	2	3	4
50. My child tells him/herself that everything will be all right.	1	2	3	4
51. When my child has a stomachache, he/she can't stop thinking about why he/she gets stomachaches.	1	2	3	4
52. My child thinks of ways to laugh about his/her stomachache so that it won't seem so bad.	1	2	3	4
53. My child's thoughts start racing when he/she has a stomachache.	1	2	3	4
54. When my child has a stomachache, he/she tries to imagine something really fun or exciting happening in his/her life.	1	2	3	4
55. When my child has a really bad stomachache, he/she can get so upset that he/she can't remember what happened or what he/she did.	1	2	3	4
56. My child tries to believe it never happened.	1	2	3	4
57. When my child has a stomachache, sometimes he/she can't control what he/she does or says.	1	2	3	4