

**CHILD/ADOLESCENT RESPONSES TO STRESS OF HOSPITALIZATION (CARS- HO)**

This is a list of things about being hospitalized 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 **you since you have been hospitalized.**

	Not at All	A Little	Somewhat	Very
a. Worry if I am going to get better	1	2	3	4
b. Worry about my changes in my body and appearance	1	2	3	4
c. Not being able to do the things I used to do	1	2	3	4
d. Think about when I'm getting discharged and if I will have to hospitalized again	1	2	3	4
e. Worry about my family	1	2	3	4
f. Think if I am going to feel pain	1	2	3	4
g. Miss my things at home	1	2	3	4
h. Miss school and not be able to keep up with my schoolwork	1	2	3	4
i. Worry about how my friends/classmates will treat me	1	2	3	4
j. Talk to the health team and understand my illness and treatment	1	2	3	4
k. Have to take medicine and do procedures	1	2	3	4
l. Answer people's questions about my illness and treatment	1	2	3	4
m. Other:				

**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 children and teenagers sometimes do, think, or feel when they are hospitalized 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 being hospitalized 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 are hospitalized 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.

<b>WHEN DEALING WITH THE STRESS OF BEING HOSPITALIZED:</b>	<b>How much do you do this?</b>			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When <b>hospitalized</b> , 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. <b>Write one plan you thought of:</b> _____ _____	1	2	3	4
4. When I am hospitalized, I don't feel anything at all, it's like I have no feelings.	1	2	3	4

WHEN DEALING WITH THE STRESS OF BEING HOSPITALIZED:	How much do you do this?			
	Not at all	A little	Some	A lot
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I <b>keep remembering</b> what happened with being hospitalized or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) → <b>Check all you talked to:</b> <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. 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 being hospitalized never happened.	1	2	3	4
10. I just <b>have</b> to get away from everything when I am dealing with the stress of being hospitalized.	1	2	3	4
11. I deal with the stress of being hospitalized 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 being hospitalized	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. The stress of other hospitalized kids bothers me.	2	3	4	
15. I <b>try</b> to forget I'm hospitalized	1	2	3	4
16. When I am dealing with the stress of being hospitalized, 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> ) → <b>Check all you talked to:</b> <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 I am trying to sleep, I <b>can't stop</b> thinking about the stress of being hospitalized or I have bad dreams about being hospitalized.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay or do better next time.	1	2	3	4
20. I let my feelings out. ( <i>remember to circle a number.</i> ) → <b>I do this by: (Check all that you did.)</b> <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> ) → <b>Check all that you went to:</b> <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
22. I <b>just can't</b> get myself to face the stress of being hospitalized.	1	2	3	4
23. I wish that someone would just come and take away the stress of being hospitalized.	1	2	3	4
24. I do something to try to fix the stressful parts of being hospitalized	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 being hospitalized that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

**WHEN DEALING WITH THE STRESS OF BEING HOSPITALIZED:**

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

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

- |   |  |   |  |  |
|---|--|---|--|--|
| 25. Thoughts about being hospitalized just pop into my head.  | 1  | 2                                       | 3  | 4                                      |
| 26. When I am dealing with the stress of being hospitalized I feel it in my body.<br>(remember to circle a number.) →                         | 1  | 2                                       | 3  | 4                                      |
| <b>Check all that happen:</b>   |  |   |  |  |
| <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                  |   |  |  |
| 27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of being hospitalized                               | 1  | 2                                       | 3  | 4                                      |
| 28. I don't feel like myself when I am hospitalized, 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 being hospitalized or how I'm <b>feeling</b> .   | 1  | 2                                       | 3  | 4                                      |
| 31. When something stressful happens related to being hospitalized, I <b>can't stop</b> thinking about how I am feeling.                      | 1  | 2                                       | 3  | 4                                      |
| 32. I get sympathy, understanding, or support from someone. (remember to circle a number.) →  | 1  | 2                                       | 3  | 4                                      |
| <b>Check all you went to:</b>   |  |   |  |  |
| <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 being hospitalized, I <b>can't</b> always control what I do. (remember to circle a number.) → | 1  | 2                                       | 3  | 4                                      |
| <b>Check all that happen:</b>   |  |   |  |  |
| <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  |  |   |  |  |
| 34. I tell myself that things could be worse.   | 1  | 2                                       | 3  | 4                                      |
| 35. My mind just goes blank when something stressful related to being hospitalized happens, 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 stress of being hospitalized right away I feel really:<br>(remember to circle a number.) →                       | 1  | 2                                       | 3  | 4                                      |
| <b>Check all that you feel:</b>   |  |   |  |  |
| <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 me to concentrate or pay attention when something stressful related to being hospitalized happens                    | 1  | 2                                       | 3  | 4                                      |
| 39. I think about the things I'm learning from being hospitalized or something good that will come from it.                                   | 1  | 2                                       | 3  | 4                                      |
| 40. After something stressful related to being hospitalized happens, I <b>can't stop</b> thinking about what I did or said.                   | 1  | 2                                       | 3  | 4                                      |
| 41. When stress of being hospitalized happen, I say to myself, "This isn't real."   | 1  | 2                                       | 3  | 4                                      |

WHEN DEALING WITH THE STRESS OF BEING HOSPITALIZED:	How much do you do this?			
	Not at all	A little	Some	A lot
42. When I'm dealing with the stress of being hospitalized, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off the stress of being hospitalized by: (remember to circle a number.) → <b>Check all that you do:</b> <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 I am hospitalized, I get upset by things that usually don't bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of being hospitalized (remember to circle a number.) → <b>Check all that you do:</b> <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 the stress of being hospitalized, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to being hospitalized 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 being hospitalized, 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 being hospitalized, I <b>can't stop</b> thinking about <b>why</b> 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 being hospitalized.	1	2	3	4
54. I imagine something really fun or exciting happening in my life after I get discharged.	1	2	3	4
55. When something stressful happens related to being hospitalized 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 I was never hospitalized.	1	2	3	4
57. When I am dealing with the stress of being hospitalized sometimes I <b>can't</b> control what I do or say.	1	2	3	4