

RESPONSES TO STRESS – [COVID-19] (PR-C)

This is a list of things about COVID-19 that teenagers and children 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. Our family has experienced financial problems because of COVID-19 (e.g., job loss, reduced family income, difficulty paying expenses)	1	2	3	4
b. My child was unable to spend time in person with his/her friends or family because of COVID-19	1	2	3	4
c. My child was unable to participate in social activities and normal routines because of COVID-19 (e.g., school events, sports, hobbies, spiritual services, live entertainment events)	1	2	3	4
d. Having to change, postpone, or cancel important plans or events because of COVID-19 (e.g., school graduation, extracurricular events or sports, family events, travel or vacation)	1	2	3	4
e. Challenges at home or with others because of COVID-19 (e.g. conflict, lack of privacy, lack of personal space)	1	2	3	4
f. Our family has experienced trouble getting groceries or other needed supplies because of COVID-19 (e.g., food, medicine, household goods)	1	2	3	4
g. Watching or hearing distressing news reports about COVID-19	1	2	3	4
h. Not being sure about himself/herself or someone close to him/her getting COVID-19	1	2	3	4
i. He/she or someone close to him/her having symptoms or being diagnosed with COVID-19	1	2	3	4
j. Trouble getting medical care or mental health services because of COVID-19	1	2	3	4
k. He/she is not sure about when COVID-19 will end or what will happen in the future	1	2	3	4
l. Difficulty completing his/her school work online	1	2	3	4
m. Unable to complete school requirements because of COVID-19 (e.g., standardized tests, coursework)	1	2	3	4
n. Needing to take on greater family responsibilities because of COVID-19	1	2	3	4
o. Other: _____	1	2	3	4

Circle the number that shows how much control he/she generally thinks he/she 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 when they are dealing with COVID-19. 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 COVID-19 that have been stressful for your child 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/she does or feels these things when he/she has the problems with COVID-19 like the ones you indicated above. Please let us know about everything he/she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF COVID-19:	How much does he/she do this?			
	Not at all	A little	Some	A lot
1. He/she tries not to feel anything.	1	2	3	4

WHEN DEALING WITH THE STRESS OF COVID-19:

How much does he/she do this?

Not at all A little Some A lot

2. When dealing with the stress COVID-19, he/she feels sick to his/her stomach or get headaches.	1	2	3	4
3. He/she tries to think of different ways to change or fix the situation. Write one plan he/she thought of: _____	1	2	3	4
4. When faced with the stress COVID-19, he/she doesn't feel anything at all, it's like he/she has no feelings.	1	2	3	4
5. He/she wishes that he/she were stronger and less sensitive so that things would be different.	1	2	3	4
6. He/she keeps remembering what happened with COVID-19 or can't stop thinking about what might happen.	1	2	3	4
7. He/she let someone or something know how he/she feels. (<i>remember to circle a number.</i>) → 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"/> 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/she decides he/she is okay the way he/she is, even though he/she is not perfect.	1	2	3	4
9. When he/she is around other people he/she acts like COVID-19 never happened.	1	2	3	4
10. He/she just has to get away from everything when he/she is dealing with the stress of COVID-19.	1	2	3	4
11. He/she deals with the stress of COVID-19 by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He/she gets really jumpy when he/she is dealing with the stress of COVID-19.	1	2	3	4
13. He/she realizes that he/she just has to live with things the way they are.	1	2	3	4
14. When he/she is dealing with the stress of COVID-19, he/she just can't be near anything that reminds him/her of what is happening.	1	2	3	4
15. He/she tries not to think about it, to forget all about it.	1	2	3	4
16. When he/she is dealing with the stress of COVID-19, he/she really doesn't know what he/she feels.	1	2	3	4
17. He/she 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/she 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/she is trying to sleep, he/she can't stop thinking about the stressful aspects of COVID-19 or he/she has bad dreams about COVID-19.	1	2	3	4
19. He/she tells himself/herself that he/she can get through this, or that he/she will be okay.	1	2	3	4
20. He/she let his/her feelings out. (<i>remember to circle a number.</i>) → He/she does this by: (Check all that he/she did.) <input type="checkbox"/> Writing in his/her 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/she gets help from other people or things when he/she tries to figure out how to deal with his/her feelings. (<i>remember to circle a number.</i>) → 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"/> 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 COVID-19 that have been stressful for your child lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF COVID-19:	How much does he/she do this?			
	Not at all	A little	Some	A lot
22. He/she just can't get himself/herself to face the stress of COVID-19.	1	2	3	4
23. He/she wishes that someone would just come and take away the stressful aspects of COVID-19.	1	2	3	4
24. He/she does something to try to fix the stressful parts of COVID-19. Write one thing he/she did: _____ _____	1	2	3	4
25. Thoughts about COVID-19 just pop into his/her head.	1	2	3	4
26. When he/she is dealing with the stress of COVID-19, he/she feels it in his/her body. (remember to circle a number.) → 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	1	2	3	4
27. He/she tries to stay away from people and things that make him/her feel upset or remind him/her of the stressful aspects of COVID-19.	1	2	3	4
28. He/she doesn't feel like himself/herself when he/she is dealing with the stress of COVID-19, it's like he/she is far away from everything.	1	2	3	4
29. He/she just takes things as they are; he/she goes with the flow.	1	2	3	4
30. He/she thinks about happy things to take his/her mind off the stressful parts of COVID-19 or how he/she is feeling .	1	2	3	4
31. When something stressful happens related to COVID-19, he/she can't stop thinking about how he/she is feeling.	1	2	3	4
32. He/she 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"/> 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
33. When something stressful happens related to COVID-19, 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. He/she tells himself/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when something stressful happens related to COVID-19, he/she can't think at all.	1	2	3	4
36. He/she tells himself/herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he/she is faced with the stressful parts of COVID-19, 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 him/her to concentrate or pay attention when something stressful happens related to COVID-19.	1	2	3	4
39. He/she thinks about the things he/she is learning from COVID-19, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to COVID-19, he/she can't stop thinking about what he/she did or said.	1	2	3	4

WHEN DEALING WITH THE STRESS OF COVID-19:	How much does he/she do this?			
	Not at all	A little	Some	A lot
41. When stressful parts of COVID-19 happen, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When he/she is dealing with the stressful parts of COVID-19, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off stressful parts of COVID-19 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 something stressful happens related to COVID-19, he/she gets upset by things that don't usually bother him/her.	1	2	3	4
45. He/she does something to calm himself/herself down when he/she is dealing with the stress of COVID-19. (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. He/she just freezes when he/she is dealing with stressful parts of COVID-19, he/she can't do anything.	1	2	3	4
47. When stressful things happen related to COVID-19, he/she sometimes acts without thinking.	1	2	3	4
48. He/she keeps his/her feelings under control when he/she has to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to COVID-19, he/she can't seem to get around to doing things he/she is supposed to do.	1	2	3	4
50. He/she tells himself/herself that everything will be all right.	1	2	3	4
51. When something stressful happens related to COVID-19, he/she can't stop thinking about why this is happening.	1	2	3	4
52. He/she thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His/her thoughts start racing when he/she is faced with the stressful parts of COVID-19.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When something stressful happens related to COVID-19, he/she can get so upset that he/she can't remember what happened or what he/she did.	1	2	3	4
56. He/she tries to believe that it never happened.	1	2	3	4
57. When he/she is dealing with the stress of COVID-19, sometimes he/she can't control what he/she does or says.	1	2	3	4