

RESPONSES TO STRESS – [POTS] (SR-C)

This is a list of things about having POTS 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 in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Worrying about feeling different from my friends	1	2	3	4
b. Not having the energy to do things I used to be able to do	1	2	3	4
c. Missing days at school/work	1	2	3	4
d. Having to go to doctor's appointments	1	2	3	4
e. Worrying that my condition will not get better	1	2	3	4
f. Having to take medicines	1	2	3	4
g. Feeling sick and tired all the time	1	2	3	4
h. Feeling isolated from my friends	1	2	3	4
i. Having trouble completing school work/job tasks	1	2	3	4
j. Not being able to do the things other people my age are doing	1	2	3	4
k. Having trouble finding the energy to exercise	1	2	3	4
l. Others not understanding what I am going through	1	2	3	4
m. Other: _____	1	2	3	4

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 dealing with POTS. 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 POTS 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 have the problems with the POTS 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.

WHEN DEALING WITH THE STRESS OF HAVING POTS:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of having POTS, 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. Write one plan you thought of: _____ _____	1	2	3	4
4. When faced with the stress of having POTS happens, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING POTS:

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

- | | | | | |
|---|---|---|---|---|
| 6. I keep remembering what happened with my POTS or can't stop thinking about what might happen. | 1 | 2 | 3 | 4 |
| 7. I let someone or something know how I feel. <i>(remember to circle a number.)</i> →
Check all you 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. 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 I do not have POTS. | 1 | 2 | 3 | 4 |
| 10. I just have to get away from everything when I am dealing with the stress of having POTS. | 1 | 2 | 3 | 4 |
| 11. I deal with the stress of having POTS 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 having POTS. | 1 | 2 | 3 | 4 |
| 13. I realize that I just have to live with things the way they are. | 1 | 2 | 3 | 4 |
| 14. When I am dealing with the stress of having POTS, I just can't be near anything that reminds me of what is happening. | 1 | 2 | 3 | 4 |
| 15. I try not to think about it, to forget all about it. | 1 | 2 | 3 | 4 |
| 16. When I am dealing with the stress of having POTS, 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> →
Check all you 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 I am trying to sleep, I can't stop thinking about the stressful aspects of having POTS or I have bad dreams about having POTS. | 1 | 2 | 3 | 4 |
| 19. I tell myself that I can get through this, or that I will be okay. | 1 | 2 | 3 | 4 |
| 20. I let my feelings out. <i>(remember to circle a number.)</i> →
I do this by: (Check all that you did.)
<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> →
Check all that you 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 |
| 22. I just can't get myself to face the stress of having POTS. | 1 | 2 | 3 | 4 |
| 23. I wish that someone would just come and take away the stressful aspects of having POTS. | 1 | 2 | 3 | 4 |
| 24. I do something to try to fix the stressful parts of having POTS.
Write one thing you did: _____
_____ | 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 POTS that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF HAVING POTS:	How much do you do this?			
	Not at all	A little	Some	A lot
25. Thoughts about having POTS just pop into my head.	1	2	3	4
26. When I am dealing with the stress of having POTS, I feel it in my body. (remember to circle a number.) →	1	2	3	4
Check all that happen:				
<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 try to stay away from people and things that make me feel upset or remind me of the stressful aspects of having POTS.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having POTS, 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 the stressful parts of having POTS or how I'm feeling .	1	2	3	4
31. When something stressful happens related to having POTS, I can't stop 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
Check all you 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 stop thinking, I can't always control what I do. (remember to circle a number.) →	1	2	3	4
Check all that happen:				
<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 happens related to having POTS, 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 stressful parts of having POTS, right away I feel really: (remember to circle a number.) →	1	2	3	4
Check all that you feel:				
<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 happens related to having POTS.	1	2	3	4
39. I think about the things I'm learning from having POTS, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having POTS, I can't stop thinking about what I did or said.	1	2	3	4
41. When stressful parts of having POTS happen, I say to myself, "This isn't real."	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING POTS:

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

	1	2	3	4
42. When I'm dealing with the stressful parts of having POTS, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of having POTS by: <i>(remember to circle a number.)</i> → Check all that you do: <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 having POTS, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of having POTS. <i>(remember to circle a number.)</i> → Check all that you do: <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 stressful parts of having POTS, I can't do anything.	1	2	3	4
47. When stressful things happen related to having POTS, 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 having POTS, 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 having POTS, I can't stop thinking about why 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 having POTS.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to having POTS, 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 it never happened.	1	2	3	4
57. When I am dealing with the stress of having POTS, sometimes I can't control what I do or say.	1	2	3	4