

## RESPONSES TO STRESS – [BI] (SR-C)

This is a list of things about having a brain injury (i.e., stroke, HIE, neurological condition such as epilepsy etc.) 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. Feeling different from other kids	1	2	3	4
b. Not being able to do the things that other kids can do or are allowed to do.	1	2	3	4
c. Not knowing how or if to tell others about my brain injury.	1	2	3	4
d. Dealing with the long term effects of my brain injury.	1	2	3	4
e. Going to clinic so often and missing school	1	2	3	4
f. Having trouble in school/ understanding school work.	1	2	3	4
g. Feeling confused about what brain injury is and why I got it.	1	2	3	4
h. Worrying that my brain condition will get worse.	1	2	3	4
i. Seeing my family worry about me.	1	2	3	4
j. Concerns about social life and friendships.	1	2	3	4
k. Concerns about the future.	1	2	3	4
l. Other _____	1	2	3	4
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 dealing with the stressful aspects of having a brain injury. 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 brain injury 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 related to having a brain injury 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.

	How much do you do this?			
	Not at all	A little	Some	A lot
<b>WHEN DEALING WITH THE STRESS OF HAVING A BRAIN INJURY:</b>				
1. I <b>try</b> not to feel anything.	1	2	3	4
2. When dealing with the stress of having a brain injury, 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 faced with the stress having a brain injury 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 A BRAIN INJURY:	How much do you do this?			
	Not at all	A little	Some	A lot
6. I <b>keep remembering</b> what happened with having a brain injury 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 having a brain injury 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 having a brain injury.	1	2	3	4
11. I deal with the stress of having a brain injury 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 a brain injury.	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 a brain injury, I just <b>can't</b> be near anything that reminds me of having a brain injury.	1	2	3	4
15. I <b>try</b> not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of having a brain injury, 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 stressful aspects of brain injury or I have bad dreams about having a brain injury.	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> ) → <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 having a brain injury.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of having a brain injury.	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 brain injury that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

WHEN DEALING WITH THE STRESS OF HAVING A BRAIN INJURY:	How much do you do this?			
	Not at all	A little	Some	A lot
24. I do something to try to fix the stressful parts of having a brain injury. <b>Write one thing you did:</b> _____	1	2	3	4
25. Thoughts about brain injury just pop into my head.	1	2	3	4
26. When I am dealing with the stress of having a brain injury, I feel it in my body. (remember to circle a number.)→ <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	1	2	3	4
27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of the stressful aspects of brain injury.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having a brain injury, 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 a brain injury or how I'm <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to having a brain injury, 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.)→ <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	1	2	3	4
33. When something stressful happens related to having a brain injury, I <b>can't</b> always control what I do. (remember to circle a number.)→ <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	1	2	3	4
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 a brain injury, 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 a brain injury, right away I feel really: (remember to circle a number.)→ <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	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to having a brain injury.	1	2	3	4
39. I think about the things I'm learning from having a brain injury, or something good that will come from it.	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING A BRAIN INJURY:	How much do you do this?			
	Not at all	A little	Some	A lot
40. After something stressful happens related to having a brain injury, I <b>can't stop</b> thinking about what I did or said.	1	2	3	4
41. When stressful parts of brain injury happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of having a brain injury, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of brain injury 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 something stressful happens related to having a brain injury, 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 a brain injury. (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 stressful parts of having a brain injury, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to brain injury 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 a brain injury, 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 a brain injury, 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 having a brain injury.	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 a brain injury, 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 a brain injury, sometimes I <b>can't</b> control what I do or say.	1	2	3	4