

RESPONSES TO STRESS – [RAP] (SR-C)

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

(1) Circle the letter that shows how often you 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 stomach aches were for you.

- | | | | |
|------------|----------|----------|------|
| 1 | 2 | 3 | 4 |
| Not at all | A little | Somewhat | Very |

(3) Circle the number that shows how much control you think you have over your 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 stomach aches. Everybody deals with stomach aches in their own way - some children or teens do a lot of the things on this list or have a bunch of feelings, other people just do or think a few things.

Think of when you have a stomach ache. For each item on the list 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 a stomach ache. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

THINK OF WHEN YOU HAVE A STOMACH ACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to have any emotions.	1	2	3	4
2. Just thinking about stomach aches makes my stomach feel funny and gives me a headache.	1	2	3	4
3. I try to think of different ways to make my stomach ache feel better or go away. Write one plan you thought of : _____ _____	1	2	3	4
4. When I get a stomach ache, I don't feel any emotions 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
6. I keep remembering what it feels like to have a stomach ache or can't stop thinking when I might have one again.	1	2	3	4
7. I let someone or something know about my emotions or feelings (<i>remember to circle a number.</i>) → 1 2 3 4 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"/> 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. I decide I am okay the way I am, even though I get stomach aches a lot.	1	2	3	4
9. When I am around other people I act like I feel fine.	1	2	3	4
10. I just have to get away from everyone when I have stomach aches; I can't stop myself.	1	2	3	4

THINK OF WHEN YOU HAVE A STOMACH ACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
11. I deal with my stomach aches by wishing they would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I have a stomach ache.	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 get stomach aches, I just can't be near anything that reminds me of feeling sick.	1	2	3	4
15. I try not to think about my stomach ache, to forget all about it.	1	2	3	4
16. When I get stomach aches, I really don't know what my emotions are.	1	2	3	4
17. I ask other people for help or for ideas about how to make myself feel better. (remember to circle a number.) →	1	2	3	4
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"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> Doctor/Nurse <input type="checkbox"/> None of these				
18. When I am having a stomach ache, I can't stop thinking about it when I try to sleep, or I have bad dreams about them.	1	2	3	4
19. I tell myself that I can get through this, or that I will do better next time.	1	2	3	4
20. I let my emotions out. (remember to circle a number.) →	1	2	3	4
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				
21. I get help from other people when trying to figure out how to deal with my emotions. (remember to circle a number.) →	1	2	3	4
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"/> Teacher <input type="checkbox"/> God <input type="checkbox"/> Stuffed Animal <input type="checkbox"/> Other Family Member <input type="checkbox"/> Doctor/Nurse <input type="checkbox"/> None of these				
22. I just can't get myself to face the fact that I have a stomach ache.	1	2	3	4
23. I wish that someone would just come and make my stomach feel better.	1	2	3	4
24. I do something to try to fix my stomach ache or take action to change things. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about getting stomach aches just pop into my head.	1	2	3	4
26. When I have stomachaches, I feel it in other places 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 stomach aches.	1	2	3	4
28. I don't feel like myself when I have stomach aches, it's like I'm 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

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

THINK OF WHEN YOU HAVE A STOMACH ACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
30. I think about happy things to take my mind off my stomach ache or my emotions.	1	2	3	4
31. When I get stomach aches, I can't stop thinking about how I am feeling .	1	2	3	4
32. I get sympathy, understanding, or support from someone. (<i>remember to circle a number.</i>) → 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"/> 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 I get stomach aches, I can't always control what I do. (<i>remember to circle a number.</i>) → 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	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when I have a stomach ache, 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 have a stomach ache, right away I feel really: (<i>remember to circle a number.</i>) → 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	1	2	3	4
38. It's really hard for me to concentrate or pay attention when I have a stomach ache.	1	2	3	4
39. I think about the things I'm learning from the situation, or something good that will come from it.	1	2	3	4
40. After I have a stomach ache, I can't stop thinking about how I felt.	1	2	3	4
41. When I get a stomach ache, I say to myself, "This isn't real."	1	2	3	4
42. When I have a stomach ache, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off my stomach ache 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 I have a stomach ache, 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 have a stomach ache. (<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 have a stomach ache, I can't do anything.	1	2	3	4
47. When I have a stomach ache, sometimes I 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

THINK OF WHEN YOU HAVE A STOMACH ACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
49. When I have a stomach ache, 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 I have a stomach ache, I can't stop thinking about why I get stomach aches.	1	2	3	4
52. I think of ways to laugh about my stomach ache so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I have a stomach ache.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When I have a really bad stomach ache, 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 it never happened.	1	2	3	4
57. When I have a stomach ache, sometimes I can't control what I do or say.	1	2	3	4