

## RESPONSES TO STRESS – [Headaches] (SR-C)

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

- (1) Circle the letter that shows how often you usually have headaches:
- |                          |                         |
|--------------------------|-------------------------|
| a. once every few months | d. several times a week |
| b. once a month          | e. once a day or more   |
| c. once a week           |                         |

- (2) Circle the number that shows how stressful, or how much of a hassle your headaches are 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 headaches.

1	2	3	4
None	A little	Some	A lot

This is a list of things that children and teenagers sometimes do, think, or feel when they are trying to deal with headaches. Everybody deals with headaches 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 things.

**Think about when you have a headache.** 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 a headache. 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 A HEADACHE:</b>	<b>How much do you do this?</b>			
	Not at all	A little	Some	A lot
1. I <b>try</b> not to feel anything.	1	2	3	4
2. Just thinking about headaches 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 headache feel better or go away. <b>Write one plan you thought of:</b> _____ _____	1	2	3	4
4. When I get a headache, 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
6. I <b>keep remembering</b> what it feels like to have a headache or <b>can't stop thinking about</b> when I might have one again.	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 get headaches a lot.	1	2	3	4
9. When I'm around other people I act like I feel fine.	1	2	3	4
10. I just <b>have</b> to get away from everything when I have a headache.	1	2	3	4

WHEN DEALING WITH A HEADACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
11. I deal with my headaches by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I have a headache.	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 have a headache, I just <b>can't</b> be near anything that reminds me of feeling sick.	1	2	3	4
15. I <b>try</b> not to think about my headache, to forget all about it.	1	2	3	4
16. When I get headaches, I really don't know what I feel.	1	2	3	4
17. When I get a headache, I ask other people for help or for ideas about how to make myself feel better. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<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
18. When I have a headache, I <b>can't stop</b> thinking about it when I try to sleep or I have bad dreams about headaches.	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 feelings out. ( <i>remember to circle a number.</i> ) →	1	2	3	4
<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			
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> ) →	1	2	3	4
<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
22. I <b>just can't</b> get myself to face the fact that I have a headache.	1	2	3	4
23. I wish that someone would just come and make my head feel better.	1	2	3	4
24. I do something to try to fix the headache or take action to change things.	1	2	3	4
<b>Write one thing you did:</b> _____				
25. Thoughts about getting headaches just pop into my head.	1	2	3	4
26. When I have headaches, I feel it in other places in my body. ( <i>remember to circle a number.</i> ) →	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 headaches.	1	2	3	4
28. I don't feel like myself when I have headaches, 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 my headache or how I'm <b>feeling</b> .	1	2	3	4

**You're over half done. Remember to answer these questions thinking about how you feel when you have a headache.**

WHEN DEALING WITH A HEADACHE:	How much do you do this?			
	Not at all	A little	Some	A lot
31. When I get headaches, I just <b>can't stop</b> 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> ) → <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 I get headaches, I <b>can't</b> always control what I do. ( <i>remember to circle a number.</i> ) → <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 I have a headache, 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 headache, right away I feel really: ( <i>remember to circle a number.</i> ) → <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 I have a headache.	1	2	3	4
39. When I have a headache, 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 headache, I <b>can't stop</b> thinking about how I felt.	1	2	3	4
41. When I get a headache, I say to myself, "This isn't real."	1	2	3	4
42. When I have a headache, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off my headache by: ( <i>remember to circle a number.</i> ) → <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 get a headache, 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 headache. ( <i>remember to circle a number.</i> ) → <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 have a headache, I <b>can't</b> do anything.	1	2	3	4
47. When I have a headache, 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

<b>WHEN DEALING WITH A HEADACHE:</b>	<b>How much do you do this?</b>			
	<b>Not at all</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
49. When I have a headache, 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 headache, I <b>can't stop</b> thinking about <b>why</b> I get headaches.	1	2	3	4
52. I think of ways to laugh about my headache so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I have a headache.	1	2	3	4
54. When I have a headache, I try to imagine something really fun or exciting happening.	1	2	3	4
55. When I have a really bad headache, 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 have a headache, sometimes I <b>can't</b> control what I do or say.	1	2	3	4