

ID: _____

Date: _____

ADOLESCENT/CHILD’S SELF-REPORT RESPONSES TO STRESS – [D-Ped]

This is a list of things about diabetes 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. Dealing with diabetes care (e.g. paying attention to what I eat, checking blood glucose, taking supplies wherever I go)	1	2	3	4
c. Feeling guilty or upset about “bad numbers”	1	2	3	4
d. Not knowing how or if to tell others about my diabetes	1	2	3	4
e. Others asking about my pump/injections/monitor	1	2	3	4
f. Parents bugging me about taking care of myself	1	2	3	4
g. Going to clinic so often and missing school	1	2	3	4
h. Seeing my family worry about me	1	2	3	4
i. Teachers/coaches/nurses at school don’t understand my diabetes	1	2	3	4
j. Having diabetes get in the way of my personal goals (e.g., getting driver’s license)	1	2	3	4
k. 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 something stressful happens OR they are dealing with their diabetes. 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 diabetes 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 your diabetes 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?			
WHEN DEALING WITH PROBLEMS WITH DIABETES:	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with problems with my diabetes, 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 problems with diabetes, 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 smarter so that things would be different.	1	2	3	4
6. I keep remembering what happened or can’t stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH PROBLEMS WITH MY DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
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 the problem never happened.	1	2	3	4
10. I just have to get away from everything when I am dealing with problems with my diabetes, I can't stop myself.	1	2	3	4
11. I deal with problems with my diabetes 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 problems with diabetes.	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 problems with diabetes, I just can't be near anything that reminds me of the problem.	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 having problems with diabetes, 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 having problems with diabetes, I can't stop thinking about the problems 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 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 my diabetes when I'm having problems with it.	1	2	3	4
23. I wish that someone would just come and take away my problems with diabetes.	1	2	3	4
24. I do something to try to fix my problems with diabetes. 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 diabetes that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH PROBLEMS WITH MY DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
25. Thoughts about my problems with diabetes just pop into my head.	1	2	3	4
26. When I have problems with diabetes, 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 my problems with diabetes.	1	2	3	4
28. I don't feel like myself when I am dealing with problems with diabetes, 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 problem or how I'm feeling .	1	2	3	4
31. When problems with diabetes come up, 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 problems with diabetes happen, 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 I have problems with diabetes, 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 problems with diabetes, 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 I have problems with diabetes.	1	2	3	4
39. I think about the things I'm learning from having diabetes, or something good that will come from it.	1	2	3	4
40. When I have problems with diabetes, I can't stop thinking about what I did or said.	1	2	3	4
41. When problems with diabetes come up, I say to myself, "This isn't real."	1	2	3	4
42. When something goes wrong with diabetes, I end up just lying around or sleeping a lot.	1	2	3	4

WHEN DEALING WITH PROBLEMS WITH MY DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
43. I keep my mind off my problems with diabetes by: (remember to circle a number.) →	1	2	3	4
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				
44. When problems with diabetes come up, 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 having problems with diabetes. (remember to circle a number.) →	1	2	3	4
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				
46. I just freeze when I have problems with diabetes, I can't do anything.	1	2	3	4
47. When I'm having a problem with diabetes, 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 problems with diabetes happen, 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 problems with diabetes, 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'm having a tough time with diabetes.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When a rough situation with diabetes happens, 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 problems with my diabetes, sometimes I can't control what I do or say.	1	2	3	4