

ID: _____

Date: _____

PARENT REPORT ON CHILD'S 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 your child 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 he/she eats, checking blood glucose, taking supplies wherever he/she goes)	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 his/her diabetes	1	2	3	4
e. Others asking about his/her pump/injections/monitor	1	2	3	4
f. Parents bugging him/her about taking care of him/herself	1	2	3	4
g. Going to clinic so often and missing school	1	2	3	4
h. Seeing him/her family worry about him/her	1	2	3	4
i. Teachers/coaches/nurses at school don't understand his/her diabetes	1	2	3	4
j. Having diabetes get in the way of 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 he/she generally thinks he/she has 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 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 aspects of having diabetes that have been stressful for your child lately that you checked off above.

For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** he/she does or feels these things when he/she is dealing with stressful parts of diabetes like the ones you indicated above. Please let us know about everything he/she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH PROBLEMS WITH DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
1. He/she tries not to feel anything.	1	2	3	4
2. When dealing with problems with his/her diabetes, he/she feels sick to his/her stomach or gets headaches.	1	2	3	4
3. He/she tries to think of different ways to change or fix the situation. Write one plan he/she thought of: _____ _____	1	2	3	4
4. When faced with problems with diabetes, he/she doesn't feel anything at all, it's like he/she has no feelings.	1	2	3	4
5. He/she wishes that he/she were stronger and smarter so that things would be different.	1	2	3	4

WHEN DEALING WITH PROBLEMS WITH DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
6. He/she keeps remembering what happened or can't stop thinking about what might happen.	1	2	3	4
7. He/she let someone or something know how he/she feels. <i>(remember to circle a number.)</i> → Check all he/she 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. He/she decides he/she is okay the way he/she is, even though he/she's not perfect.	1	2	3	4
9. When he/she is around other people he/she acts like the problem never happened.	1	2	3	4
10. He/she just has to get away from everything when he/she is dealing with problems with his/her diabetes, he/she can't stop his/herself.	1	2	3	4
11. He/she deals with problems with his/her diabetes by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He/she gets really jumpy when he/she is dealing with problems with diabetes.	1	2	3	4
13. He/she realizes that he/she just has to live with things the way they are.	1	2	3	4
14. When he/she is dealing with problems with diabetes, he/she just can't be near anything that reminds him/her of the problem.	1	2	3	4
15. He/she tries not to think about it, to forget all about it.	1	2	3	4
16. When he/she is having problems with diabetes, he/she really doesn't know what he/she feels.	1	2	3	4
17. He/she asks 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 he/she is having problems with diabetes, he/she can't stop thinking about the problems when he/she tries to sleep or he/she has bad dreams about them.	1	2	3	4
19. He/she tells him/herself that he/she can get through this, or that he/she will do better next time.	1	2	3	4
20. He/she lets his/her feelings out. <i>(remember to circle a number.)</i> → He/she does this by: (Check all that he/she did.) <input type="checkbox"/> Writing in his/her 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. He/she gets help from other people or things when he/she is trying to figure out how to deal with his/her feelings. <i>(remember to circle a number.)</i> → Check all that he/she 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. He/she just can't get him/herself to face his/her diabetes when he/she is having problems with it.	1	2	3	4
23. He/she wishes that someone would just come and take away his/her problems with diabetes.	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 your child lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH PROBLEMS WITH DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
24. He/she does something to try to fix his/her problems with diabetes. Write one thing he/she did: _____ _____	1	2	3	4
25. Thoughts about his/her problems with diabetes just pop into his/her head.	1	2	3	4
26. When he/she has problems with diabetes, he/she feels it in his/her body. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> His/her heart races <input type="checkbox"/> His/her breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> He/she feels hot or sweaty <input type="checkbox"/> His/her muscles get tight	1	2	3	4
27. He/she tries to stay away from people and things that make him/her feel upset or remind him/her of his/her problems with diabetes.	1	2	3	4
28. He/she doesn't feel like him/herself when he/she is dealing with problems with diabetes, it's like he/she is far away from everything.	1	2	3	4
29. He/she just take things as they are; he/she goes with the flow.	1	2	3	4
30. He/she thinks about happy things to take his/her mind off the problem or how he/she is feeling .	1	2	3	4
31. When problems with diabetes come up, he/she can't stop thinking about how he/she is feeling.	1	2	3	4
32. He/she gets sympathy, understanding, or support from someone. (remember to circle a number.) → Check all he/she 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
33. When problems with diabetes happen, he/she can't always control what he/she does. (remember to circle a number.) → Check all that happen: <input type="checkbox"/> He/she can't stop eating <input type="checkbox"/> He/she can't stop talking <input type="checkbox"/> He/she does dangerous things <input type="checkbox"/> He/she has to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. He/she tells him/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when he/she has problems with diabetes, he/she can't think at all.	1	2	3	4
36. He/she tells him/herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he/she has problems with diabetes, right away he/she feels really: (remember to circle a number.) → Check all that he/she feels: <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 him/her to concentrate or pay attention when he/she has problems with diabetes.	1	2	3	4
39. He/she thinks about the things he/she is learning from having diabetes, or something good that will come from it.	1	2	3	4
40. When he/she has problems with diabetes, he/she can't stop thinking about what he/she did or said.	1	2	3	4

WHEN DEALING WITH PROBLEMS WITH DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
41. When problems with diabetes come up, he/she says to him/herself, "This isn't real."	1	2	3	4
42. When something goes wrong with diabetes, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off his/her problems with diabetes by: (remember to circle a number.) →	1	2	3	4
Check all that he/she does:				
<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, he/she gets upset by things that don't usually bother him/her.	1	2	3	4
45. He/she does something to calm him/herself down when he/she is having problems with diabetes. (remember to circle a number.) →	1	2	3	4
Check all that he/she does:				
<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. He/she just freezes when he/she has problems with diabetes, he/she can't do anything.	1	2	3	4
47. When he/she is having a problem with diabetes, he/she sometimes acts without thinking.	1	2	3	4
48. He/she keeps his/her feelings under control when he/she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When problems with diabetes happen, he/she can't seem to get around to doing things he/she is supposed to do.	1	2	3	4
50. He/she tells him/herself that everything will be all right.	1	2	3	4
51. When he/she has problems with diabetes, he/she can't stop thinking about why this is happening.	1	2	3	4
52. He/she thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His/her thoughts start racing when he/she is having a tough time with diabetes.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When a rough situation with diabetes happens, he/she can get so upset that he/she can't remember what happened or what he/she did.	1	2	3	4
56. He/she tries to believe that it never happened.	1	2	3	4
57. When he/she is dealing with problems with his/her diabetes, sometimes he/she can't control what he/she does or says.	1	2	3	4