

YOUR CHILD'S RESPONSES TO STRESS: PARENT FORM (DAUGHTER)

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

(1) Circle the letter that shows how often your daughter usually has 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 daughter's headaches are for her.

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

(3) Circle the number that shows how much control your daughter thinks she has over her headaches.

- | | | | |
|------|----------|------|-------|
| 1 | 2 | 3 | 4 |
| None | A little | Some | A lot |

B. This is a list of things that kids sometimes do, think, or feel when they are trying to deal with headaches. Everybody deals with headaches in their own way - some children or teens do a lot of the things on this list or have many feelings, other people just do or think a few things.

Think of when your daughter has a headache. For each item on the list below, circle **one** number from 1 (not at all) to 4 (a lot) that shows, to the best of your knowledge, **how much** she does or feels these things when she has a headache. Please let us know about everything your daughter does, thinks, and feels, even if you don't think it helps make things better.

	How much does your daughter do this?			
	1	2	3	4
	Not at all	A little	Some	A lot
1. My daughter tries not to have any emotions.	1	2	3	4
2. When my daughter just thinks about headaches, it can make her stomach feel funny and give her a headache.	1	2	3	4
3. My daughter tries to think of different ways to make her headache feel better or go away. Write one plan your daughter thought of : _____ _____	1	2	3	4
4. When my daughter gets a headache, she doesn't feel any emotions at all, it's like she has no feelings	1	2	3	4
5. My daughter wishes that she were stronger and less sensitive so things would be different.	1	2	3	4
6. My daughter keeps remembering what it feels like to have a headache or can't stop thinking about when she might have one again.	1	2	3	4
7. My daughter lets someone or something know about her emotions or feelings. (Remember to circle a number.) ----->	1	2	3	4
Check all she talked to:				
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"/>	None of these <input type="checkbox"/>	
8. My daughter decides she is okay the way she is, even though she gets headaches a lot.	1	2	3	4
9. When my daughter is around other people, she acts like she feels fine.	1	2	3	4
10. My daughter just has to get away from everyone when she has headaches; she can't stop herself.	1	2	3	4
11. My daughter deals with her headaches by wishing they would just go away, that everything would work itself out.	1	2	3	4
12. My daughter gets really jumpy when she has a headache.	1	2	3	4

How much does your daughter do this?

Not at all A little Some A lot

13. My daughter realizes that she just has to live with things the way they are. 1 2 3 4

14. When my daughter gets headaches, she just **can't** be near anything that reminds her of feeling sick. 1 2 3 4

15. My daughter tries not to think about her headache, to forget all about it. 1 2 3 4

16. When my daughter gets headaches, she really doesn't know what her emotions are. 1 2 3 4

17. My daughter asks other people for help or for ideas about how to make herself feel better. (Remember to circle a number.) -----> 1 2 3 4

Check all she talked to:

- Parent Friend Brother/sister Doctor/Nurse
- Teacher God None of these

18. When my daughter has a headache, she **can't stop** thinking about it when she tries to sleep, or she has bad dreams about it. 1 2 3 4

19. My daughter tells herself that she can get through this, or that she'll do better next time. 1 2 3 4

20. My daughter lets her emotions out. (Remember to circle a number.) ---- -----> 1 2 3 4

She does this by: (Check all that she does.)

- Writing in a journal/diary Drawing/painting
- Complaining to let off steam Being sarcastic/making fun
- Listening to music Punching a pillow
- Exercising Yelling
- Crying None of these

21. My daughter gets help from other people when trying to figure out how to deal with her emotions. -->1 2 3 4

Check all that she went to:

- Parent Friend Brother/sister Pet
- Teacher God Stuffed animal None of these Doctor/Nurse

22. My daughter **just can't** get herself to face the fact that she has a headache. 1 2 3 4

23. My daughter wishes that someone would just come and make her head feel better. 1 2 3 4

24. My daughter does something to try to fix her headache or take action to change things. 1 2 3 4

Write one thing she did: _____

25. Thoughts about getting headaches just pop into her head. 1 2 3 4

26. When my daughter has headaches, she feels it in other places in her body. (Remember to circle a number.) ----- 1 2 3 4

Check all that happen:

- Her heart races Her breathing speeds up
- She feels hot or sweaty Her muscles get tight
- None of these

*****Remember to answer these questions thinking about how your daughter feels when she has a headache.*****

How much does your daughter do this?

Not at all A little Some A lot

27. My daughter **tries** to stay away from people and things that make her feel upset or remind her of headaches. 1 2 3 4
28. My daughter does not feel like herself when she has headaches, it's like she is far away from everything. 1 2 3 4
29. My daughter just takes things as they are, she goes with the flow. 1 2 3 4
30. My daughter thinks about happy things to take her mind off her headache or her emotions. 1 2 3 4
31. When my daughter gets headaches, she **can't stop** thinking about how she is **feeling**. 1 2 3 4
32. My daughter gets sympathy, understanding, or support from someone. (Remember to circle a number.) → 1 2 3 4
Check all she went to:
 Parent Friend Brother/sister Teacher
 Doctor/Nurse None of these
33. When my daughter gets headaches, she **can't** always control what she does. -----→ 1 2 3 4
 (Remember to circle a number.)
Check all that happen:
 She can't stop eating She can't stop talking
 She does dangerous things She has to keep fixing/checking things
 None of these
34. My daughter tells herself that things could be worse. 1 2 3 4
35. My daughter's mind just goes blank when she has a headache, she can't think at all. 1 2 3 4
36. My daughter tells herself that it doesn't matter, that it isn't a big deal. 1 2 3 4
37. When my daughter has a headache, right away she feels really: (**Check all she feels.**)
 Angry Sad Scared Worried/anxious -----→ 1 2 3 4
 None of these (Remember to circle a number.)
38. It's really hard for my daughter to concentrate or pay attention when she has a headache. 1 2 3 4
39. When my daughter has a headache, she thinks about the things she is learning from the situation, or something good that will come from it. 1 2 3 4
40. After my daughter has a headache, she **can't stop** thinking about how she felt. 1 2 3 4
41. When my daughter gets a headache, she says to herself, "This isn't real." 1 2 3 4
42. When my daughter has a headache, she ends up just lying around or sleeping a lot. 1 2 3 4
43. My daughter keeps her mind off her headache by: (Remember to circle a number.) -----→ 1 2 3 4
Check all that she does:
 Exercising Seeing friends Watching TV
 Playing video games Doing a hobby None of these
44. When my daughter has a headache, she gets upset by things that don't usually bother her. 1 2 3 4
45. My daughter does something to calm herself down when she has a headache. -----→ 1 2 3 4
 (Remember to circle a number.)
Check all that she does:
 Take deep breaths Pray Walk
 Listen to music Take a break Meditate None of these

How much does your daughter do this?
 Not at all A little Some A lot

46. My daughter just freezes when she has a headache, she can't do anything.	1	2	3	4
47. When my daughter has a headache, sometimes she acts without thinking.	1	2	3	4
48. My daughter keeps her feelings under control when she has to, then lets them out when they won't make things worse.	1	2	3	4
49. When my daughter has a headache, she can't seem to get around to doing things she is supposed to do.	1	2	3	4
50. My daughter tells herself that everything will be all right.	1	2	3	4
51. When my daughter has a headache, she can't stop thinking about why she get headaches.	1	2	3	4
52. My daughter thinks of ways to laugh about her headache so that it won't seem so bad.	1	2	3	4
53. My daughter's thoughts start racing when she has a headache.	1	2	3	4
54. When my daughter has a headache, she tries to imagine something really fun or exciting happening in her life.	1	2	3	4
55. When my daughter has a really bad headache, she can get so upset that she can't remember what happened or what she did.	1	2	3	4
56. My daughter tries to believe it never happened.	1	2	3	4
57. When my daughter has a headache, sometimes she can't control what she does or says.	1	2	3	4