

**PARENT  
RESPONSES TO STRESS [D-SR]**

**This is a list of things that parents of children with diabetes 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 that my child is different from other children	1	2	3	4
b. Dealing with diabetes care (e.g. paying attention to what my child eats, 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 child's diabetes	1	2	3	4
e. Others asking about my child's pump/injections/monitor	1	2	3	4
f. Frequently reminding my child about taking care of him/herself	1	2	3	4
g. Going to clinic often and missing work or other responsibilities	1	2	3	4
h. Worrying about my child	1	2	3	4
i. Teachers/coaches/nurses don't understand my child's diabetes	1	2	3	4
j. Having diabetes get in the way of my child's personal goals (e.g., sports, driving)	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 people sometimes do, think, or feel when something stressful happens. 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 a child with 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 having a child with 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.

<b>WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH DIABETES:</b>	<b>How much do you do this?</b>			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When I have problems with my child's diabetes I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change the problem or fix the situation. <b>Write one plan you thought of :</b> _____ _____	1	2	3	4
4. When I have problems with my child's diabetes, I don't feel anything at all, it is like I am numb.	1	2	3	4
5. I wish that I were stronger or smarter so that things would be different.	1	2	3	4

<b>WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH DIABETES:</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>
6. <b>I keep remembering</b> what happened or <b>can't stop</b> thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (Remember to circle a number.) ----->	1	2	3	4
<b>Check all you talked to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
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 <b>have</b> to get away when I have problems with my child's diabetes, I can't stop myself.	1	2	3	4
11. I deal with the problem by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I'm having problems with my child's 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 have problems with diabetes, I 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'm having problems with my child's diabetes, I really don't know what I feel.	1	2	3	4
17. I ask other people for help or for ideas about how to make the problem better. ----->	1	2	3	4
<b>Check all you talked to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
18. When I'm having problems with my child's 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'll do better next time.	1	2	3	4
20. I let my feelings out. (Remember to circle a number.) ----->	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 when I'm trying to figure out how to deal with my feelings. ---->	1	2	3	4
<b>Check all that you went to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
22. I just can't get myself to face my child's diabetes when I'm having problems with it.	1	2	3	4
23. I wish that someone would just come and get me out of the mess.	1	2	3	4
24. I do something to try to fix the problem or take action to change things.	1	2	3	4
<b>Write one thing you did:</b> _____				
_____				

**You're half done. Before you keep working, look back at the first page so you remember the aspects of having a child with diabetes that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

<b>WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH DIABETES:</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>
25. Thoughts about my problems with my child's diabetes just pop into my head.	1	2	3	4
26. When I have problems with my child's diabetes, I feel it in my body. (Remember to circle a number.) →	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 try to stay away from people and things that make me feel upset or remind me of the problem.	1	2	3	4
28. I don't feel like myself when I have problems with diabetes, 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
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 my child's 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
<b>Check all you went to:</b>				
<input type="checkbox"/> Spouse/Partner	<input type="checkbox"/> Friend	<input type="checkbox"/> Physician	<input type="checkbox"/> Brother/Sister	<input type="checkbox"/> Clergy Member
<input type="checkbox"/> My children	<input type="checkbox"/> Parent	<input type="checkbox"/> Nurse	<input type="checkbox"/> Therapist/Counselor	<input type="checkbox"/> None of these
33. When problems with my child's diabetes happen, I can't always control what I do. -----→	1	2	3	4
<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				
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when I have problems with my child's 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 my child's diabetes right away I feel really: -----→	1	2	3	4
<b>Check all that you feel:</b> (Remember to circle a number.)				
<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 my child's diabetes.	1	2	3	4
39. I think about things I'm learning from the situation, or something good that will come from it.	1	2	3	4
40. When I have problems with my child's diabetes I can't stop thinking about what I did or said.	1	2	3	4
41. When problems with my child's diabetes come up, I say to myself, "This isn't real."	1	2	3	4
42. When something goes wrong with my child's diabetes I end up just lying around or sleeping a lot.	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH DIABETES:	How much do you do this?			
	Not at all	A little	Some	A lot
43. I keep my mind off my problems with my child's diabetes by: (Remember to circle a number.) ----->	1	2	3	4
<b>Check all that you do:</b>				
<input type="checkbox"/> Exercising	<input type="checkbox"/> Shopping	<input type="checkbox"/> Watching TV		
<input type="checkbox"/> Reading	<input type="checkbox"/> Doing a hobby	<input type="checkbox"/> Listening to music	<input type="checkbox"/> None of these	
44. When problems with my child's 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 my child's diabetes. ----->	1	2	3	4
<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	
46. I just freeze when I have problems with my child's diabetes, I can't do anything.	1	2	3	4
47. When I'm having a problem with my child's diabetes, 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
49. When problems with my child's 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 my child's diabetes, I can't stop thinking about why they happened to me.	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 my child's 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 it never happened.	1	2	3	4
57. When I'm having problems with my child's diabetes, sometimes I can't control what I do or say.	1	2	3	4