

ID: _____

Date: _____

RESPONSES TO STRESS – [SC] (PR-C)

This is a list of things about having sickle cell disease 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 daughter in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Not being able to do the things that other kids can do or are allowed to do	1	2	3	4
b. Having to go to the hospital or clinic so often	1	2	3	4
c. Missing school days or falling behind in school work	1	2	3	4
d. Concerns about her family and friends	1	2	3	4
e. Feeling confused about what sickle cell disease is and why she got it	1	2	3	4
f. Not understanding what doctors tell her about sickle cell disease	1	2	3	4
g. Having Sickle Cell Pain crises	1	2	3	4
h. Concerns about the future	1	2	3	4
i. Other: _____	1	2	3	4
j.	1	2	3	4
k.	1	2	3	4
l.	1	2	3	4

Circle the number that shows how much control she generally thinks 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 sickle cell disease. 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 sickle cell disease that have been stressful for your daughter 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** she does or feels these things when she has the problems with sickle cell like the ones you indicated above. Please let us know about everything she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF SICKLE CELL DISEASE:	How much does she do this?			
	Not at all	A little	Some	A lot
1. She tries not to feel anything.	1	2	3	4
2. When dealing with the stress of having sickle cell disease, she feels sick to her stomach or get headaches.	1	2	3	4
3. She tries to think of different ways to change or fix the situation. Write one plan she thought of: _____ _____	1	2	3	4
4. When faced with the stress of having sickle cell disease, she doesn't feel anything at all, it's like she has no feelings.	1	2	3	4
5. She wishes that she were stronger and less sensitive so that things would be different.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SICKLE CELL DISEASE:	How much does she do this?			
	Not at all	A little	Some	A lot
6. She keeps remembering what happened with sickle cell disease or can't stop thinking about what might happen.	1	2	3	4
7. She lets someone or something know how she feels. (<i>remember to circle a number.</i>) → Check all 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. She decided she is okay the way she is, even though she's not perfect.	1	2	3	4
9. When she is around other people she acts like she does not have sickle cell disease.	1	2	3	4
10. She just has to get away from everything when she is dealing with the stress of having sickle cell disease.	1	2	3	4
11. She deals with the stress of having sickle cell disease by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. She gets really jumpy when she is dealing with the stress of having sickle cell disease.	1	2	3	4
13. She realizes that she just has to live with things the way they are.	1	2	3	4
14. When she is dealing with the stress of having sickle cell disease, she just can't be near anything that reminds her of sickle cell.	1	2	3	4
15. She tries not to think about it, to forget all about it.	1	2	3	4
16. When she is dealing with the stress of having sickle cell disease, she really doesn't know what she feels.	1	2	3	4
17. 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 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
18. When she is trying to sleep, she can't stop thinking about the stressful aspects of having sickle cell disease or she has bad dreams about having sickle cell disease.	1	2	3	4
19. She tells herself that she can get through this, or that she will be okay.	1	2	3	4
20. She lets her feelings out. (<i>remember to circle a number.</i>) → She does this by: (Check all that she did.) <input type="checkbox"/> Writing in 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. She gets help from other people or things when she is trying to figure out how to deal with her feelings. (<i>remember to circle a number.</i>) → Check all that 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. She just can't get herself to face the stress of having sickle cell disease.	1	2	3	4
23. She wishes that someone would just come and take away the stressful aspects of having sickle cell disease.	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 sickle cell disease that have been stressful for your daughter lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF SICKLE CELL DISEASE:	How much does she do this?			
	Not at all	A little	Some	A lot
24. She does something to try to fix the stressful parts of having sickle cell disease. Write one thing she did: _____ _____	1	2	3	4
25. Thoughts about having sickle cell disease just pop into her head.	1	2	3	4
26. When she is dealing with the stress of having sickle cell disease, she feels it in her body. (remember to circle a number.)→ Check all that happen: <input type="checkbox"/> Her heart races <input type="checkbox"/> Her breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> She feels hot or sweaty <input type="checkbox"/> Her muscles get tight	1	2	3	4
27. She tries to stay away from people and things that make her feel upset or remind her of the stressful aspects of having sickle cell disease.	1	2	3	4
28. She doesn't feel like herself when she is dealing with the stress of having sickle cell disease, it's like she is far away from everything.	1	2	3	4
29. She just takes things as they are; She goes with the flow.	1	2	3	4
30. She thinks about happy things to take her mind off the stressful parts of having sickle cell disease or how she is feeling .	1	2	3	4
31. When something stressful happens related to having sickle cell disease, she can't stop thinking about how she is feeling.	1	2	3	4
32. She gets sympathy, understanding, or support from someone. (remember to circle a number.)→ Check all 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 something stressful happens related to having sickle cell disease, she can't always control what she does. (remember to circle a number.)→ Check all that happen: <input type="checkbox"/> She can't stop eating <input type="checkbox"/> She can't stop talking <input type="checkbox"/> She does dangerous things <input type="checkbox"/> She has 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. Her mind just goes blank when something stressful happens related to having sickle cell disease, she can't think at all.	1	2	3	4
36. She tells herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When she is faced with the stressful parts of having sickle cell disease, right away she feels really: (remember to circle a number.)→ Check all that 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 her to concentrate or pay attention when something stressful happens related to having sickle cell disease.	1	2	3	4
39. She thinks about the things she is learning from having sickle cell disease, or something good that will come from it.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SICKLE CELL DISEASE:	How much does she do this?			
	Not at all	A little	Some	A lot
40. After something stressful happens related to having sickle cell disease, she can't stop thinking about what she did or said.	1	2	3	4
41. When stressful parts of having sickle cell disease happen, she says to herself, "This isn't real."	1	2	3	4
42. When she is dealing with the stressful parts of having sickle cell disease, she ends up just lying around or sleeping a lot.	1	2	3	4
43. She keeps her mind off stressful parts of having sickle cell disease by: (remember to circle a number.) → Check all that she does:	1	2	3	4
<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 something stressful happens related to having sickle cell disease, she gets upset by things that don't usually bother her.	1	2	3	4
45. She does something to calm herself down when she is dealing with the stress of having sickle cell disease. (remember to circle a number.) → Check all that she does:	1	2	3	4
<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. She just freezes when she is dealing with stressful parts of having sickle cell disease, she can't do anything.	1	2	3	4
47. When stressful things happen related to having sickle cell disease she sometimes acts without thinking.	1	2	3	4
48. She 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 something stressful happens related to having sickle cell disease, she can't seem to get around to doing things she is supposed to do.	1	2	3	4
50. She tells herself that everything will be all right.	1	2	3	4
51. When something stressful happens related to having sickle cell disease, she can't stop thinking about why this is happening.	1	2	3	4
52. She thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. Her thoughts start racing when she is faced with the stressful parts of having sickle cell disease.	1	2	3	4
54. She imagines something really fun or exciting happening in her life.	1	2	3	4
55. When something stressful happens related to having sickle cell disease, she can get so upset that she can't remember what happened or what she did.	1	2	3	4
56. She tries to believe that it never happened.	1	2	3	4
57. When she is dealing with the stress of having sickle cell disease, sometimes she can't control what she does or says.	1	2	3	4