

## RESPONSES TO STRESS – [PHC] (SR-C)

This is a list of things about having a heart condition that adolescents and young adults 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	Some	A Lot
a. Worrying about feeling different from my friends	1	2	3	4
b. Not being able to do the things other people my age can or are allowed to do	1	2	3	4
c. Missing days at school/work	1	2	3	4
d. Having trouble understanding school work / parts of my job	1	2	3	4
e. Not having enough energy to do what I want to do	1	2	3	4
f. Having to go to doctor's appointments	1	2	3	4
g. Not understanding what doctors me about my heart condition	1	2	3	4
h. Worrying that my heart condition will get worse	1	2	3	4
i. Worrying that I will need to have another surgery or procedure	1	2	3	4
j. Worrying that my heart condition affects the way I look	1	2	3	4
k. Having to take medications	1	2	3	4
m. 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
Not at all	A little	Some	A lot

Below is a list of things that adolescents and young adults sometimes do, think, or feel when they are dealing with their heart condition. 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 heart condition 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 heart condition 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.

WHEN DEALING WITH THE STRESS OF A HEART CONDITION:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of having a heart condition, 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. <b>Write one plan you thought of:</b> _____ _____	1	2	3	4
4. When faced with the stress of having a heart condition, I don't feel anything at all, it's like I have no feelings.	1	2	3	4

WHEN DEALING WITH THE STRESS OF A HEART CONDITION:	How much do you do this?			
	Not at all	A little	Some	A lot
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I <b>keep remembering</b> what happened with my heart condition or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) → <b>Check all you talked to:</b>	1	2	3	4
<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				
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 I do not have a heart condition.	1	2	3	4
10. I just <b>have</b> to get away from everything when I am dealing with the stress of having a heart condition.	1	2	3	4
11. I deal with the stress of having a heart condition 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 the stress of having a heart condition.	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 the stress of having a heart condition, I just <b>can't</b> be near anything that reminds me of it.	1	2	3	4
15. I <b>try</b> not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of having a heart condition, 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> ) → <b>Check all you talked to:</b>	1	2	3	4
<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				
18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of having a heart condition or I have bad dreams about having a heart condition.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. ( <i>remember to circle a number.</i> ) → <b>I do this by: (Check all that you did.)</b>	1	2	3	4
<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 or things when I'm trying to figure out how to deal with my feelings. ( <i>remember to circle a number.</i> ) → <b>Check all that you went to:</b>	1	2	3	4
<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				
22. I <b>just can't</b> get myself to face the stress of having a heart condition.	1	2	3	4

**Before you keep working, look back at the first page so you remember the aspects of having a heart condition that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

WHEN DEALING WITH THE STRESS OF A HEART CONDITION:	How much do you do this?			
	Not at all	A little	Some	A lot
23. I wish that someone would just come and take away the stressful aspects of having a heart condition.	1	2	3	4
24. I do something to try to fix the stressful parts of having a heart condition. <b>Write one thing you did:</b> _____ _____	1	2	3	4
25. Thoughts about having a heart condition just pop into my head.	1	2	3	4
26. When I am dealing with the stress of having a heart condition, I feel it in my body. (remember to circle a number.) → <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	1	2	3	4
27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of the stressful aspects of having a heart condition.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having a heart condition, 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 stressful parts of having a heart condition or how I'm <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to having a heart condition, I <b>can't stop</b> thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) → <b>Check all you went to:</b> <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 a heart condition, I <b>can't</b> always control what I do. (remember to circle a number.) → <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	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to having a heart condition, 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 am faced with the stressful parts of having a heart condition, right away I feel really: (remember to circle a number.) → <b>Check all that you feel:</b> <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 me to concentrate or pay attention when something stressful happens related to having a heart condition.	1	2	3	4

WHEN DEALING WITH THE STRESS OF A HEART CONDITION:	How much do you do this?			
	Not at all	A little	Some	A lot
39. I think about the things I'm learning from having a heart condition, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having a heart condition, I <b>can't stop</b> thinking about what I did or said.	1	2	3	4
41. When stressful parts of having a heart condition happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of having a heart condition, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of having a heart condition by: (remember to circle a number.) → <b>Check all that you do:</b> <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	1	2	3	4
44. When something stressful happens related to having a heart condition, 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 dealing with the stress of having a heart condition. (remember to circle a number.) → <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	1	2	3	4
46. I just freeze when I am dealing with stressful parts of having a heart condition, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to having a heart condition 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 something stressful happens related to having a heart condition, 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 something stressful happens related to having a heart condition, I <b>can't stop</b> thinking about <b>why</b> 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 am faced with the stressful parts of having a heart condition.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to having a heart condition, 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 the stress of having a heart condition, sometimes I <b>can't</b> control what I do or say.	1	2	3	4