

ID: \_\_\_\_\_

Date: \_\_\_\_\_

## RESPONSES TO STRESS – [PHC] (PR-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 your child in the past 6 months.

	Not at All	A Little	Some	A Lot
a. Concerns about feeling different from friends	1	2	3	4
b. Concerns about not being able to do the things other people his/her 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 his/her job	1	2	3	4
e. Not having enough energy to do what she/he wants to do	1	2	3	4
f. Having to go to doctor's appointments	1	2	3	4
g. Not understanding what doctors tell him/her about his/her heart condition	1	2	3	4
h. Concerns that her/his heart condition will get worse	1	2	3	4
i. Concerns that she/he will need to have another surgery or procedure	1	2	3	4
j. Concerns about heart condition affecting the way he/she looks	1	2	3	4
k. Concerns about taking medications	1	2	3	4
l. 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
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 a 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 aspects of having a heart condition 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 has the problems with his/her heart condition 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 THE STRESS OF A HEART CONDITION:	How much does he/she do this?			
	Not at all	A little	Some	A lot
1. He/she <b>tries</b> not to feel anything.	1	2	3	4

**WHEN DEALING WITH THE STRESS OF A HEART CONDITION:**

How much does he/she do this?

Not at all   A little   Some   A lot

2. When dealing with the stress of having a heart condition, 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. <b>Write one plan he/she thought of:</b> _____ _____	1	2	3	4
4. When faced with the stress of having a heart condition, 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 less sensitive so that things would be different.	1	2	3	4
6. He/she <b>keeps remembering</b> what happened with his/her heart condition or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. He/she lets someone or something know how he/she feels. ( <i>remember to circle a number.</i> ) → <b>Check all he/she talked 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
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 having a heart condition never happened.	1	2	3	4
10. He/she just <b>has</b> to get away from everything when he/she is dealing with the stress of having a heart condition.	1	2	3	4
11. He/she deals 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. He/she gets really jumpy when he/she is dealing with the stress of having a heart condition.	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 the stress of having a heart condition, he/she just <b>can't</b> be near anything that reminds him/her of what is happening.	1	2	3	4
15. He/she <b>tries</b> not to think about it, to forget all about it.	1	2	3	4
16. When he/she is dealing with the stress of having a heart condition, 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> ) → <b>Check all he/she talked 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
18. When he/she is trying to sleep, he/she <b>can't stop</b> thinking about the stressful aspects of having a heart condition or he/she has bad dreams about having a heart condition.	1	2	3	4
19. He/she tells himself/herself that he/she can get through this, or that he/she will be okay.	1	2	3	4
20. He/she lets his/her feelings out. ( <i>remember to circle a number.</i> ) →	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 your child lately. Remember to answer the questions below thinking about these things.**

**How much does he/she do this?**  
 Not at all   A little   Some   A lot

**WHEN DEALING WITH THE STRESS OF A HEART CONDITION:**

**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              |

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. (*remember to circle a number.*) → 1   2   3   4

**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 |

22. **He/she just can't** get himself/herself to face the stress of having a heart condition. 1   2   3   4

23. He/she wishes that someone would just come and take away the stressful aspects of having a heart condition. 1   2   3   4

24. He/she does something to try to fix the stressful parts of having a heart condition. 1   2   3   4

**Write one thing he/she did:** \_\_\_\_\_  
 \_\_\_\_\_

25. Thoughts about having a heart condition just pop into his/her head. 1   2   3   4

26. When he/she is dealing with the stress of having a heart condition, he/she feels it in his/her body. (*remember to circle a number.*) → 1   2   3   4

**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   |  |

27. He/she **tries** to stay away from people and things that make him/her feel upset or remind him/her of the stressful aspects of having a heart condition. 1   2   3   4

28. He/she doesn't feel like himself/herself when he/she is dealing with the stress of having a heart condition, it's like he/she is far away from everything. 1   2   3   4

29. He/she just takes 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 stressful parts of having a heart condition or how he/she is **feeling**. 1   2   3   4

31. When something stressful happens related to having a heart condition, 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.*) → 1   2   3   4

**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 |

**WHEN DEALING WITH THE STRESS OF A HEART CONDITION:**

How much does he/she do this?  
Not at all A little Some A lot

	Not at all	A little	Some	A lot
33. When something stressful happens related to his/her heart condition, he/she <b>can't</b> always control what he/she does. <i>(remember to circle a number.)</i> → <b>Check all that happen:</b> <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 himself/herself that things could be worse.	1	2	3	4
35. His/her mind just goes blank when something stressful happens related to having a heart condition, he/she can't think at all.	1	2	3	4
36. He/she tells himself/herself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he/she is faced with the stressful parts of having a heart condition, right away he/she feels really: <i>(remember to circle a number.)</i> → <b>Check all that he/she feels:</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 him/her to concentrate or pay attention when something stressful happens related to having a heart condition.	1	2	3	4
39. He/she thinks about the things he/she is 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, he/she <b>can't stop</b> thinking about what he/she did or said.	1	2	3	4
41. When stressful parts of having a heart condition happen, he/she says to himself/herself, "This isn't real."	1	2	3	4
42. When he/she is dealing with the stressful parts of his/her heart condition, he/she ends up just lying around or sleeping a lot.	1	2	3	4
43. He/she keeps his/her mind off stressful parts of having a heart condition by: <i>(remember to circle a number.)</i> → <b>Check all that he/she does:</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, he/she gets upset by things that don't usually bother him/her.	1	2	3	4
45. He/she does something to calm himself/herself down when he/she is dealing with the stress of having a heart condition. <i>(remember to circle a number.)</i> → <b>Check all that he/she does:</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. He/she just freezes when he/she is dealing with stressful parts of having heart condition, he/she <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to having a heart condition 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

**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 your child lately. Remember to answer the questions below thinking about these things.**

<b>WHEN DEALING WITH THE STRESS OF A HEART CONDITION:</b>	<b>How much does he/she do this?</b>			
	<b>Not at all</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
49. When something stressful happens related to having a heart condition, 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 himself/herself that everything will be all right.	1	2	3	4
51. When something stressful happens related to having a heart condition, he/she <b>can't stop</b> thinking about <b>why</b> 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 faced with the stressful parts of having a heart condition.	1	2	3	4
54. He/she imagines something really fun or exciting happening in his/her life.	1	2	3	4
55. When something stressful happens related to having a heart condition, 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 the stress of having a heart condition, sometimes he/she <b>can't</b> control what he/she does or says.	1	2	3	4