

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

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

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**RESPONSES TO STRESS – [PHC] (SR-P)**

This is a list of things that parents of children with a heart condition 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. Needing more help or support from family and friends	1	2	3	4
b. Paying bills and family expenses	1	2	3	4
c. Concerns about future health insurance coverage	1	2	3	4
d. Concerns about my job or my spouse's/partner's job	1	2	3	4
e. Concerns about my relationship with my spouse/partner	1	2	3	4
f. Talking to my child about his/her heart condition	1	2	3	4
g. Talking to my other children, family, and friends about my child's heart condition	1	2	3	4
h. Having doctors appointments and getting tests	1	2	3	4
i. Understanding information about my child's heart condition, treatment, or follow-up care	1	2	3	4
j. Arguing with my child about taking medications and other treatments	1	2	3	4
k. The long-term side effects of my child's treatment	1	2	3	4
l. Not knowing if my child's heart condition will get worse	1	2	3	4
m. Not knowing if/when my child will need another surgery	1	2	3	4
n. Concerns about my own quality of life	1	2	3	4
o. 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 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 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 having a child with a 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 HAVING A CHILD WITH A HEART CONDITION:**

How much do you do this?  
Not at all A little Some A lot

	1	2	3	4
1. I <b>try</b> not to feel anything.				
2. When dealing with the stress of having a child with 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 child with A heart condition, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
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 has happened with my child's 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> <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	1	2	3	4
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 my child's heart condition does not exist.	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 child with a heart condition.	1	2	3	4
11. I deal with the stress of having a child with 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 child with 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 child with a heart condition, I just <b>can't</b> be near anything that reminds me of what is happening.	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 child with 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> <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	1	2	3	4
18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of having a child with a heart condition or I have bad dreams about my child's 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

**Before you keep working, look back at the first page so you remember the aspects of having a child with 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 HAVING A CHILD WITH A HEART CONDITION:**

How much do you do this?  
Not at all   A little   Some   A lot

20. I let my feelings out. *(remember to circle a number.)* → 1   2   3   4

**I do this by:** (Check all that you did.)

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

**Check all that you went to:**

- |   |                                 |                                    |  |  |
|---|---------------------------------|------------------------------------|--|--|
| <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 the stress of having a child with a heart condition. 1   2   3   4

23. I wish that someone would just come and take away the stressful aspects of having a child with a heart condition. 1   2   3   4

24. I do something to try to fix the stressful aspects of having a child with a heart condition. 1   2   3   4

**Write one thing you did:** \_\_\_\_\_  
\_\_\_\_\_

25. Thoughts about the stressful aspects of having a child with a heart condition just pop into my head. 1   2   3   4

26. When I am dealing with the stress of having a child with a heart condition, I feel it in my body. *(remember to circle a number.)* → 1   2   3   4

**Check all that happen:**

- |   |   |  |
|---|---|--|
| <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 stressful aspects of having a child with a heart condition. 1   2   3   4

28. I don't feel like myself when I am dealing with the stress of having a child with 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 aspects of having a child with a heart condition or how I'm **feeling**. 1   2   3   4

31. When something stressful happens related to my child having a heart condition, 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

**Check all you went to:**

- |   |                                 |                                    |  |  |
|---|---------------------------------|------------------------------------|--|--|
| <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 |

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

How much do you do this?

Not at all   A little   Some   A lot

33. When something stressful happens related to my child having a heart condition, I <b>can't</b> always control what I do. <i>(remember to circle a number.)</i> → <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 my child 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 child with a heart condition, right away I feel really: <i>(remember to circle a number.)</i> → <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 my child having a heart condition.	1	2	3	4
39. I think about the things I'm learning from having a child with a heart condition, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to my child 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 child with 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 child with 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 child with a heart condition by: <i>(remember to circle a number.)</i> → <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	1	2	3	4
44. When something stressful happens related to my child 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 child with a heart condition. <i>(remember to circle a number.)</i> → <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 child with a heart condition, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to my child 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

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

How much do you do this?

Not at all   A little   Some   A lot

	1	2	3	4
49. When something stressful happens related to my child 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 my child 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 child with 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 child with 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 child with a heart condition, sometimes I <b>can't</b> control what I do or say.	1	2	3	4