

ADOLESCENT/CHILD'S SELF-REPORT RESPONSES TO STRESS- [PARC]

This is a list of things about having a parent who is sick with cancer 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 you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Concerns about how sick my parent looks and feels	1	2	3	4
b. Concerns about how worried other people in the family are about my parent	1	2	3	4
c. My parent being gone from home a lot	1	2	3	4
d. Concerns about getting cancer myself	1	2	3	4
e. Concerns about my other parent becoming sick	1	2	3	4
f. Having other people take care of me like a babysitter or a grandparent because my parents are gone so much	1	2	3	4
g. Not knowing what to say to my friends and other people about the cancer	1	2	3	4
h. My parent not having much time to spend with me or do things with me	1	2	3	4
i. Having to take care of other people in my family (e.g., brothers and sisters)	1	2	3	4
j. Having to miss school or other activities because of my parent's cancer	1	2	3	4
k. Doing things that my parent usually takes care of when s/he is not sick	1	2	3	4
l. 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 children and teenagers sometimes do, think, or feel when dealing with having a parent who is sick with cancer. 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 parent with cancer 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 are trying to deal with the stressful parts of having a parent with cancer 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 HAVING A PARENT SICK WITH CANCER:	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 having a parent sick with cancer, 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. Write one plan you thought of: _____ _____	1	2	3	4
4. When faced with having a parent with cancer, I don't feel anything at all, it's like I have no feelings.	1	2	3	4

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:

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 keep remembering what has happened since my parent got cancer or can't stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (<i>remember to circle a number.</i>) → Check all you 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. 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 parent never got cancer.	1	2	3	4
10. I just have to get away from everything when I am dealing with the stress of having a parent with cancer.	1	2	3	4
11. I deal with having a parent with cancer 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 having a parent with cancer.	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 parent with cancer, I just can't be near anything that reminds me of what is happening.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with having a parent with cancer, 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>) → Check all you 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 I am trying to sleep, I can't stop thinking about having a parent with cancer or I have bad dreams about it.	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>) → 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	1	2	3	4
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>) → Check all that you 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. I just can't get myself to face the stress of having a parent with cancer.	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 having a parent with cancer that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	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 parts of having a parent with cancer.	1	2	3	4
24. I do something to try to fix the stressful parts of having a parent with cancer. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about having a parent with cancer just pop into my head.	1	2	3	4
26. When I am dealing with having a parent with cancer, I feel it in my body. <i>(remember to circle a number.)</i> →	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 having a parent with cancer.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of having a parent with cancer, 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 having a parent with cancer or how I'm feeling .	1	2	3	4
31. When something stressful happens related to having a parent with cancer, I can't stop thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all you 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				
33. When something stressful happens related to having a parent with cancer, I can't always control what I do. <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that happen: <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 something stressful happens related to having a parent with cancer, 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 parent with cancer, right away I feel really: <i>(remember to circle a number.)</i> →	1	2	3	4
Check all that you feel: <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 something stressful happens related to having a parent with cancer.	1	2	3	4

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	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 parent with cancer, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having a parent with cancer, I can't stop thinking about what I did or said.	1	2	3	4
41. When something stressful happens related to having a parent with cancer, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of having a parent with cancer, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of [STRESSOR] by: (remember to circle a number.) → Check all that you do:	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 a parent with cancer, 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 parent with cancer. (remember to circle a number.) → Check all that you do:	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. I just freeze when I am dealing with stressful parts of having a parent with cancer, I can't do anything.	1	2	3	4
47. When stressful things happen related to having a parent with cancer 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 parent with cancer, 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 parent with cancer, I can't stop thinking about why 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 parent with cancer.	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 parent with cancer, 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 parent with cancer, sometimes I can't control what I do or say.	1	2	3	4