

## PARENT REPORT ON DAUGHTER'S RESPONSES TO STRESS – [PARC]

This is a list of things about having a parent 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 your *daughter* in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Concerns about how sick her parent looks and feels	1	2	3	4
b. Concerns about how worried other people in the family are about her parent	1	2	3	4
c. Her parent being gone from home a lot	1	2	3	4
d. Concerns about getting cancer herself	1	2	3	4
e. Concerns about her other parent becoming sick	1	2	3	4
f. Having other people take care of her like a babysitter or a grandparent because her parents are gone so much	1	2	3	4
g. Not knowing what to say to her friends and other people about the cancer	1	2	3	4
h. Her parent not having much time to spend with her or do things with her	1	2	3	4
i. Having to take care of other people in her family (e.g., brothers and sisters)	1	2	3	4
j. Having to miss school or other activities because of her parent's cancer	1	2	3	4
k. Doing things that her 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 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 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 who is sick with cancer 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 is 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 she does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does she do this?			
	Not at all	A little	Some	A lot
1. She <b>tries</b> not to feel anything.	1	2	3	4
2. When dealing with the stress of having a parent with cancer, 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. <b>Write one plan she thought of:</b> _____ _____	1	2	3	4

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does she do this?			
	Not at all	A little	Some	A lot
4. When faced with having a parent with cancer, 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
6. She <b>keeps remembering</b> what happened has happened since her parent got cancer or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. She lets someone or something know how she feels. ( <i>remember to circle a number.</i> ) → <b>Check all 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. 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 her parent never got cancer.	1	2	3	4
10. She just <b>has</b> to get away from everything when she is dealing with the stress of having a parent with cancer.	1	2	3	4
11. She deals with having a parent with cancer 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 having a parent with cancer.	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 a parent with cancer, she just <b>can't</b> be near anything that reminds her of what is happening.	1	2	3	4
15. She <b>tries</b> not to think about it, to forget all about it.	1	2	3	4
16. When she is dealing with having a parent with cancer, 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> ) → <b>Check all 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 she is trying to sleep, she <b>can't stop</b> thinking about the stressful aspects of having a parent with cancer or she has bad dreams about it.	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> ) → <b>She does this by:</b> (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> ) → <b>Check all that she 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

**You're half done. Before you keep working, look back at the first page so you remember the aspects of having a parent with cancer that have been stressful for your daughter lately. Remember to answer the questions below thinking about these things.**

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does she do this?			
	Not at all	A little	Some	A lot
22. <b>She just can't</b> get herself to face having a parent with cancer.	1	2	3	4
23. She wishes that someone would just come and take away the stressful parts of having a parent with cancer.	1	2	3	4
24. She does something to try to fix the stressful parts of having a parent with cancer. <b>Write one thing she did:</b> _____ _____	1	2	3	4
25. Thoughts about having a parent with cancer just pop into her head.	1	2	3	4
26. When she is dealing with having a parent with cancer, she feels it in her body. (remember to circle a number.)→ <b>Check all that happen:</b> <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 <b>tries</b> to stay away from people and things that make her feel upset or remind her of having a parent with cancer.	1	2	3	4
28. She doesn't feel like herself when she is dealing with the stress of having a parent with cancer, 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 a parent with cancer or how she is <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to having a parent with cancer, she <b>can't stop</b> thinking about how she is feeling.	1	2	3	4
32. She gets sympathy, understanding, or support from someone. (remember to circle a number.)→ <b>Check all she 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 parent with cancer, she <b>can't</b> always control what she does. (remember to circle a number.)→ <b>Check all that happen:</b> <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 a parent with cancer, 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 a parent with cancer, right away she feels really: (remember to circle a number.)→ <b>Check all that 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

WHEN DEALING WITH HAVING A PARENT SICK WITH CANCER:	How much does she do this?			
	Not at all	A little	Some	A lot
38. It's really hard for her to concentrate or pay attention when something stressful happens related to having a parent with cancer.	1	2	3	4
39. She thinks about the things she is 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, she <b>can't stop</b> thinking about what she did or said.	1	2	3	4
41. When stressful parts of having a parent with cancer happen, she says to herself, "This isn't real."	1	2	3	4
42. When she is dealing with the stressful parts of having a parent with cancer, she ends up just lying around or sleeping a lot.	1	2	3	4
43. She keeps her mind off stressful parts of having a parent with cancer by: (remember to circle a number.) → <b>Check all that she does:</b>	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, 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 a parent with cancer. (remember to circle a number.) → <b>Check all that she does:</b>	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 a parent with cancer, she <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to having a parent with cancer 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 a parent with cancer, 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 a parent with cancer, she <b>can't stop</b> thinking about <b>why</b> 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 a parent with cancer.	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 a parent with cancer, 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 having a parent with cancer, sometimes she <b>can't</b> control what she does or says.	1	2	3	4