

ID: _____

Date: _____

PARENT REPORT ON SON'S RESPONSES TO STRESS – [PCS]

This is a list of things about having had 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 son in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Concerns about how treatment has affected the way he looks.	1	2	3	4
b. Not being able to do the things he used to do.	1	2	3	4
c. Having to go to doctor's appointments or get tests.	1	2	3	4
d. Concerns that his cancer will never go away or that it will come back.	1	2	3	4
e. Concerns about his family and friends.	1	2	3	4
f. Having long-term side effects or health problems.	1	2	3	4
g. People treating him differently.	1	2	3	4
h. Getting back into a regular routine.	1	2	3	4
i. Missing school or having trouble with school work.	1	2	3	4
j. Going off treatment soon or not being on treatment anymore.	1	2	3	4
k. Other: _____	1	2	3	4

Circle the number that shows how much control he generally thinks he 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 when they are dealing with having had 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 had cancer that have been stressful for your son 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 does or feels these things when he is dealing with problems related to having had cancer, like the ones you indicated above. Please let us know about everything he does, thinks, and feels, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF HAVING HAD CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
1. He tries not to feel anything.	1	2	3	4
2. When dealing with the stress of having had cancer, he feels sick to his stomach or get headaches.	1	2	3	4
3. He tries to think of different ways to change or fix the situation. Write one plan he thought of: _____ _____	1	2	3	4
4. When faced with the stress having had cancer, he doesn't feel anything at all, it's like he has no feelings.	1	2	3	4
5. He wishes that he were stronger and less sensitive so that things would be different.	1	2	3	4
6. He keeps remembering what happened with having had cancer or can't stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING HAD CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
7. He lets someone or something know how he feels. <i>(remember to circle a number.)</i> → Check all he 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. He decided he is okay the way he is, even though he's not perfect.	1	2	3	4
9. When he is around other people he acts like having had cancer never happened.	1	2	3	4
10. He just has to get away from everything when he is dealing with the stress of having had cancer.	1	2	3	4
11. He deals with the stress of having had cancer by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. He gets really jumpy when he is dealing with stressful aspects of having had cancer.	1	2	3	4
13. He realizes that he just has to live with things the way they are.	1	2	3	4
14. When he is dealing with the stress of having had cancer, he just can't be near anything that reminds him of having had cancer.	1	2	3	4
15. He tries not to think about it, to forget all about it.	1	2	3	4
16. When he is dealing with the stress of having had cancer, he really doesn't know what he feels.	1	2	3	4
17. He asks other people or things for help or for ideas about how to make things better. <i>(remember to circle a number.)</i> → Check all he 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 he is trying to sleep, he can't stop thinking about the stressful aspects of having had cancer or he has bad dreams about having cancer.	1	2	3	4
19. He tells himself that he can get through this, or that he will be okay.	1	2	3	4
20. He lets his feelings out. <i>(remember to circle a number.)</i> → He does this by: (Check all that he did.) <input type="checkbox"/> Writing in his 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. He gets help from other people or things when he is trying to figure out how to deal with his feelings. <i>(remember to circle a number.)</i> → Check all that he 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. He just can't get himself to face the stress of having had cancer.	1	2	3	4
23. He wishes that someone would just come and take away the stressful aspects of having had cancer.	1	2	3	4
24. He does something to try to fix the stressful parts of having had cancer. Write one thing he did: _____	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 had cancer that have been stressful for your son lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF HAVING HAD CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
25. Thoughts about having had cancer just pop into his head.	1	2	3	4
26. When he is dealing with the stress of having had cancer, he feels it in his body. (remember to circle a number.) →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> His heart races				
<input type="checkbox"/> His breathing speeds up				
<input type="checkbox"/> None of these				
<input type="checkbox"/> He feels hot or sweaty				
<input type="checkbox"/> His muscles get tight				
27. He tries to stay away from people and things that make him feel upset or remind him of the stressful aspects of having had cancer.	1	2	3	4
28. He doesn't feel like himself when he is dealing with the stress of having had cancer, it's like he is far away from everything.	1	2	3	4
29. He just takes things as they are; he goes with the flow.	1	2	3	4
30. He thinks about happy things to take his mind off the stressful parts of having had cancer or how he is feeling .	1	2	3	4
31. When something stressful happens related to having had cancer, he can't stop thinking about how he is feeling.	1	2	3	4
32. He gets sympathy, understanding, or support from someone. (remember to circle a number.) →	1	2	3	4
Check all he 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 had cancer, he can't always control what he does. (remember to circle a number.) →	1	2	3	4
Check all that happen:				
<input type="checkbox"/> He can't stop eating				
<input type="checkbox"/> He can't stop talking				
<input type="checkbox"/> He does dangerous things				
<input type="checkbox"/> He has to keep fixing/checking things				
<input type="checkbox"/> None of these				
34. He tells himself that things could be worse.	1	2	3	4
35. His mind just goes blank when something stressful happens related to having had cancer, he can't think at all.	1	2	3	4
36. He tells himself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When he is faced with the stressful parts of having had cancer, right away he feels really: (remember to circle a number.) →	1	2	3	4
Check all that he feels:				
<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 him to concentrate or pay attention when something stressful happens related to having had cancer.	1	2	3	4
39. He thinks about the things he is learning from having had cancer, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to having had cancer, he can't stop thinking about what he did or said.	1	2	3	4
41. When stressful parts of having had cancer happen, he says to himself, "This isn't real."	1	2	3	4

WHEN DEALING WITH THE STRESS OF HAVING HAD CANCER:	How much does he do this?			
	Not at all	A little	Some	A lot
42. When he is dealing with the stressful parts of having had cancer, he ends up just lying around or sleeping a lot.	1	2	3	4
43. He keeps his mind off stressful parts of having had cancer by: (remember to circle a number.) → Check all that he does: <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 had cancer, he gets upset by things that don't usually bother him.	1	2	3	4
45. He does something to calm himself down when he is dealing with the stress of having had cancer. (remember to circle a number.) → Check all that he does: <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 just freezes when he is dealing with stressful parts of having had cancer, he can't do anything.	1	2	3	4
47. When stressful things happen related to having had cancer he sometimes acts without thinking.	1	2	3	4
48. He keeps his feelings under control when he 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 had cancer, he can't seem to get around to doing things he is supposed to do.	1	2	3	4
50. He tells himself that everything will be all right.	1	2	3	4
51. When something stressful happens related to having had cancer, he can't stop thinking about why this is happening.	1	2	3	4
52. He thinks of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. His thoughts start racing when he is faced with the stressful parts of having had cancer.	1	2	3	4
54. He imagines something really fun or exciting happening in his life.	1	2	3	4
55. When something stressful happens related to having had cancer, he can get so upset that he can't remember what happened or what he did.	1	2	3	4
56. He tries to believe that it never happened.	1	2	3	4
57. When he is dealing with the stress of having had cancer, sometimes he can't control what he does or says.	1	2	3	4