

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

This is a list of things about school 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. Doing badly on a test or paper	1	2	3	4
b. Getting bad grades or report cards	1	2	3	4
c. Not understanding classes	1	2	3	4
d. Not understanding homework	1	2	3	4
e. Feeling pressured to do something	1	2	3	4
f. Having bad classes or teachers	1	2	3	4
g. Having trouble studying	1	2	3	4
h. Not having your homework done	1	2	3	4
i. 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 they are dealing with school problems. 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 school 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 problems with school 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.

	How much do you do this?			
	Not at all	A little	Some	A lot
WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:				
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of school problems, 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 school problems happen, 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 keep remembering what happened with the school problems or can't stop thinking about what might happen.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much do you do this?			
	Not at all	A little	Some	A lot
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 the school problems never happened.	1	2	3	4
10. I just have to get away from everything when I am dealing with the stress of the school problems.	1	2	3	4
11. I deal with the stress of school problems 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 school problems.	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 school problems, I just can't be near anything that reminds me of he problem.	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 the stress of school problems, 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 the stressful aspects of the school problems or I have bad dreams about the school problems.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay or do better next time.	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 school problems.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of the school problems.	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 SCHOOL PROBLEMS that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much do you do this?			
	Not at all	A little	Some	A lot
24. I do something to try to fix the stressful parts of the school problems. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about the school problems just pop into my head.	1	2	3	4
26. When I am dealing with school problems or the stress of school problems, I feel it in my body. (remember to circle a number.) → 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	1	2	3	4
27. I try to stay away from people and things that make me feel upset or remind me of school problems or the stressful aspects of school problems.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of school problems; 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 parts of school problems or how I'm feeling .	1	2	3	4
31. When something stressful happens related to school problems, 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.) → 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	1	2	3	4
33. When something stressful happens related to school problems, I can't always control what I do. (remember to circle a number.) → 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	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 school problems, 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 school problems, right away I feel really: (remember to circle a number.) → 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	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to school problems.	1	2	3	4
39. I think about the things I'm learning from the situation, or something good that will come from it.	1	2	3	4

WHEN DEALING WITH THE STRESS OF SCHOOL PROBLEMS:	How much do you do this?			
	Not at all	A little	Some	A lot
40. After something stressful happens related to school problems, I can't stop thinking about what I did or said.	1	2	3	4
41. When stressful parts of school problems happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of school problems, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of school problems by: (remember to circle a number.) → Check all that you do: <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 school problems, 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 school problems. (remember to circle a number.) → Check all that you do: <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 school problems, I can't do anything.	1	2	3	4
47. When stressful things happen related to school problems 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 school problems, 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 school problems, 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 school problems.	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 school problems, 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 school problems, sometimes I can't control what I do or say.	1	2	3	4