Adapted Child Coping Behaviors

Record ID _____

COPING BEHAVIORS

These statements describe how people might deal with stressful or difficult situations. Please respond to each statement by answering to what extent your child has been doing what the statement says.

My child has been turning to school or other activities to take their mind off things.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been getting emotional support from others.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been taking action to try to make themselves feel better.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been getting help and advice from other people.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been getting comfort and understanding from someone they trust.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been using humor to make themselves feel better.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been doing things to distract themselves, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot
My child has been trying to get advice or help from other people about what to do.	◯ My child hasn't been doing this at all ◯ My child has been doing this a little bit ◯ My child has been doing this a medium amount ◯ My child has been doing this a lot

How much do you agree with the following statement?

My child knows what they can do to cope with stressful circumstances in their life.

- ◯ Strongly Disagree
- ◯ Disagree
- ◯ Neutral
- ◯ Agree
- ◯ Strongly Agree

COPING BEHAVIORS

These statements describe how people might deal with stressful or difficult situations in your life. Please respond to each statement by answering to what extent you've been doing what the statement says.

I've been turning to school or other activities to take my mind off things.

- ◯ I haven't been doing this at all
- ◯ I've been doing this a little bit
- ◯ I've been doing this a medium amount
- ◯ I've been doing this a lot

I've been getting emotional support from others.

- ◯ I haven't been getting this at all
- ◯ I've been getting this a little bit
- ◯ I've been getting this a medium amount
- ◯ I've been getting this a lot

I've been taking action to try to make myself feel better.

- ◯ I haven't been getting this at all
- ◯ I've been getting this a little bit
- ◯ I've been getting this a medium amount
- ◯ I've been getting this a lot

I've been getting help and advice from other people.

- ◯ I haven't been doing this at all
- ◯ I've been doing this a little bit
- ◯ I've been doing this a medium amount
- ◯ I've been doing this a lot

I've been getting comfort and understanding from someone I trust.

- ◯ I haven't been doing this at all
- ◯ I've been doing this a little bit
- ◯ I've been doing this a medium amount
- ◯ I've been doing this a lot

I've been using humor to make myself feel better.

- ◯ I haven't been getting this at all
- ◯ I've been getting this a little bit
- ◯ I've been getting this a medium amount
- ◯ I've been getting this a lot

I've been doing things to distract myself, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.

- ◯ I haven't been doing this at all
- ◯ I've been doing this a little bit
- ◯ I've been doing this a medium amount
- ◯ I've been doing this a lot

I've been trying to get advice or help from other people about what to do.

- ◯ I haven't been doing this at all
- ◯ I've been doing this a little bit
- ◯ I've been doing this a medium amount
- ◯ I've been doing this a lot

How much do you agree with the following statement?

I know how to deal with stressful circumstances in my life.

- ◯ Strongly Disagree
- ◯ Disagree
- ◯ Neutral
- ◯ Agree
- ◯ Strongly Agree