

## Assessment:

### Dealing with Illness

The following questions have to do with what some people do to help them to deal with their illness. For example, some people react emotionally like crying and getting upset all the time, while others deal with their illness differently, like getting high or drunk often. Please tell me what you have done to help you deal with your illness.

Take a look at the card and tell me if you have never, sometimes, often, very often, or always done any of the following things to help you deal with your illness within the past three months.

- 1 – Never
- 2 – Sometimes
- 3 – Often
- 4 – Very Often
- 5 – Always

[INTERVIEWER READ: “The following questions have to do with what some people do to help them to deal with their illness. For example, some people react emotionally like crying and getting upset all the time, while others deal with their illness differently, like getting high or drunk often. Please tell me what you have done to help you deal with your illness.

[SHOW HAND CARD #12] Take a look at the card and tell me if you have never, sometimes, often, very often, or always done any of the following things to help you deal with your illness within the past three months.” [CIRCLE ONE FOR EACH COLUMN]

- 1 – Never
- 2 – Sometimes
- 3 – Often
- 4 – Very Often
- 5 – Always

[CIRCLE ONE NUMBER FOR EACH COLUMN]

#### Past Three Months

1. Tried to keep it from bothering or upsetting you	1	2	3	4	5
2. Partied all the time	1	2	3	4	5
3. Tried to keep others from knowing how you were feeling	1	2	3	4	5
4. Prayed hard for a good ending to the situation	1	2	3	4	5
5. Talked to people, just to be able to talk about it	1	2	3	4	5
6. Avoided being with people	1	2	3	4	5
7. Thought about taking it one day at a time	1	2	3	4	5
8. Went to a friend or professional to help you feel better	1	2	3	4	5
9. Refused to think about it	1	2	3	4	5

10. Accepted the situation since nothing could be done	1	2	3	4	5
11. Talked with others who are HIV+	1	2	3	4	5
12. Tried to reduce tension by drinking more than usual	1	2	3	4	5
13. Thought about the positive changes you have made since the illness	1	2	3	4	5
14. Turned to work or other activities to keep your mind off things	1	2	3	4	5
15. Formed a plan of action in your mind	1	2	3	4	5
16. Cared more about each day	1	2	3	4	5
17. Tried to reduce tension by eating more than usual	1	2	3	4	5
18. Thought more about the meaning of life	1	2	3	4	5
19. Cared more about yourself as a person	1	2	3	4	5
20. Tried to reduce tension by smoking cigarettes more than usual	1	2	3	4	5
21. Trusted your belief in God	1	2	3	4	5
22. Exercised more	1	2	3	4	5
23. Tried to reduce tension by taking drugs more than usual	1	2	3	4	5
24. Prepared for the worst	1	2	3	4	5
25. Began solving problems that you avoided before	1	2	3	4	5
26. Tried to reduce tension by sleeping more than usual	1	2	3	4	5
27. Tried to understand what brought on your illness	1	2	3	4	5
28. Depended on others to cheer you up and make you feel better	1	2	3	4	5
29. Had more sex	1	2	3	4	5
30. Tried to understand how other HIV+ people were thinking and feeling	1	2	3	4	5
31. Went to a support group	1	2	3	4	5
32. Joked about it, refused to get too serious about it	1	2	3	4	5
33. Believed that time would make a difference and that the best thing to do was wait	1	2	3	4	5
34. Decided to make your mark on the world	1	2	3	4	5
35. daydreamed about better times in the past	1	2	3	4	5
36. Went over the situation again and again in your mind	1	2	3	4	5
37. Searched for a doctor	1	2	3	4	5
38. Used drugs more to forget	1	2	3	4	5
39. Thought about how you could have done things differently	1	2	3	4	5
40. Went to a therapist or counselor or social worker	1	2	3	4	5
41. Thought a lot more about what is really important in your life	1	2	3	4	5
42. Went to your family	1	2	3	4	5
43. Wanted to have unprotected sex or share needles to infect others	1	2	3	4	5
44. Trusted your doctors to know the best treatment for you	1	2	3	4	5
45. Traded sex for drugs or money	1	2	3	4	5
46. Ran away or left home	1	2	3	4	5
47. Decided to get your life more together	1	2	3	4	5
48. Changed your eating habits	1	2	3	4	5
49. Planned ways to kill myself	1	2	3	4	5
50. Tried to figure out how to make your mark in the world	1	2	3	4	5
51. Began to have irregular sleep patterns	1	2	3	4	5
52. Figured out ways to hide your serostatus from others	1	2	3	4	5
53. Deliberately got mad and yelled at people about little things to blow off steam	1	2	3	4	5

54. Felt depressed and didn't want to move	1	2	3	4	5
55. hated the world	1	2	3	4	5
56. Worked on reaching a bargain or compromise with some high being (e.g., God) to change things	1	2	3	4	5
57. Started going to your place of worship (i.e., church, synagogue, mosque, etc.)	1	2	3	4	5
58. Felt afraid of the pain you might face	1	2	3	4	5
59. Cried a lot to relieve your tension	1	2	3	4	5
60. Tried to get a more permanent place to live	1	2	3	4	5
61. Got angry at the person who gave it to you	1	2	3	4	5
62. Used mediation, self-hypnosis, or imagery	1	2	3	4	5
63. Got involved in political activities	1	2	3	4	5
64. Fought for you health	1	2	3	4	5
65. Laughed more to express your feelings	1	2	3	4	5
66. Tried to find out more about HIV/AIDS	1	2	3	4	5
67. Tried to believe it would go away	1	2	3	4	5
68. Worried about your child/children's future	1	2	3	4	5
69. Bought yourself something	1	2	3	4	5
70. Tried to deny to yourself that you had HIV	1	2	3	4	5
71. Told your partner that you want to have a(nother) child	1	2	3	4	5
72. Felt hopeful about your future	1	2	3	4	5
73. Tried to make yourself believe that HIV would not kill you	1	2	3	4	5
74. Thought the positive test result was a mistake	1	2	3	4	5
75. Felt afraid of the pain you might face	1	2	3	4	5

[INTERVIEWER READ: "We'll be coming back to more questions about ways you have helped yourself deal with your illness later on in the interview."]

76. Are other people in your family HIV+?

No	1	[SKIP TO Q. 82]
Yes	2	

77. Are any of the following relatives HIV+: [READ AND CODE EACH]

	<u>NO</u>	<u>YES</u>
a. Mother	1	2
b. Father	1	2
c. Child	1	2
d. Other family	1	2
(SPECIFY: _____)		
(_____)		

78. How many of your relatives are HIV+?

\_\_\_ relatives

79. Are any of your children HIV+?

No	1
Yes	2

52a. What are the years of their birth?

\_\_\_\_\_

80. Have any of your family members died from HIV?

No	1
Yes	2

80a. Who from your family died from HIV?

81. Have any of your children died from HIV?

No	1
Yes	2

81a. What year was/were your child(ren) born who died from HIV?

\_\_\_\_\_

82. Are any of your friends HIV+?

No	1
Yes	2

83. How many of your friends are HIV+?

\_\_\_ friends