

## Coping Health Inventory for Parents (CHIP)

### Scale items:

1. Believing that my child(ren) will get better.
2. Investing myself in my children.
3. Doing things with my children.
4. Believing that things will always work out.
5. Telling myself that I have many things I should be thankful for.
6. Building a closer relationship with my spouse.
7. Talking over personal feelings and concerns with spouse.
8. Doing things with family relatives.
9. Believing in God.
10. Taking good care of all the medical equipment at home.
11. Believing that my child is getting the best medical care possible.
12. Trying to maintain family stability.
13. Doing things together as a family (involving all members of the family).
14. Trusting my spouse (or former spouse) to help support me and my child(ren).
15. Showing that I am strong.
16. Getting other members of the family to help with chores and tasks at home.
17. Having my child with the medical condition seen at the clinic/hospital on a regular basis.
18. Believing that the medical center/hospital has my family's best interest in mind.
19. Encouraging child(ren) with medical condition to be more independent.
20. Involvement in social activities (parties, etc.) with friends.
21. Being able to get away from the home care tasks and responsibilities for some relief.
22. Getting away by myself.
23. Eating.
24. Sleeping.
25. Allowing myself to get angry.
26. Purchasing gifts for myself and/or other family members.
27. Concentrating on hobbies (art, music, jogging, etc.).
28. Working, outside employment.
29. Becoming more self-reliant and independent.
30. Keeping myself in shape and well-groomed.
31. Talking to someone (not professional counselor/doctor) about how I feel.
32. Engaging in relationships and friendships which help me to feel important and appreciated.
33. Entertaining friends in our home.
34. Investing time and energy in my job.
35. Going out with my spouse on a regular basis.
36. Building close relationships with people.
37. Developing myself as a person.

38. Talking with other parents in the same type of situation and learning about their experiences.
39. Talking with the medical staff (nurses, social worker, etc.) when we visit the medical center.
40. Reading about how other persons in my situation handle things.
41. Reading more about the medical problem which concerns me.
42. Explaining our family situation to friends and neighbors so they will understand.
43. Being sure prescribed medical treatments for child(ren) are carried out at home on a daily basis.
44. Talking with other individuals/parents in my same situation.
45. Talking with the doctor about my concerns about my child(ren) with the medical condition.

**Subscales:**

The CHIP has three subscales developed through factor analysis:

1. Maintaining family integration, cooperation, and an optimistic definition of the situation:  
Items 1, 3, 6, 8, 11, 13, 23, 26, 28, 31, 36, 38, 41, 43, 44, 45
2. Maintaining social support, self-esteem and psychological stability:  
Items 2, 4, 7, 9, 12, 14, 17, 19, 22, 24, 27, 29, 32, 33, 34, 37, 39, 42
3. Understanding the medical situation through communication with other parents and consultation with medical staff: Items 5, 10, 15, 20, 25, 30, 35, 40

**USE THE FOLLOWING RESPONSE CATEGORIES FOR SCALES ABOVE.**

For each coping behavior you used, please record how helpful it was. Circle ONE number:

- 3** Extremely helpful
- 2** Moderately helpful
- 1** Minimally helpful
- 0** Not helpful

For each coping behavior (CB) you did not use please record your reason by checking one of the boxes:  
“Chose not to use it” or “Not possible.”