

Dealing With Mother's Illness

The following questions have to do with what some people do to help them to deal with their mother's illness. For example, some people react emotionally like crying and getting upset all the time, while others deal with their mother's illness differently, like getting high or drunk often. Please tell me what you have done to help you deal with your & [partype]'s HIV. 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 mother's illness within the past six months.

1. Tried to keep it from bothering or upsetting you.
2. Tried to keep others from knowing how you were feeling.
3. Prayed hard for a good ending to the situation.
4. Went to a friend or professional to help you feel better.
5. Refused to think about it.
6. Talked with other people who have HIV+ parents.
7. Tried to reduce tension by drinking.
8. Thought about the positive changes you have made since your mother's diagnosis.
9. Formed a plan of action in your mind.
10. Cared more about each day.
11. Thought a lot more about what is really important in my life.
12. Cared more about yourself as a person.
13. Tried to reduce tension by smoking cigarettes.
14. Trusted your belief in God.
15. Tried to reduce tension by taking drugs.
16. Began solving problems that you avoided before.
17. Tried to understand what brought on your mother's illness.
18. Depended on others to cheer you up and make you feel better.
19. Tried to understand how other young people who have HIV+ parents were thinking and feeling.
20. Went to a support group.
21. Decided to make your mark on the world.
22. Daydreamed about better times in the past.

23. Went over the situation again and again in your mind.
24. Used drugs more to forget.
25. Thought about how you could have done things differently.
26. Went to a therapist or counselor or social worker.
27. Thought a lot more about what is really important in your life.
28. Decided to get your life more together.
29. Changed your eating habits.
30. Planned ways to kill yourself.
31. Tried to figure out how to make your mark in the world.
32. Began to have irregular sleep patterns.
33. Figured out ways to hide your mother's HIV status from others.
34. Deliberately got mad and yelled at people about little things to blow off steam.
35. Felt depressed and didn't want to move.
36. Hated the world.
37. Worked on reaching a bargain or compromise with some higher being (e.g., God) to change things.
38. Started going to your place of worship (i.e., church, synagogue, mosque, etc.)
39. Felt afraid of the pain you might face.

Response Categories:

1 = Never

2 = Sometimes

3 = Often

4 = Very often

5 = Always

8 = Refuse to Answer