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|--|--|---|--|
| N I D A - C F S - 0 0 0 8 | | ASSESSMENT DATE: ____ / ____ / ____ (mm/dd/yyyy) | |
| NODE: | <input type="text" value="0"/> <input type="text" value="7"/> | PHASE: <input type="radio"/> Baseline <input type="radio"/> Post Randomization | |
| SITE ID: | <input type="text" value="0"/> <input type="text" value="1"/> - <input type="text" value="0"/> <input type="text" value="0"/> | SEGMENT: | <input type="text"/> <input type="text"/> SEQUENCE: <input type="text" value="0"/> <input type="text" value="1"/> |
| PARTICIPANT ID: | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | FORM COMPLETED BY: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | |
| RELATION: | <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> | FORM COMPLETION LANGUAGE: <input type="radio"/> English <input type="radio"/> Spanish <input type="radio"/> Both | |
| <input type="checkbox"/> FORM COMPLETION STATUS | 1=Form completed as required 2=Participant refused 3=Responsible person did not complete 4=Not enough time at the visit 5=Participant did not attend visit 6=Other (specify: _____) | | |

When people face hard situations, they have a variety of reactions. These next questions have to do with how you've been coping with all of the stressors in your life.

Tell me **how much** you've been doing each of these things, not whether it seems to help or not. There are no right or wrong answers.

Las siguientes son algunas maneras de enfrentarse y adaptarse a situaciones difíciles. Piense en una situación difícil que Usted tuvo que enfrentar en el año pasado. Estamos interesados en saber cómo Usted se enfrentó y adaptó a esa situación difícil.

| | I didn't do this at all <i>No hice esto en lo absoluto</i> 1 | I did this a little bit <i>Hice esto un poco</i> 2 | I did this a medium amount <i>Hice esto con cierta frecuencia</i> 3 | I did this a lot <i>Hice esto con mucha frecuencia</i> 4 |
|---|---|---|--|---|
| 1. I turned to work or other activities to take my mind off things. <i>Yo me enfoqué en el trabajo u otras actividades para distraer mi mente.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I concentrated my efforts on doing something about the situation I'm in. <i>Yo concentré mis esfuerzos para hacer algo acerca de la situación en la que estaba.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I said to myself "this isn't real." <i>Yo me dije a mismo(a), esto no es real.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I used alcohol or other drugs to make myself feel better. <i>Yo usé alcohol u otras drogas para sentirme mejor.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I got emotional support from others. <i>Yo recibí apoyo emocional de otras personas.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I gave up trying to deal with it. <i>Yo me di por vencido(a) de tratar de lidiar con esto.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I took action to try to make the situation better. <i>Yo tomé acción para poder mejorar la situación.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I refused to believe that it has happened. <i>Yo rehusé creer que esto hubiera pasado.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I said things to let my unpleasant feelings escape. <i>Yo dije cosas para dejar escapar mis sentimientos desagradables.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. I used alcohol or other drugs to help me get through it. <i>Yo usé alcohol u otras drogas para que me ayudaran a pasar por esto.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. I tried to see it in a different light, to make it seem more positive. <i>Yo traté de verlo con un enfoque distinto para que pareciera más positivo.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



1525

Healthy Families Program
BRC

Page 2 of 3

9519

SITE: - PART ID: RELATION: - ASSESS DATE: ___ / ___ / _____

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|--|--|--|---|--|
| 12. I tried to come up with a strategy about what to do. <i>Yo traté de crear una estrategia para saber qu hacer.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. I got comfort and understanding from someone. <i>Yo recibí apoyo y comprensión de alguien.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. I gave up the attempt to cope. <i>Yo dejé de hacerle frente a la situación en la que estaba.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. I looked for something good in what is happening. <i>Yo busqué algo bueno en lo que estaba pasando.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. I made jokes about it. <i>Yo hice bromas acerca de esto.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. I did something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. <i>Yo hice algo para pensar menos en esto, como ir al cine, ver T.V., leer, soñar despierto(a), dormir, o ir de compras.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. I accepted the reality of the fact that it has happened. <i>Yo acepté la realidad de que esto haya pasado.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. I expressed my negative feelings. <i>Yo expresé mis pensamientos negativos.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. I tried to find comfort in my religion or spiritual beliefs. <i>Yo traté de encontrar apoyo en mi religión o mis creencias espirituales.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. I learned to live with it. <i>Yo aprendí a vivir con esto.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. I thought hard about what steps to take. <i>Yo pensé mucho cuales eran los pasos a tomar.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I prayed or meditated. <i>Yo recé o medité.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. I made fun of the situation. <i>Yo hice gracia de la situación.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. I tried to get advice or help from other people about what to do. <i>Yo traté de recibir consejos o ayuda de otras personas para saber que hacer.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. I got help and advice from other people. <i>Yo recibí ayuda y consejos de otras personas.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. I criticized myself. <i>Yo me critiqué.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. I blamed myself for things that happened. <i>Yo me culpé por cosas que sucedieron.</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |