

SECTION A

Demographic Profile

- 1) Number of children
 - a) 01
 - b) 02
 - c) 03
 - d) More than 3
- 2) Diagnosis of the child
 - a) Thallasemia
 - b) Leukemia
- 3) Duration after diagnosis
 - a) 0-1year
 - b) 1-3years
 - c) 3-5years
- 4) Age of the child
 - a) 0-3 years
 - b) 4-8 years
 - c) 8-12years
 - d) 12-15 years
- 5) Gender
 - a) Male
 - b) Female
- 6) Occupation of the mother
 - a) Non working mother (House wife)
 - b) Laborer
 - c) Service

SECTION B

To assess the perception of grief of mothers having children with selected chronic diseases.

Below are the series of general statements. You are indicate how much you agree or disagree with them. Be as honest as possible . Remember there is no right or wrong answers to these questions

S.no		Slight	Moderate	Strong
1	I tends to be more irritable with others after the diagnosis.	1	2	3
2	I frequently experiences angry feelings.	1	2	3
3	My arms and legs feel very heavy.	1	2	3
4	I have feelings of guilt because my health is good while my child's was not.	1	2	3
5	I feel lost and helpless	1	2	3
6	I have frequent headaches	1	2	3
7	I cry easily	1	2	3
8	Concentrating on things is difficult	1	2	3
9	I feel extremely anxious and unsettled.	1	2	3
10	Sometimes I have strong desire to stream	1	2	3
11	Life has lost its meaning for me.	1	2	3
12	I am not feeling healthy	1	2	3
13	I frequently feel depressed	1	2	3
14	I have the feeling that I was watching myself go through the motions of living	1	2	3
15	Life seems empty and barren	1	2	3

16	I have frequent mood changes	1	2	3
17	Small problems seems overwhelming	1	2	3
18	I lost my appetite	1	2	3
19	I seem to have lost my energy	1	2	3
20	I seems to have lost my self confidence	1	2	3
21	I am usually unhappy	1	2	3
22	I am awake most of the night.	1	2	3

Mild- 0-22

Moderate- 23-46

Severe- 47-66

Existential concern- Q5, Q11,Q14, Q15, Q20,Q21

Tension and Grief- Q1, Q2, ` ,Q4, Q10

Depression- Q7, Q8, Q9, Q13, Q16, Q17

Physical distress-Q3, Q6,Q12,Q18,Q19,Q22

Section C

**To assess the coping strategies of mothers whose children having
Thalassemia or Leukemia.**

SN	ITEMS	Never	Sometime	Always
1	Accepted that there was nothing you could do to change the situation	0	1	2
2	Sought advice of others to cope with the problem			
3	Tried to just take thing as they come			
4	Talked with other mothers having child with similar conditions			
5	Did not let it get to me refused to think much about it			
6	Worried a lot about the hospitalization of the child			
7	Tried to keep mind off things that are upsetting.			
8	Tried to do things which made me unhappy			
9	Blamed self for the illness			
10	Made plans to overcome problems of hospitalization			
11	Tried to look at the brighter side of hospitalization			
12	Sought reassurance and moral support from others			
13	Asked for God's guidance			
14	Found self getting irritated more than usual			
15	Tried to act as if you were not upset			
16	Tried to deny seriousness of the situation			
17	Adjusted with the hospitalization comfortably			
18	Used diversion to keep self occupied			
19	Took things one set at a time			
20	Do not discuss about things to any one			
21	Reassured family and took control of the situation			
22	Slept most of the time			
23	Felt frustrated			
24	Accepted it as fate			

Scoring

Total items- 24 items

Problem solving coping- 12 items

Emotional coping- 12 items

Types of coping method

Problem solving coping

Acceptance

- 1) Item no: 1
- 2) Item no: 3
- 3) Item no: 17
- 4) Item no: 21

Seeking support

- 1) Item no: 2
- 2)Item no: 4
- 3)Item no: 13
- 4)Item no: 12

Positive action

- 1) Item no: 8
- 2) Item no: 10
- 3) Item no: 18
- 4) Item no: 19

Emotional coping

Avoidance

- 1) Item no: 7
- 2) Item no: 15
- 3) Item no: 16
- 4) Item no: 22

Emotive

- 1) Item no: 6
- 2)Item no: 9
- 3)Item no: 14
- 4)Item no: 23

Distancing

- 1) Item no: 5
- 2) Item no: 11
- 3) Item no: 20
- 4) Item no: 24