

Parent Experience of Childhood Illness Scale (PECI) – Short Form[©]

*This questionnaire is concerned with thoughts and feelings related to parenting a child who is living with, or has experienced, a chronic illness. Read each statement and then try to determine how well it describes your thoughts and feelings **over the past month**.*

	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
1. It is painful for me to think about what my child might have been like had s/he never gotten sick.	0	1	2	3	4
2. I am at peace with the circumstances of my life.	0	1	2	3	4
3. I feel guilty because my child became ill while I remained healthy.	0	1	2	3	4
4. I worry about my child's future.	0	1	2	3	4
5. I feel ready to face challenges related to my child's well being in the future.	0	1	2	3	4
6. I worry that I may be responsible for my child's illness in some way.	0	1	2	3	4
7. I worry that at any minute, things might take a turn for the worse.	0	1	2	3	4
8. I worry about whether my child will be able to live independently as an adult.	0	1	2	3	4
9. I have regrets about decisions I have made concerning my child's illness.	0	1	2	3	4
10. I think about whether or not my child will die.	0	1	2	3	4
11. I am aware of the specific ways I react to sadness and loss.	0	1	2	3	4
12. I experience angry feelings when I think about my child's illness.	0	1	2	3	4
13. I am afraid of this diagnosis occurring in another member of my immediate family.	0	1	2	3	4
14. I trust myself to manage the future, whatever happens.	0	1	2	3	4
15. I find it hard to socialize with people who don't understand what being a parent to my child means.	0	1	2	3	4
16. When my child is playing actively, I find myself worried that s/he will get hurt.	0	1	2	3	4

	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
17. I believe I will never be as completely happy or satisfied with my life as I was before my child became ill.	0	1	2	3	4
18. My hopes and dreams for my child's future are uncertain.	0	1	2	3	4
19. I am jealous of parents who have healthy children.	0	1	2	3	4
20. I worry that my child's illness will worsen / return.	0	1	2	3	4
21. Seeing healthy children doing everyday activities makes me feel sad.	0	1	2	3	4
22. I worry about something bad happening to my child when s/he is out of my care.	0	1	2	3	4
23. I can get help and support when I need it.	0	1	2	3	4
24. I wake up during the night and check on my child.	0	1	2	3	4
25. When I am not with my child, I find myself thinking about whether or not s/he is ok.	0	1	2	3	4