

## How concurrent disorders affect family life

### *Activity 4-2: Preoccupation and impact*

It can be difficult to take even the smallest steps forward if you don't know the source of your worry, preoccupation and distress.

This is an early version of a tool we are calling the family concurrent disorders **Preoccupation and Impact Scale (PAIS)**. It'll help you think about how much having a family member with concurrent disorders is affecting your life; specifically, how absorbed you are with thoughts, fears and worries about your family member with these disorders. This scale still needs to be formally tested, so at this point the intention (rather than interpreting your score) is simply to encourage you to consider how much the preoccupation effect has infiltrated which aspects of your life. Completing this quiz may help you realize that you have moved beyond a constant state of preoccupation to an emotionally healthier, calmer, more balanced lifestyle. Indicate how strongly you agree or disagree with each statement. Circle 1 if you strongly agree, 2 if you agree, 3 if you disagree and 4 if you strongly disagree.

How strongly do you agree or disagree with these statements?	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know
I can't stop worrying about my family member's illness.	1	2	3	4	9
I am able to maintain a healthy balance in my life.	1	2	3	4	9
I have trouble thinking about anything other than my family member's mental illness and substance use problems.	1	2	3	4	9
I feel that I'm completely preoccupied with my family member's mental illness and substance use problems.	1	2	3	4	9
My daily routine completely centres on my family member's illness.	1	2	3	4	9
I find myself a lot more anxious these days.	1	2	3	4	9
I make sure that I find time to do things for myself and to have fun.	1	2	3	4	9
I never feel that I am doing enough for my ill family member.	1	2	3	4	9

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Sometimes I feel that I am drowning in my family member's illness.	1	2	3	4	9
I focus so much on my ill relative's problems that I have difficulty finding time to spend on other members of my family.	1	2	3	4	9
I have very little time and energy to socialize with my friends.	1	2	3	4	9
My physical health (e.g., nutrition, sleep and rest) has been negatively affected since I've been dealing with my family member's mental health and substance use problems.	1	2	3	4	9
I have had a hard time gaining a sense of emotional well-being since my family member developed mental illness and substance use problems.	1	2	3	4	9
I am able to cope with my loved one's mental illness and substance use problems.	1	2	3	4	9
I think it is OK for family members to feel angry with, or resentful of, their ill loved one.	1	2	3	4	9