

How concurrent disorders affect family life

Activity 4-3: The family concurrent disorders index of concerns quiz

The items included in this quiz may also help you pinpoint your areas of concern. Once you've listed them, you can think about how to resolve them. Think in terms of small steps you can make gradually.

Completing this quiz may also help you to:

- identify personal areas of concern over which you have little control
- consider how you might learn to accept what you cannot change.

For each item, circle the number that best corresponds with *how you are feeling right now*. Once you have completed all of the questions, add them up. The higher your total score, the more uneasy, worried or alarmed you are overall about your situation and the more you need to focus on your own emotional, social and physical health and well-being.

How concerned am I about...

		<i>Not</i>	←—————→								<i>Very</i>	
		<i>concerned</i>									<i>concerned</i>	
the immediate overall health and well-being of my ill family member?	0	1	2	3	4	5	6	7	8	9	10	
the immediate overall health and well-being of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10	
my own immediate overall health and well-being?	0	1	2	3	4	5	6	7	8	9	10	
the long-term overall health and well-being of my ill family member?	0	1	2	3	4	5	6	7	8	9	10	
the long-term overall health and well-being of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10	
my own long-term overall health and well-being?	0	1	2	3	4	5	6	7	8	9	10	

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	<div style="display: flex; justify-content: space-between; align-items: center;"> ← <i>Not</i> <i>Very</i> → </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 5px;"> <i>concerned</i> <i>concerned</i> </div>										
how much my ill family member is suffering?	0	1	2	3	4	5	6	7	8	9	10
how much the other members of my family are suffering?	0	1	2	3	4	5	6	7	8	9	10
how much I am suffering?	0	1	2	3	4	5	6	7	8	9	10
my ill family member's ability to get through this?	0	1	2	3	4	5	6	7	8	9	10
the ability of my other family members to get through this?	0	1	2	3	4	5	6	7	8	9	10
my own ability to get through this?	0	1	2	3	4	5	6	7	8	9	10
the emotional health of my ill family member?	0	1	2	3	4	5	6	7	8	9	10
the emotional health of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10
my own emotional health?	0	1	2	3	4	5	6	7	8	9	10
whether my ill family member is getting enough social support?	0	1	2	3	4	5	6	7	8	9	10
whether the other members of my family are getting enough social support?	0	1	2	3	4	5	6	7	8	9	10
whether I am getting enough social support?	0	1	2	3	4	5	6	7	8	9	10
my ill family member's physical health?	0	1	2	3	4	5	6	7	8	9	10
the physical health of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10

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	<div style="display: flex; justify-content: space-between; align-items: center;"> ← <i>Not</i> → <i>Very</i> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 5px;"> <i>concerned</i> <i>concerned</i> </div>										
my own physical health?	0	1	2	3	4	5	6	7	8	9	10
the spiritual health of my ill family member?	0	1	2	3	4	5	6	7	8	9	10
the spiritual health of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10
my own spiritual health?	0	1	2	3	4	5	6	7	8	9	10
my ill family member's financial situation?	0	1	2	3	4	5	6	7	8	9	10
the financial situation of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10
my own financial situation?	0	1	2	3	4	5	6	7	8	9	10
my ill family member's journey of recovery?	0	1	2	3	4	5	6	7	8	9	10
the recovery journey of the other members of my family?	0	1	2	3	4	5	6	7	8	9	10
my own journey of recovery?	0	1	2	3	4	5	6	7	8	9	10

REFERENCES

Kashner, T.M. et al. (1991, February). Family characteristics, substance abuse and hospitalization. *Hospital and Community*, 195–197.