

Offspring Cancer Needs Instrument

We would like to know what your current needs are regarding your experience of having a **parent with cancer**.

For each statement, please indicate whether you need help with this issue by putting a circle around the number that best describes how you feel about each issue.

The scale below describes what each number means.

No need 1 I don't have any need for help with this issue	Low need 2 I have a low need for help with this issue	Moderate need 3 I have a moderate need for help with this issue	Strong need 4 I have a strong need for help with this issue
--	---	---	---

For example:

I currently need...

Friends to understand what I'm going through

No need	Low need	Moderate need	Strong need
1	2	3	4

- If you think that your friends **do** understand what you're going through, or it's not important to you that they understand – **then you would circle 1.**
- If you feel as though your friends have **some** understanding, but not as much as you would like them to have – **then you would circle 2 or 3.**
- If you feel as though your friends **don't** understand as much as you would like them to, and you have a **strong** need for help with this issue – **then you would circle 4.**

Offspring Cancer Needs Instrument

Items relating to information about my parent's cancer. I currently need...

	No need	Low need	Moderate need	Strong need
1. To be informed about what is involved in my parent's treatment	1	2	3	4
2. To be informed about my parent's condition – good or bad	1	2	3	4
3. To get information about my parent's cancer in a way that I can understand	1	2	3	4
4. To be spoken to by health care professionals in a way that I can understand	1	2	3	4
5. Information about my parent's cancer and its impact on their life	1	2	3	4
6. Information about the chances of my parent's recovery	1	2	3	4
7. Information about the side-effects of my parent's treatment	1	2	3	4
8. Information about what happens after my parent comes home following treatment	1	2	3	4
9. Information about what to do if I notice a particular side-effect or symptom in my parent with cancer	1	2	3	4

Items relating to family issues. I currently need...

10. To feel that I have support from my family regarding my parent's cancer	1	2	3	4
11. To feel that I can talk openly with my family about my parent's cancer	1	2	3	4
12. To feel that my parents were being open with me about what was going on regarding my parent's cancer	1	2	3	4
13. To know how to behave around my parent with cancer	1	2	3	4

Items relating to practical assistance. I currently need...

14. Help concentrating on tasks at school, TAFE, university or work	1	2	3	4
15. My teachers and/or boss to understand my situation and be more flexible	1	2	3	4
16. Access to information about support services that are available to me	1	2	3	4
17. Assistance with looking after my parent with cancer	1	2	3	4
18. Assistance with jobs and chores around the house	1	2	3	4
19. Assistance with how to budget money	1	2	3	4
20. Assistance with developing my independence	1	2	3	4

Offspring Cancer Needs Instrument

Items relating to “time out” and recreation.

I currently need...

	No need	Low need	Moderate need	Strong need
21. To be able to have fun	1	2	3	4
22. To be involved in activities that distract me from the way that my parent’s cancer makes me feel	1	2	3	4
23. Time out from the extra duties that I have taken on at home	1	2	3	4
24. To feel like a “normal” young person, which it seems I’ve lost as a result of my parent’s cancer	1	2	3	4
25. To spend more time with friends	1	2	3	4

Items relating to dealing with feelings.

I currently need...

26. To learn ways of coping with the added stress placed on my family	1	2	3	4
27. Help dealing with feelings of anxiety and feeling scared about my parent’s cancer	1	2	3	4
28. Help dealing with sadness related to my parent’s cancer	1	2	3	4
29. Help dealing with feelings of guilt related to my parent’s cancer	1	2	3	4
30. To be able to express how I feel about my parent’s cancer, without worrying about upsetting people	1	2	3	4
31. To have someone close to discuss my feelings about my parent’s cancer	1	2	3	4
32. To talk with a counsellor/psychologist/social worker	1	2	3	4
33. Help dealing with other people’s reactions regarding my parent’s cancer	1	2	3	4
34. Help dealing with negative changes in my self-esteem as a result of my parent’s cancer	1	2	3	4
35. Help dealing with feelings of frustration and anger related to my parent’s cancer	1	2	3	4
36. Help with my feelings about the possibility that my parent might die	1	2	3	4
37. Assistance in dealing with the changes in my relationship with my parent	1	2	3	4
38. Information about the different feelings I might have because of my parent’s cancer	1	2	3	4

Offspring Cancer Needs Instrument

Items relating to support from my friends.

I currently need...

	No need	Low need	Moderate need	Strong need
39. My friends to understand what I am going through	1	2	3	4
40. To know how to talk to my friends about my experience with my parent's cancer	1	2	3	4
41. Support from my friends	1	2	3	4
42. My friends to feel comfortable talking to me about my experience with my parent's cancer	1	2	3	4

Items relating to support from other young people.

I currently need...

43. The opportunity to spend time with other young people affected by their parent's cancer	1	2	3	4
44. To talk to someone my own age who has been through a similar experience with cancer	1	2	3	4
45. To be linked in with a social support network with others sharing a similar experience	1	2	3	4
46. To feel supported by peers who have a similar experience with cancer	1	2	3	4
47. To be able to learn from other young people who have been through a similar experience with cancer	1	2	3	4

When using this measure please reference the following article:

Patterson et al. (2013). Supportive Care in Cancer, 21(7), 1927-1938. doi: 10.1007/s00520-013-1749-z