

# Sibling Cancer Needs Instrument

We would like to know what your current needs are regarding your experience of having a **brother or sister 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.

<b>No need</b> <b>1</b> I don't have any need for help with this issue	<b>Low need</b> <b>2</b> I have a low need for help with this issue	<b>Moderate need</b> <b>3</b> I have a moderate need for help with this issue	<b>Strong need</b> <b>4</b> I have a strong need for help with this issue
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For example:

I currently need...

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**.

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## Information about my sibling's cancer. I currently need...

	No need	Low need	Moderate need	Strong need
1. To be spoken to by health care professionals in a way that I can understand	1	2	3	4
2. To be informed about my sibling's condition – good or bad	1	2	3	4
3. To be able to get information about my sibling's type of cancer and its treatment in a way that I can understand	1	2	3	4
4. Information about what happens after my sibling comes home following treatment	1	2	3	4
5. Information about the impact that the cancer and treatment may have on my sibling's life in the future	1	2	3	4
6. To feel that health care professionals include me in discussions about my sibling's cancer	1	2	3	4
7. Information about the side-effects of my sibling's treatment	1	2	3	4
8. My teachers and/or boss to understand my situation and be more flexible	1	2	3	4

## "Time out" and recreation. I currently need...

9. To be able to have fun	1	2	3	4
10. To feel like a 'normal' young person, which it seems I've lost as a result of my sibling's cancer	1	2	3	4
11. Somewhere to go when it gets too hard to deal with my sibling's cancer	1	2	3	4
12. To have 'time-out' from the extra duties that I have taken on at home	1	2	3	4
13. To have time to look after myself and focus on my own needs	1	2	3	4
14. Help concentrating on tasks at school, TAFE, university or work	1	2	3	4

## Practical assistance. I currently need...

15. Assistance with managing daily tasks	1	2	3	4
16. To have people around me who can help out by taking over some of the things that my parent/s don't have time to do anymore	1	2	3	4
17. Access to information about support services that are available to me	1	2	3	4

# Sibling Cancer Needs Instrument

## Support from friends and other young people. I currently need...

	No need	Low need	Moderate need	Strong need
18. My friends to understand what I am going through	1	2	3	4
19. The opportunity to spend time with other young people affected by their siblings' cancer	1	2	3	4
20. To be linked in with a social support network with others who share a similar experience	1	2	3	4
21. Support from my friends	1	2	3	4
22. To know how to talk to my friends about my experience with my sibling's cancer	1	2	3	4
23. To feel supported by other young people who have a similar experience with cancer	1	2	3	4
24. To have someone close to discuss my feelings about my sibling's cancer	1	2	3	4
25. To be able to talk about how I am going (and not how my sibling is going) without feeling guilty	1	2	3	4

## Dealing with feelings. I currently need...

26. Help dealing with feelings of anxiety and feeling scared about my sibling's cancer	1	2	3	4
27. Help dealing with sadness related to my sibling's cancer	1	2	3	4
28. Help dealing with feelings of guilt related to my sibling's cancer	1	2	3	4
29. Help with feelings about the possibility that my sibling with cancer might die	1	2	3	4
30. To talk with a counsellor/psychologist/social worker	1	2	3	4
31. To learn ways of coping with the added stress placed on my family	1	2	3	4
32. To be able to express how I feel about my sibling's cancer without worrying about upsetting people	1	2	3	4
33. Help dealing with feelings of frustration and anger about my sibling's cancer	1	2	3	4

# Sibling Cancer Needs Instrument

## Understanding from my family. I currently need...

	No need	Low need	Moderate need	Strong need
34. For my family to acknowledge that this is happening to me too	1	2	3	4
35. To know my parent/s haven't forgotten about me	1	2	3	4
36. To be able to spend time with my parent/s – just me and them	1	2	3	4
37. To feel that I am just as important and valued as my sibling with cancer	1	2	3	4
38. To feel that I can openly talk with my family about my sibling's cancer	1	2	3	4

## My relationship with my sibling with cancer. I currently need...

39. Help with understanding how my sibling is feeling	1	2	3	4
40. To know how to talk to my sibling about how I am feeling	1	2	3	4
41. To have 'time-out' with my sibling away from 'the cancer'	1	2	3	4
42. Help dealing with changes in my relationship with my sibling	1	2	3	4
43. To know ways of giving emotional support to my sibling	1	2	3	4
44. To know ways of giving practical support to my sibling	1	2	3	4
45. To feel included in my sibling's cancer experience	1	2	3	4

When using this measure please reference the following article:

Patterson et al. (2014). Supportive Care in Cancer, 22(3), 653-665. doi: 10.1007/s00520-013-2020-3