

STRESS ASSESSMENT

Please read each statement carefully and circle a number 0,1, 2, or 3 which indicates how much the statement applied to you *over the past week*. There are no right or wrong answers. Do not spend too much time on any statement.

Name: _____

Date: _____

Phone: _____

E-mail: _____

The rating scale is as follows:

0 = Did not apply to me at all

1 = Applied to me to some degree, or some of the time

2 = Applied to me to a considerable degree, or a good part of time

3 = Applied to me very much, or most of the time

1.	I found myself getting upset by quite trivial things	0	1	2	3
2.	I was aware of dryness of my mouth	0	1	2	3
3.	I couldn't seem to experience any positive feeling at all	0	1	2	3
4.	I experienced breathing difficulty (eg. Excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5.	I just couldn't seem to get going	0	1	2	3
6.	I tended to over-react to situations	0	1	2	3
7.	I had a feeling of shakiness (eg, legs going to give way)	0	1	2	3
8.	I found it difficult to relax	0	1	2	3
9.	I found myself in situations that made me so anxious I was most relieved when they ended	0	1	2	3
10.	I felt that I had nothing to look forward to	0	1	2	3
11.	I found myself getting upset rather easily	0	1	2	3
12.	I felt that I was using a lot of nervous energy	0	1	2	3
13.	I felt sad and depressed	0	1	2	3
14.	I found myself getting impatient when I was delayed in any way (eg lifts, traffic lights, being kept waiting)	0	1	2	3
15.	I had a feeling of faintness	0	1	2	3

16.	I felt that I had lost interest in just about everything	0	1	2	3
17.	I felt I wasn't worth much as a person	0	1	2	3
18.	I felt that I was rather touchy	0	1	2	3
19.	I perspired noticeably (eg hands sweaty) in the absence of high temperatures or physical exertion	0	1	2	3
20.	I felt scared without any good reason	0	1	2	3
21.	I felt that life wasn't worthwhile	0	1	2	3
22.	I found it hard to wind down	0	1	2	3
23.	I had difficulty in swallowing	0	1	2	3
24.	I couldn't seem to get any enjoyment out of the things I did	0	1	2	3
25.	I was aware of the action of my heart in the absence of physical exertion (eg sense of heart rate increase, heart missing a beat)	0	1	2	3
26.	I felt down-hearted and blue	0	1	2	3
27.	I found that I was very irritable	0	1	2	3
28.	I felt I was close to panic	0	1	2	3
29.	I found it hard to calm down after something upset me	0	1	2	3
30.	I feared that I would be thrown by some trivial but unfamiliar task	0	1	2	3
31.	I was unable to become enthusiastic about anything	0	1	2	3
32.	I found it difficult to tolerate interruptions to what I was doing	0	1	2	3
33.	I was in a state of nervous tension	0	1	2	3
34.	I felt I was pretty worthless	0	1	2	3
35.	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
36.	I felt terrified	0	1	2	3
37.	I could see nothing in the future to be hopeful about	0	1	2	3
38.	I felt that life was meaningless	0	1	2	3
39.	I found myself getting agitated	0	1	2	3
40.	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41.	I experienced trembling (eg in the hands)	0	1	2	3
42.	I found it difficult to work up the initiative to do things	0	1	2	3