



STRESS QUESTIONNAIRE

HOW STRESSED OUT ARE YOU RIGHT NOW?

INSTRUCTIONS:

Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page. 1 is Less True, 5 is Mostly True

- 1 2 3 4 5 A close family member died in the past 12 months.
- 1 2 3 4 5 I moved to a new town in the past 12 months.
- 1 2 3 4 5 I changed jobs in the past 12 months.
- 1 2 3 4 5 My son/daughter left home in the past 12 months.
- 1 2 3 4 5 A close friend/family member who is ill depends on you for care.
- 1 2 3 4 5 I've had a major health problem in the past 12 months.
- 1 2 3 4 5 A close relationship ended in the past 12 months.
- 1 2 3 4 5 I lost my job or retired in the past 12 months.
- 1 2 3 4 5 I got married in the past 12 months.
- 1 2 3 4 5 I took on a lot of debt in the past 12 months.
- 1 2 3 4 5 I got divorced or separated in the past 12 months.
- 1 2 3 4 5 I lost a lot of money in the past 12 months.
- 1 2 3 4 5 I have ongoing marital problems.
- 1 2 3 4 5 I have ongoing sexual problems.
- 1 2 3 4 5 I have ongoing financial problems.
- 1 2 3 4 5 I have ongoing trouble with friends or relatives.
- 1 2 3 4 5 I have ongoing problems meeting family demands.
- 1 2 3 4 5 I have ongoing pressure at work or school.
- 1 2 3 4 5 I have ongoing pressure with emotional problems.
- 1 2 3 4 5 I am constantly facing do-or-die deadlines.

_____ TOTAL SCORE (add up all numbers)

SCORING KEY

- 20 - 35 Virtually stress free
- 36 - 50 Somewhat stressful
- 51 - 75 Stressed - watch out
- 76 - 100 Super stressed - reduce all pressures in your life or find professional help