

STRESS INDICATORS QUESTIONNAIRE

This questionnaire will show how stress affects different parts of your life. Circle the response which best indicates how often you experience each stress indicator during a typical week.

When you have answered all the questions add the point totals for each section.

- 5- Almost Always (on five days a week)
- 4- Most of the time (on three days a week)
- 3- Some of the time (on one and one-half days a week)
- 2- Almost never (less than two hours a week)
- 1- Never

PERSONAL PROFILE

- | | | | |
|-------------------|-------------|-------------|-------------|
| 1. Gender | a) Male | b)Female | |
| 2. Age | a) [16, 18) | b) [18, 20) | c) [20, 22) |
| 3. Martial status | a)Married | b)Unmarried | |

PHYSICAL INDICATORS: How often would you say:

| s.no | Particulars | Almost Always | Most of the time | Some of the time | Almost never | Never |
|------|--|---------------|------------------|------------------|--------------|-------|
| 1 | My body feels tense all over. | 5 | 4 | 3 | 2 | 1 |
| 2 | I have a nervous sweat or sweaty palms. | 5 | 4 | 3 | 2 | 1 |
| 3 | I have a hard time feeling really relaxed. | 5 | 4 | 3 | 2 | 1 |
| 4 | I have severe or chronic lower back pain. | 5 | 4 | 3 | 2 | 1 |
| 5 | I get severe or chronic headaches. | 5 | 4 | 3 | 2 | 1 |
| 6 | I get tension or muscle spasms in my face, jaw, neck or shoulders. | 5 | 4 | 3 | 2 | 1 |
| 7 | My stomach quivers or feels upset. | 5 | 4 | 3 | 2 | 1 |
| 8 | I get skin rashes or itching. | 5 | 4 | 3 | 2 | 1 |
| 9 | I have problems with my bowels (constipation, diarrhea). | 5 | 4 | 3 | 2 | 1 |
| 10 | I need to urinate more than most people. | 5 | 4 | 3 | 2 | 1 |

Stress Indicators Questionnaire Nbanh

L Reisser



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