

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

Karin Nielsen-Saines



Stress Indicators Questionnaire Nbanh:

Stress Indicators Questionnaire Nbanh Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Stress Indicators Questionnaire Nbanh**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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