

Ministry of Social Security, National Solidarity & Reform
Institutions

Stress Measurement Questionnaire
(In English – for working people)

Particulars of Participant

Gender
Marital Status

Age.....
Profession:.....

Scores : Not at all :0
Rarely :1
Sometimes :2
Often :3
Very often : 4

Questions

	Not at all	Rarely	Sometimes	Often	Very often
1. Do you suffer with difficulty in sleeping?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you find it difficult to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do financial problems get you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you feel you have to be the 'coper' for the family or for colleagues, with no option for seeking support for yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you find yourself 'self-medicating' with additional alcohol, nicotine or other substances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you get angry quickly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When you have been ill with relatively minor illnesses, does it take you a long time to recover?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Questions

	Not at all	Rarely	Sometimes	Often	Very often
8. Do you find you are prone to negative thinking about your job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you feel you are isolated with no-one to talk to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Would you take a sick day, not because you feel ill but overwhelmed, just to keep your 'head above water' emotionally, mentally and physically?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you feel out of control and as if you're not in the driving seat of your life and health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you 'snack' instead of eating 'wholesome' meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When conflict arises at work or at home, do you tend to over-react?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you feel that there is more work to do than you realistically have the capacity to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you feel caught between the pressures of responsibility for children and for your parents?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you feel 'under par' even at the beginning of a working day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you shy away from social contact with colleagues and friends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Do other people comment on your not taking care of your appearance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you claim you have no time for hobbies and interests?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not at all Rarely Sometimes Often Very often

20. Do you feel misunderstood or unappreciated by your colleagues, friends or family members?

Interpretation of Scores

0 - 20 : Good control over stress

21 – 40 : Low level of stress

41 – 60 : Medium level of stress: Should reconsider means of coping with stress

61 – 80 : High level of Stress: Needs Counselling