Ministry of Social Security, National Solidarity & Reform Institutions

Stress Measurement Questionnaire
(In English – for working people)

Particulars of Participant

Gender …………………                                      Age………………
Marital Status …………………                            Profession:………………

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

Questions

1. Do you suffer with difficulty in sleeping?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

2. Do you find it difficult to concentrate?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

3. Do financial problems get you down?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

4. Do you feel you have to be the ‘coper’ for the family or for colleagues, with no option for seeking support for yourself?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

5. Do you find yourself ‘self-medicating’ with additional alcohol, nicotine or other substances?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

6. Do you get angry quickly?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often

7. When you have been ill with relatively minor illnesses, does it take you a long time to recover?
   [ ] Not at all [ ] Rarely [ ] Sometimes [ ] Often [ ] Very often
<table>
<thead>
<tr>
<th>Questions</th>
<th>Not at all</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
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</thead>
<tbody>
<tr>
<td>8. Do you find you are prone to negative thinking about your job?</td>
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<td>9. Do you feel you are isolated with no-one to talk to?</td>
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<td>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?</td>
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<td>11. Do you feel out of control and as if you’re not in the driving seat of your life and health?</td>
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<td>12. Do you ‘snack’ instead of eating ‘wholesome’ meals?</td>
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<td>13. When conflict arises at work or at home, do you tend to over-react?</td>
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<td>14. Do you feel that there is more work to do than you realistically have the capacity to do?</td>
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<td>15. Do you feel caught between the pressures of responsibility for children and for your parents?</td>
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<td>16. Do you feel ‘under par’ even at the beginning of a working day?</td>
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<td>17. Do you shy away from social contact with colleagues and friends?</td>
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<td>18. Do other people comment on your not taking care of your appearance?</td>
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<td>19. Do you claim you have no time for hobbies and interests?</td>
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20. Do you feel misunderstood or unappreciated by your colleagues, friends or family members?

Not at all  Rarely  Sometimes  Often  Very often

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