

Stress Questionnaire

Below is a set of statements that reflect common stress symptoms. Tick one box in each column to indicate how true this statement is of you. Total up the ticks in each column then multiply by the corresponding figure. Add up these results to give you an overall score.

In the last few months, how often have you...

	often	Some-times	seldom	never
Lost your appetite				
Found you are constantly nibbling at snack food				
Felt sick after eating				
Bitten your nails or tapped your feet and fingers				
Been restless				
Found yourself getting angry or upset				
Felt you have to work extra hard or late				
Been worked up by heavy traffic or other travellers				
Tried hard to win at sports				
Tried hard to win in arguments				
Struggled for perfection				
Felt that you don't spend enough time with your family				
Found it difficult to sleep at night				
Used alcohol when under pressure				
Used cigarettes to help when you are under pressure				
Felt trapped by your lifestyle				
Found you are too busy to do things you enjoy doing				
Found it hard to make decisions				
Worried about your future				
Found it hard to concentrate				
Suffered from headaches				
Found yourself grumbling or moaning				
Found it difficult to laugh or smile				
Now add up the number of ticks in each column				
Multiply each column by	X3	X2	X1	X0
TOTAL				
GRAND TOTAL				

Warning: whilst this questionnaire gives an indication of your current stress level, it is not a diagnostic instrument and has not been properly validated.