

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

PHYSICAL INDICATORS: How often would you say:

	Almost always	Most of the time	Some of the time	Almost never	Never
My body feels tense all over.	5	4	3	2	1
I have a nervous sweat or sweaty palms.	5	4	3	2	1
I have a hard time feeling really relaxed.	5	4	3	2	1
I have severe or chronic lower back pain.	5	4	3	2	1
I get severe or chronic headaches.	5	4	3	2	1
I get tension or muscle spasms in my face, jaw, neck or shoulders.	5	4	3	2	1
My stomach quivers or feels upset.	5	4	3	2	1
I get skin rashes or itching.	5	4	3	2	1

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EW Minium



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