



Instructions:  
Please fill in your responses like this using a No. 2 pencil. 

Incorrect Marks 

# Stress Risk Questionnaire



*All data collected and processed will be kept strictly confidential.*

1. Name: Last 

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Please Print First 

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 M.I. 

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2. ID# (optional) 

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3. Age 

<input type="radio"/> 10	<input type="radio"/> 20	<input type="radio"/> 30	<input type="radio"/> 40	<input type="radio"/> 50	<input type="radio"/> 60	<input type="radio"/> 70	<input type="radio"/> 80	<input type="radio"/> 90	
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9

4. Sex  Male  Female

5. What potential stress factors have you experienced in the past year or so? (Please make ALL that apply.)

- lost a loved one
- changed or lost a job
- had an emotional illness
- moved to a new residence
- married, divorced or separated
- financial stress or loss of income
- care giver for a dependent person
- excessive work deadlines/overtime
- stressful family member in the home

Questions 6 - 15  
The following conditions often accompany stress. Indicate how often you experience each.

- 6. Hives
- 7. Intense fatigue
- 8. Lower back pain
- 9. Nervous stomach
- 10. Difficult breathing
- 11. Tightness in chest
- 12. Heartburn or indigestion
- 13. Insomnia or restless sleep
- 14. Tension/Migraine headache
- 15. Muscle tension in neck/shoulder/jaw

	Almost always	Frequently	Occasionally	Seldom	Never
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. How do you feel emotionally at the present time?

- I do not feel sad
- I feel sad
- I am sad all the time and I can't snap out of it

17. How satisfied are you with your life?

- mostly satisfied
- partly satisfied
- not satisfied

18. In general, how stressful is your life?

- very stressful
- somewhat stressful
- rarely stressful

Questions 19 - 27:

The following attitudes and personality tendencies may be a contributing factor of your stress.

	Almost always	Frequently	Occasionally	Seldom	Never
19. I lack self-confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I am easily frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I worry about everything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have a lot of imperfections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I am Pessimistic about my future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Everything I do has to be perfect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. It is most important for me to be liked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have trouble getting things done on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I have trouble making or keeping friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. How effectively do you handle stress in your life?

- not effective
- generally effective
- extremely effective

29. How do you commonly respond to stress?

*(Please mark ALL that apply.)*

- eat
- anger
- smoke
- exercise
- watch TV
- humor/laugh
- drink alcohol
- talk to someone
- withdraw from others
- relaxation techniques

30. When do you feel you would be ready to work on stress/depression?

- not an issue
- not ready to change
- willing to change soon
- willing to change in the future