

## 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

### PERSONAL PROFILE

- |                   |             |              |             |
|-------------------|-------------|--------------|-------------|
| 1. Gender         | a) Male     | b) Female    |             |
| 2. Age            | a) [16, 18) | b) [18, 20)  | c) [20, 22) |
| 3. Martial status | a) Married  | b) Unmarried |             |

### PHYSICAL INDICATORS: How often would you say:

s.no	Particulars	Almost Always	Most of the time	Some of the time	Almost never	Never
1	My body feels tense all over.	5	4	3	2	1
2	I have a nervous sweat or sweaty palms.	5	4	3	2	1
3	I have a hard time feeling really relaxed.	5	4	3	2	1
4	I have severe or chronic lower back pain.	5	4	3	2	1
5	I get severe or chronic headaches.	5	4	3	2	1
6	I get tension or muscle spasms in my face, jaw, neck or shoulders.	5	4	3	2	1
7	My stomach quivers or feels upset.	5	4	3	2	1
8	I get skin rashes or itching.	5	4	3	2	1
9	I have problems with my bowels (constipation, diarrhea).	5	4	3	2	1
10	I need to urinate more than most people.	5	4	3	2	1

# Stress Indicators Questionnaire Nbanh

**Shasha Hu**



**Stress Indicators Questionnaire Nbanh:**

## Adopting the Melody of Term: An Mental Symphony within **Stress Indicators Questionnaire Nbanh**

In a global used by screens and the ceaseless chatter of fast communication, the melodic splendor and emotional symphony produced by the prepared word frequently diminish into the background, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Stress Indicators Questionnaire Nbanh** a marvelous fictional value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this fascinating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously crafted phrase. Within the depths with this poignant evaluation, we will examine the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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