

## 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

**Franklin Stein**



## **Stress Indicators Questionnaire Nbanh:**

Advances in Engineering Research and Application Duy Cuong Nguyen, Do Trung Hai, Ngoc Pi Vu, Banh Tien Long, Horst Puta, Kai-Uwe Sattler, 2024-08-24 This book covers the International Conference on Engineering Research and Applications ICERA 2023 which was held on December 1 2 2023 at Thai Nguyen University of Technology in Thai Nguyen Vietnam and provided an international forum to disseminate information on latest theories and practices in engineering research and applications The conference focused on original research work in areas including mechanical engineering materials and mechanics of materials mechatronics and micro mechatronics automotive engineering electrical and electronics engineering information and communication technology By disseminating the latest advances in the field the proceedings of ICERA 2023 *Advances in Engineering Research and Application* assists academics and professionals alike to reshape their thinking on sustainable development *Journal*, 1864 Stress Management Questionnaire Franklin Stein, 2002-09-15 The Stress Management Questionnaire SMQ assists in the identification of symptoms linked to stress the stressors that trigger the symptoms and the copers that aid in the reduction of stress The SMQ is a quick and effective tool to provide individuals with a personal stress profile that identifies an individual's stressors and provides copers that help reduce the symptoms of stress

**Evaluating Stress** Carlos P. Zalaquett, Richard J. Wood, 1997-06-19 Bringing together twenty nine noted experts in various therapeutic and stress management fields it details the history conditions for use and key references for finding the measure and psychometrics of twenty one different instruments used in the evaluation of stress Occupational Stress Indicator Cary L. Cooper, Stephen Sloan, Stephen Williams, 1988 **Stress Management Questionnaire - Institutional Version** Franklin Stein, 2002-09-15 The Stress Management Questionnaire SMQ assists in the identification of symptoms linked to stress the stressors that trigger the symptoms and the copers that aid in the reduction of stress The SMQ is a quick and effective tool to provide individuals with a personal stress profile that identifies an individual's stressors and provides copers that help reduce the symptoms of stress This CD ROM which is licensed for multiple users and can be networked to a company hospital or other organization's computers contains two ways to administer the test a paper and pencil version which can be printed and photocopied and can be administered individually or to a group and a computerized self scoring version that can be taken independently and anonymously *A Modified Stress Questionnaire* Rachel Ann Noe, 1983

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