

# STRESS QUESTIONNAIRE



International Stress  
Management Association UK

Promoting stress prevention and well-being

Because everyone reacts to stress in his or her own way, no one stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an **overview** only. Please see a Stress Management Consultant for a more in depth analysis.

Answer **all** the questions but just tick one box that applies to you, either yes or no. Answer yes, *even if only part of a question applies to you*. Take your time, but please be completely honest with your answers:

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		
6	I feel that there are too many deadlines in my work / life that are difficult to meet		
7	My self confidence / self esteem is lower than I would like it to be		
8	I frequently have guilty feelings if I relax and do nothing		
9	I find myself thinking about problems even when I am supposed to be relaxing		
10	I feel fatigued or tired even when I wake after an adequate sleep		
11	I often nod or finish other peoples sentences for them when they speak slowly		
12	I have a tendency to eat, talk, walk and drive quickly		
13	My appetite has changed, have either a desire to binge or have a loss of appetite / may skip meals		
14	I feel irritated or angry if the car or traffic in front seems to be going too slowly/ I become very frustrated at having to wait in a queue		
15	If something or someone really annoys me I will bottle up my feelings		
16	When I play sport or games, I really try to win whoever I play		
17	I experience mood swings, difficulty making decisions, concentration and memory is impaired		
18	I find fault and criticize others rather than praising, even if it is deserved		
19	I seem to be listening even though I am preoccupied with my own thoughts		
20	My sex drive is lower, can experience changes to menstrual cycle		
21	I find myself grinding my teeth		
22	Increase in muscular aches and pains especially in the neck, head, lower back, shoulders		
23	I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
24	I find I have a greater dependency on alcohol, caffeine, nicotine or drugs		
25	I find that I don't have time for many interests / hobbies outside of work		
A <b>yes</b> answer score = 1 (one), and a <b>no</b> answer score = 0 (zero).		<b>TOTALS</b>	

## Your score:

**Most of us can manage varying amounts of pressure without feeling stressed. However too much or excessive pressure, often created by our own thinking patterns and life experiences, can overstretch our ability to cope and then stress is experienced.**

**4 points or less:** You are least likely to suffer from stress-related illness.

**5 - 13 points:** You are more likely to experience stress related ill health either mental, physical or both. You would benefit from stress management / counseling or advice to help in the identified areas.

**14 points or more:** You are the most prone to stress showing a great many traits or characteristics that are creating un-healthy behaviours. This means that you are also more likely to experience stress & stress-related illness e.g. diabetes, irritable bowel, migraine, back and neck pain, high blood pressure, heart disease/strokes, mental ill health (depression, anxiety & stress). It is important to seek professional help or stress management counseling. Consult your medical practitioner.

### Tips to help improve your score

Review the questions that you scored yes:

- See if you can reduce, change or modify this trait.
- Start with the ones that are easiest & most likely to be successful for you.
- Only expect small changes to start with, it takes daily practice to make any change.
- Support from friends, family/colleagues will make the process easier and more enjoyable.
- Professional help is always available & your GP is a good place to start.

To find a stress management counsellor in your area you can contact:

The International Stress Management Association (ISMA<sup>UK</sup>) on

**T:** 01179 697284 **E:** stress@isma.org.uk **W:** www.isma.org.uk

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