

### **STRESS QUESTIONNAIRE**

*(Simplified self-scoring test for gauging stress and tension levels)*

**Circle the appropriate number for each item.**

	<b>Behaviour</b>	<b>Often</b>	<b>A Few Times a Week</b>	<b>Rarely</b>
1.	I feel tense, anxious or have nervous indigestion	2	1	0
2.	People at TAFE/work/home make me feel tense	2	1	0
3.	I eat/drink/smoke in response to tension	2	1	0
4.	I have tension or migraine headaches, or pain in the neck or shoulders, or insomnia	2	1	0
5.	I can't turn off my thoughts at nights or on weekends long enough to feel relaxed and refreshed the next day	2	1	0
6.	I find it difficult to concentrate on what I'm doing because of worrying about other things	2	1	0
7.	I take tranquilisers or other drugs to relax	2	1	0
8.	I have difficulty in finding enough time to relax	2	1	0
9.	Once I find time, it is hard for me to relax	2	1	0
10.	My day is made up of many deadlines	2	1	0

Now add up all the numbers you circled.

**My Total Score is** \_\_\_\_\_

**Rating:**

**0 – 6            Mild Stress**  
**7 – 12         Moderate Stress**  
**13 -18         High Stress**