

Stress Self-Report Inventory

DIRECTIONS: Please read each statement and circle a number (0, 1, 2 or 3) which indicates how much the statement applied to you over the past week. There is no right or wrong answer. Do not spend too much time on any statement. The rating scale is as follows:

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me a considerable degree, or a good part of the time
- 3 Applied to me very much, or most of the time

1.	I found myself getting upset by quite trivial things.	
2.	I tended to over-react to situations.	
3.	I found it difficult to relax.	
4.	I found myself getting upset rather easily.	
5.	I felt that I was using a lot of nervous energy.	
6.	I found myself getting impatient when I was delayed in any way (e.g., traffic lights, kept waiting, standing in line).	
7.	I felt I was rather touchy.	
8.	I found it hard to wind down.	
9.	I found that I was very irritable.	
10.	I found it hard to calm down after something upset me.	
11.	I found it difficult to tolerate interruptions to what I was doing.	
12.	I was in a state of nervous tension.	
13.	I was intolerant of anything that kept me from getting on with what I was doing.	
14.	I found myself getting agitated.	

SCORING: Add the numbers that have been circled.

Your total stress score is: _____

INTERPRETATION:

0 – 9 Normal range

10 – 13 Mild level of stress

14– 20 Moderate level of stress

21 – 27 Severe level of stress