

STRESS ASSESSMENT

INTRODUCTION

Due to my strong background in Psychology and interest in psychometric tools and questionnaires I believe that a thorough assessment is hugely beneficial in increasing self awareness. The following is designed to help you assess your current levels of stress and is taken from the H4L Self Assessment Package. Please do not redistribute this document without permission from Harmony4Life.

It's usually best to go with your first instinctive response to any question/ item and not think about your answer in too much depth or for too long. Record each answer as you go along and any relevant comments. Please note there are no right or wrong answers and you can simply use your answers as a framework for self development.

If after completing this assessment package you wish to discuss the outcome of this assessment package, please get in contact using the contact details below to set up a session. In the first session you will be required to bring along a copy of your assessment. I will then take this away and put together a programme tailored to your needs based on this and our first session. **All information will be kept strictly confidential.**

Alternatively try H4L Self Help products from the Stress Management Programme. Remember, there is a 100% Satisfaction Guarantee. So buy with confidence and simply enjoy using your products again and again.

Many thanks,

Claire

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ASSESSMENT 6. STRESS SYMPTOMS CHECKLIST

Stress is a normal part of life, it is only when it becomes too much for the individual to cope with that it becomes an issue. Stress can become a problem and affect our quality of life and the way we perform at work, if it is left unresolved. The Health and Safety Executive defines stress as "the adverse reaction people have to excessive pressure or other types of demand placed on them". This can result in a number of issues including impotence, tension, hypochondria, psychosomatic symptoms, illness, pain, avoidance of responsibility, etc.

Have you suffered from any of the following symptoms in the last year? Use this checklist to determine how stressed you are. Mark any symptoms that have applied to you in the last year; the more symptoms you have experienced, the higher and greater the stress.

Mental

- Forgetfulness
- Poor concentration
- Lack of clarity
- Fear you will lose control
- Lack of confidence
- Pessimistic about the future
- Worry about the future
- Unmotivated
- Depression

Behavioural

- Less organised
- Lack of interest
- Withdrawing into oneself
- Inability or unwillingness to communicate
- Lower commitment
- Missed deadlines
- Increased conflicts with others
- Absenteeism
- Irregular eating patterns
- Smoke or drink to excess
- Avoid worrisome situations

Physical

- Headaches/ migraine
- Backache
- General aches and pains
- Neck and shoulder pain
- Exhaustion
- Shortness of breath
- Mouth ulcers
- Tinnitus (ringing in the ears)
- Asthma
- High blood pressure
- Palpitations and chest pain
- Angina
- Indigestion
- Stomach ulcers
- Upset stomach
- Constipation
- Diarrhoea

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- Irritable bowel syndrome
- Loss of sex drive
- Impotence or premature ejaculation
- Muscle tics
- Eczema or psoriasis
- Acne and skin rashes
- Other skin problems
- Amenorrhoea (a break in your periods)
- Waking up early in the morning
- Insomnia
- Difficulty sleeping
- Panic attacks
- Hyperventilation
- Constantly feeling exhausted
- Tightness in your neck shoulders or back
- Butterflies in your stomach
- Feel physically run down
- Feel distant, dizzy, unreal or remote
- Loss of appetite

Emotional

- Irritability
- Feeling out of control
- Sudden feelings of fear or panic
- Feeling wound up
- Feeling edgy or bad tempered
- Crying
- Feeling bullied
- Mood swings
- Feeling scared
- Feeling depressed
- Feeling under pressure
- Feeling emotional
- Tearfulness
- Feeling indifferent

If you are suffering from any of the above symptoms then consider getting them checked out by a doctor straight away, as prolonged stress can lead to the following:

- Heart problems
- Ulcers
- Cancers
- Strokes
- Complete mental or physical breakdown
- Death

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ASSESSMENT 7. THE HOLMES RAHE LIFE EVENTS SCALE

Life event	Have you experienced this in the last year? Please state yes or no and add comments (optional)	Score
Death of spouse		100
Divorce		73
Marital separation		65
Jail term		63
Death of close family member		63
Personal injury or illness		53
Marriage		50
Fired at work		47
Marital reconciliation		45
Retirement		45
Change in health of family member		44
Pregnancy		40
Sex difficulties		39
Gain of new family member		39
Business adjustment		39
Change in financial state		38
Death of a close friend		37
Change to a different line of work		36
Change in arguments with spouse		35
Major mortgage or loan (over one year's salary)		31
Foreclosure of mortgage or loan		30
Change in responsibilities at work		29
Son or daughter leaving home		29
Trouble with in-laws		29
Outstanding personal achievement		28
Spouse begins or stops work		26
Begin or end school		26
Change in living conditions		25
Revision of personal habits		24
Trouble with boss		23
Change in work hours or conditions		20
Change in residence		20
Change in schools		20
Change in recreation		19
Change in church activities		19
Change in social activities		18
Minor mortgage or loan (less than one year's salary)		17
Change in sleeping habits		16
Change in number of family get togethers		15
Change in eating habits		15
Holiday		13
Christmas		12
Minor violations of the law		11
TOTAL:		

Scoring over 300 points in one year greatly increases the risk of illness, 150-299 reduces the risk by 30%, and a score of less than 150 involves a slight change of illness. However, illness is not an inevitable outcome of change; an individual's personality and ability to cope largely determine how well they react.

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ASSESSMENT 10. DEPRESSION ANXIETY STRESS SCALE 42 (DASS 42) Lovibond & Lovibond (1995)

Psychometric Properties of the Depression Anxiety Stress Scale 42 (DASS)

The DASS is a 42 item self-report inventory that includes three factors: Depression; Anxiety; and Stress. This measure proposes that physical anxiety (fear symptomatology) and mental stress (nervous tension and nervous energy) are two distinct domains.

The DASS 42

Please read each statement and using the rating scale below, add the number 0, 1, 2, or 3 which indicates how much the statement applied to you over the past week.

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.

Item	Rating
1. I found myself getting upset by quite trivial things	
2. I was aware of dryness of my mouth	
3. I couldn't seem to experience any positive feeling at all	
4. I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)	
5. I just couldn't seem to get going	
6. I tended to over-react to situations	
7. I had a feeling of shakiness (e.g., legs going to give way)	
8. I found it difficult to relax	
9. I found myself in situations that made me so anxious I was most relieved when they ended	
10. I felt that I had nothing to look forward to	
11. I found myself getting upset rather easily	
12. I felt that I was using a lot of nervous energy	
13. I felt sad and depressed	
14. I found myself getting impatient when I was delayed in any way (e.g., lifts, traffic lights, being kept waiting)	
15. I had a feeling of faintness	
16. I felt that I had lost interest in just about everything	
17. I felt I wasn't worth much as a person	
18. I felt that I was rather touchy	
19. I perspired noticeably (e.g. hands sweaty) in the absence of high temperatures or physical exertion	
20. I felt scared without any good reason	
21. I felt that life wasn't worthwhile	
22. I found it hard to wind down	
23. I had difficulty in swallowing	
24. I couldn't seem to get any enjoyment out of the things I did	
25. I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	

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26. I felt down-hearted and blue	
27. I found that I was very irritable	
28. I felt I was close to panic	
29. I found it hard to calm down after something upset me	
30. I feared that I would be "thrown" by some trivial but unfamiliar task	
31. I was unable to become enthusiastic about anything	
32. I found it difficult to tolerate interruptions to what I was doing	
33. I was in a state of nervous tension	
34. I felt I was pretty worthless	
34. I was intolerant of anything that kept me from getting on with what I was doing	
36. I felt terrified	
37. I could see nothing in the future to be hopeful about	
38. I felt that life was meaningless	
39. I found myself getting agitated	
40. I was worried about situations in which I might panic and make a fool of myself	
41. I experienced trembling (e.g., in the hands)	
42. I found it difficult to work up the initiative to do things	
Total of ratings	

Scoring:

Please add up all your ratings and enter them in the box above. These will be discussed in relation to the severity-rating index below:

	Depression	Anxiety	Stress
Normal	0 – 9	0 - 7	0 – 14
Mild	10 – 13	8 – 9	15 – 18
Moderate	14 – 20	10 – 14	19 – 25
Severe	21 – 27	15 – 19	26 – 33
Extremely Severe	28+	20+	34 +