

# STRESS TEST

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Following are life events that tend to cause a certain amount of stress. Check the descriptions that apply to you.

**Check the descriptions that apply to you within the *last year*.**

**Yes No**

- Death of a partner
- Death of an immediate family member
- Divorce or break-up of significant other
- Major personal injury or illness
- Marriage
- Retirement or nearing retirement

**Check the descriptions that apply to you within the last *6 months*.**

**Yes No**

- Major injury or illness of immediate family member
- Birth of child
- Infertility
- Sexual difficulties
- Death of a close friend
- Trouble getting along with family member
- Disagreement with close friend
- Buying first house
- Major change in financial situation
- Starting a new job
- Children leaving home
- Change in living conditions
- Difficulties with supervisor
- Sleeping difficulties
- Subject to harassment (including bullying)
- Job termination

**Following are behaviours that are often symptoms of stress. Check the behaviours that apply to you *presently*.**

**Yes No**

- Do you often have frequent headaches?
- Is your appetite poor?
- Do you sleep badly?
- Do you feel nervous, tense or worried?
- Do you have poor digestion?
- Do you have trouble thinking clearly?
- Do you feel unhappy?
- Do you cry more than usual?
- Do you find it difficult to enjoy your daily activities?
- Do you find it difficult to make a decision?
- Is your daily work suffering?
- Are you unable to fulfill a certain obligation in your life?
- Have you lost interest in things?
- Do you feel that you are a worthless person?
- Has the thought of ending your life been in your mind?
- Do you feel tired all the time?
- Are you easily tired?

While no universally applicable cut-off score can be used under all circumstances, in most settings, 5-7 positive responses indicate significant psychological distress. The more severe the life stressor, the more life stressors experienced in a close time frame and the more behaviour symptoms present, the more likely one will have increased stress reactions.