Stress Questionnaire

1. How many of the following changes have occurred in your life in the past year?

Check all that apply.

- Death of a close family member
- Death of a close friend
- Divorce of parents
- Jail Time
- Major personal injury or illness
- Marriage
- Fired from job
- Failed important course
- Change in health of a family member
- Pregnancy
- Sex problems
- Serious argument with close friend
- Change in financial status
- Change in academic major
- Trouble with parents
- New girlfriend or boyfriend
- Increased workload at school
- Outstanding personal achievement
- First quarter/semester in college
- Change in living conditions
- Serious argument with instructor
- Lower grades than expected
- Change in sleeping habits
- Change in social activities
- Change in eating habits
- Chronic car trouble
- Change in number of family get-togethers
- Too many missed classes
- Change of college
- Dropped more than one class
- Minor traffic violations
2. On a scale of 1 (lowest) to 5 (highest), how much stress do you feel throughout an average day?

1 2 3 4 5

Low High

3. Approximately how many hours a week do you spend reading novels, watching movies, or watching TV shows?

A. 5 or fewer  
B. 6 – 10  
C. 11 – 15  
D. 16 – 20  
E. More than 20

4. Approximately how much time do you study in an average week?

A. 0-2 hours  
B. 3-5 hours  
C. 6-8 hours  
D. 9-more hours

5. Approximately how much free time do you have in a week?

A. 5 or fewer  
B. 6 – 10  
C. 11 – 15  
D. 16 – 20  
E. More than 20

6. How many hours in school are you currently enrolled? _____

7. Excluding school, approximately how many hours do you work an average week? _____

8. Do you think your amount of school-work is contributing to your stress level?

  _ Yes, my school work is contributing to my stress level
  _ No, my school work is not contributing to my stress level

9. Do you have children or are you taking care of a parent or relative?

  _ Yes
  _ No
10. Do you often feel guilty for hanging out with your friends because you should be studying?
   _ Yes
   _ No

11. How much physical activity do you get in a week (in hours)? ________

12. What is your expected graduation date? __________

13. What is your current cumulative GPA?
   A. 4.0 – 3.5
   B. 3.49 – 3.00
   C. 2.99 – 2.5
   D. 2.49 - 2.00
   E. Less than 2