

NSAD STRESS QUESTIONNAIRE

Because everyone reacts to stress in his or her own way, no one stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an **overview** only. Please see a Stress Management Consultant for a more in depth analysis. Answer **all** the questions but just tick one box that applies to you, either yes or no. Answer *yes, even if only part of a question applies to you*. Take your time, but please be completely honest with your answers:

Yes No

- 1 I frequently bring work home at night
- 2 Not enough hours in the day to do all the things that I must do
- 3 I deny or ignore problems in the hope that they will go away
- 4 I do the jobs myself to ensure they are done properly
- 5 I underestimate how long it takes to do things
- 6 I feel that there are too many deadlines in my work / life that are difficult to meet
- 7 My self confidence / self esteem is lower than I would like it to be
- 8 I frequently have guilty feelings if I relax and do nothing
- 9 I find myself thinking about problems even when I am supposed to be relaxing

- 10 I feel fatigued or tired even when I wake after an adequate sleep
- 11 I often nod or finish other peoples sentences for them when they speak slowly
- 12 I have a tendency to eat, talk, walk and drive quickly
- 13 My appetite has changed, have either a desire to binge or have a loss of appetite / may skip meals
- 14 I feel irritated or angry if the car or traffic in front seems to be going too slowly/ I become very frustrated at having to wait in a queue
- 15 If something or someone really annoys me I will bottle up my feelings
- 16 When I play sport or games, I really try to win whoever I play
- 17 I experience mood swings, difficulty making decisions, concentration and memory is impaired
- 18 I find fault and criticize others rather than praising, even if it is deserved
- 19 I seem to be listening even though I am preoccupied with my own thoughts
- 20 My sex drive is lower, can experience changes to menstrual cycle
- 21 I find myself grinding my teeth
- 22 Increase in muscular aches and pains especially in the neck, head, lower back, shoulders
- 23 I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was
- 24 I find I have a greater dependency on alcohol, caffeine, nicotine or drugs
- 25 I find that I don't have time for many interests / hobbies outside of work

A **yes** answer score = 1 (one), and a **no** answer score = 0 (zero). **TOTALS**

To find a stress adviser / counsellor in your area you can contact:

The International Stress Management Association (ISMA_{UK}) on

T: 01179 697284 E: stress@isma.org.uk W: www.isma.org.uk

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