# Basic Stress Self-Assessment Questionnaire

The test on this page is part of the online course and is presented here only as a reference.

It is generic about your everyday life. When looking at each point on this page, consider only what is existing now over the short term.

Do you FREQUENTLY do any of the following? Check here

|  |  |
| --- | --- |
| 1. Neglect your diet |  |
| 2. Try to do everything yourself |  |
| 3. Blow up easily |  |
| 4. Seek unrealistic goals |  |
| 5. Fail to see the humour in situations others find funny |  |
| 6. Get easily irritated |  |
| 7. Make a "big deal" of everything |  |
| 8. Complain that you are disorganized |  |
| 9. Keep everything inside |  |
| 10. Neglect exercise |  |
| 11. Have few supportive relationships |  |
| 12. Get too little rest |  |
| 13. Get angry when you are kept waiting |  |
| 14. Ignore stress symptoms |  |
| 15. Put things off until later |  |
| 16. Think there is only one right way to do something |  |
| 17. Fail to build relaxation into every day |  |
| 18. Spend a lot of time complaining about the past |  |
| 19. Race through the day |  |
| 20. Feel unable to cope with all you have to do |  |
| **Your total here -->** |  |

## Score Calculation:

**1-6** = Few hassles; your basic stress level is low and easily managed

**7-12** = Pretty good control of yourself; there may be times when small things can raise your basic stress higher for a period of time

**13-17** = danger zone, watch out; your basic stress is high and beyond the comfort zone of ‘good’ stress.

**18+** = Stressed out; you may need help; you have enough factors to put you in the consistent “distress” level well beyond healthy stress.

Ref.: <http://www.lessons4living.com/tests.htm>

Cumulative Stress & Burnout Self-Assessment Questionnaire

The test on this page is part of the online course and is presented here only as a reference.

These questions incorporate a longer time line and are looking for changes in any of the categories we saw on the previous page. They can be applied to changes in your everyday life or to changes you feel while on disaster response.

|  |  |
| --- | --- |
|  | 1 = No change in the last while  2 = Little change  3 = Moderate  4= Considerable change  5 = A great deal of change |
| 1. Do you tire more easily? Feel fatigued rather than energetic? |  |
| 1. Are you working less hard and accomplishing less and less? |  |
| 1. Are you increasingly disenchanted and cynical? |  |
| 1. Are you often invaded by a sadness you cannot explain? |  |
| 1. Are you forgetting appointments, deadlines and personal possessions? |  |
| 1. Are you increasingly irritable and short tempered? More disappointed in those around you? |  |
| 1. Are you seeing family and close friends less frequently? |  |
| 1. Are you too busy to do even routine things such as making phone calls or writing reports? |  |
| 1. Are you suffering from aches, pains, headaches or a lingering cold? |  |
| 1. Do you feel disoriented when the activity of the day comes to an end? |  |
| 1. Is joy elusive? |  |
| 1. Do you have very little to say to people? |  |
| **Your total here -->** |  |

Adapted from the Freudenberger Burnout Scale.

## Score Calculation:

12 to 20 = You are doing fine.

21 to 28 = There are a few things you should watch.

29 to 40 = You are a candidate for cumulative stress.

40 to 52 = You are well into cumulative stress.

Over 52 = You are in danger. Your mental and physical health are threatened.