Stress Management Assessment

Instructions

The questions in this scale ask you about your feelings and the thoughts **during the last month**. In each case, you will be asked to indicated by circling *how often* you felt or thought a certain way.

Never	Almost Never	Sometimes	Fairly Often	Very Often
0	1	2	3	4

1. In the last month, how often have you been upset because of something that happened unexpectedly?
   0 1 2 3 4
2. In the last month, how often have you felt that you were unable to control the important things in your life?
   0 1 2 3 4
3. In the last month, how often have you felt nervous and "stressed"?
   0 1 2 3 4
4. In the last month, how often have you lacked confidence in your ability to handle your personal problems?
   0 1 2 3 4
5. In the last month, how often have you felt that things were not going your way?
   0 1 2 3 4
6. In the last month, how often have you found that you could not cope with all the things you had to do?
   0 1 2 3 4
7. In the last month, how often have you been unable to control irritations in your life?
   0 1 2 3 4
8. In the last month, how often have you felt that you were not on top of things?
   0 1 2 3 4
9. In the last month, how often you have been angered because of things that were outside of your control?
   0 1 2 3 4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?
    0 1 2 3 4

Reference: Cohen et al. (1983). A global measure of perceived stress. J Health Soc Behav, 24, 386-396.

Clinician Notes

ID:

Date:

Follow Up:

_____

4-Week Follow Up

1.)	1	2	3	4
2.)	1	2	3	4
3.)	1	2	3	4
4.)	1	2	3	4
5.)	1	2	3	4
6.)	1	2	3	4
7.)	1	2	3	4
8.)	1	2	3	4
9.)	1	2	3	4
10.)	1	2	3	4

Development of these materials was sponsored by a Clinical Educator Grant from the VISN 16 South Central MIRECC
For more information contact Michael.Kauth@va.gov or go to www.mirecc.va.gov/visn16

Part of the ***Team Up to Facilitate Functioning (TUFF)*** *series by the Michael E. DeBakey VA Medical Center Polytrauma Team*