

Stress Management Questionnaire

This stress questionnaire is intended to be an indicator of possible stress, not a diagnosis. If you are concerned with the results of this questionnaire or feel that stress is a negative issue in your life, please see a stress management therapist for help.

Check the box if these apply to you *

- ☐ There aren't enough hours in the day to do what needs to be done.
- ☐ The only way tasks get done correctly is if I do them myself.
- ☐ Everything usually takes longer to complete than I expect.
- ☐ I usually bring work home.
- ☐ I try to ignore problems hoping they'll go away.
- ☐ I have more deadlines than most people.
- ☐ I don't have time for hobbies.
- ☐ I feel guilty if I'm not being productive.
- ☐ My confidence is lower than most other people.
- ☐ I think about solving problems when I'm relaxing or in social situations.
- ☐ I am always tired.
- ☐ I have trouble with either binge eating or skipping meals.
- ☐ I suspect/know that I grind my teeth, either during the day or when I sleep.
- ☐ I rely on caffeine/alcohol/nicotine to get through the day.
- ☐ I do everything fast (eat, talk, walk, etc.).
- ☐ I am intolerant of slow drivers.
- ☐ I find myself consciously suppressing anger or frustration often.
- ☐ I usually identify faults to new ideas before considering the results of success.
- ☐ I play to win everytime.
- ☐ People are predictable and talk too slow, so I usually think about other things during conversations.

Stress Management Questionnaire Institutional Version

**California Postsecondary Education
Commission**



Stress Management Questionnaire Institutional Version:

Stress Management Questionnaire - Institutional Version Franklin Stein, 2002-09-15 The Stress Management Questionnaire SMQ assists in the identification of symptoms linked to stress the stressors that trigger the symptoms and the copers that aid in the reduction of stress The SMQ is a quick and effective tool to provide individuals with a personal stress profile that identifies an individual's stressors and provides copers that help reduce the symptoms of stress This CD ROM which is licensed for multiple users and can be networked to a company hospital or other organization's computers contains two ways to administer the test a paper and pencil version which can be printed and photocopied and can be administered individually or to a group and a computerized self scoring version that can be taken independently and anonymously

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