



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	

Stress Management Questionnaire Individual Version

Ingrid Söderback



Stress Management Questionnaire Individual Version:

Stress Management Questionnaire 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

Stress Management Questionnaire James C. Petersen, 2013-04 STRESS MANAGEMENT QUESTIONNAIRE SMQ A Guide to Stress Mastery and Stress Resilience Profile The Stress Management Questionnaire SMQ consists of first a valid and reliable stress risk assessment 87 psychometrically developed questions rating on a 5 pt Likert Scale along with a 36 page Stressmastery Interpretive Guide The SMQ i e from Low to High Risk on the 11 SMQ stress scales To obtain one's risk levels on the scales each person's score is compared to the norm group that was used to establish the SMQ Some of the SMQ scales are Anger Burnout Tension Perfectionism Time Urgency and 6 more The Stressmastery Guide is an important part of the SMQ It describes and defines the purpose of each SMQ scale what a Risk score means and then offers a roadmap or plan for personal change The Guide is a comprehensive source of techniques and strategies that have been proven successful in preventing reducing and managing stress wherever or wherever it may occur Target Audience The SMQ is ideal for anyone experiencing stress anxiety and burnout especially in the world of work It can be by individuals as a self development tool or as is most common it can be used in virtually any stress management program or counseling session In addition the online SMQ can be used a corporate needs assessment or to determine the overall level of employee stress for a department group or for the entire organization A Facilitators Guide is available to help integrate the SMQ into a stress management program Versions Two version of the SMQ are available a Print and an Internet Online Version The Print Version which is 48 pages can be ordered here through Create Space The Online Version can be ordered from www.stressmaster.com Translations The SMQ is available in French Spanish Norwegian Slovenian A German translation is in the works History The SMQ is fully researched NIOSH 1080 and normed assessment tool that is easy to use and quick to score and receive results It is based upon the work of Drs James Petersen Hans Selye Herbert Benson Meyer Freidmann and Ray Rosenmann and is consistent with modern Stress Management Theory and Practice Dr James Petersen a noted psychologist author and expert on stress and stress mastery created the SMQ in his Biofeedback and Stress Management Clinic in order to help chronically stressed individuals to gain a better understanding of their stressors personal stress warning signs and to determine if stress is affecting one's health productivity and life satisfaction The SMQ is founded on decades of scientific research NIOSH 1980 and evidence based stress reduction methods and techniques Over the past 30 years the SMQ has helped more than 600 000 individuals to effectively manage their stress As a result the SMQ has become an integral part of many corporate stress management programs and wellness health centers around the world Now the SMQ is available to the public for personal self development and stress relief right at

home **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

Assessments in Occupational Therapy Mental Health Barbara J. Hemphill-Pearson,2008 Assessments in Occupational Therapy Mental Health Second Edition proposes an exciting integrated approach to assessing multiple systems the chapters in this text also present a thorough process for approaching client evaluation In addition the reasoning process is explored in a way that is helpful to occupational therapy students and practitioners at all levels

Occupational Therapy and Ergonomics Franklin Stein,Ingrid Söderback,Susan Cutler,Barbara Larson,2006-05-18 This practical book describes how the principles of ergonomics should be applied by occupational therapists It clearly demonstrates how to create functional environments to prevent injuries and enabling people with disabilities to engage in everyday occupations Occupational stress and other psychological variables are considered in the ergonomics of work Includes case studies of an administrative secretary industrial worker assembly line food handler and maintenance worker Contains a unique insight into the Scandinavian experience in universal design and everyday ergonomics Provides material for applying ergonomic principles to the work environment including descriptions of the most common injuries occurring at work occupational rehabilitation programs job analysis functional capacity assessments and work samples

International Handbook of Occupational Therapy Interventions Ingrid Söderback,2014-11-25 Advanced therapies and technologies new service delivery methods and care upgrades in underserved areas are translating into improved quality of life for millions with disabilities Occupational therapy parallels this progress at the individual level balancing short term recovery and adaptation with long term independence and well being This Second Edition of the International Handbook of Occupational Therapy Interventions builds on its ground breaking predecessor by modelling current clinical standards rooted in scientific evidence based practice Its interventions are applied to a diverse range of client disabilities with many new or rewritten chapters on workplace and vehicle accommodations smart home technologies end of life planning and other salient topics New introductory chapters spotlight core competencies in the field from assessing client needs and choosing appropriate interventions to evaluating programs and weighing priorities And for increased educational value interactive case studies allow readers an extra avenue for honing clinical reasoning and decision making skills Of particular note is a new chapter providing a taxonomy the Occupational Therapy Intervention Framework and a validation study of its categories and

concepts delineating the occupational therapist's roles and the expected outcomes Intervention areas featured in the Handbook include Adaptive interventions OTs manage and facilitate clients adaptations Learning interventions OTs teach and the clients learn or relearn Enabling interventions OTs enable clients to be meaningfully occupied Preventing interventions OTs prevent ill health and promote clients ability to sustain health in daily life The Second Edition of the International Handbook of Occupational Therapy Interventions is career affirming reading for all members of rehabilitation teams including occupational and physical therapists and rehabilitation nurses Students intending to enter this growing field and professionals working toward its continued improvement will find it useful and inspiring

Stress Management Prof. Dr. Bilal Semih Bozdemir, Cognitive distortions or irrational thought patterns are also central to the psychological understanding of stress triggers Individuals may exhibit all or nothing thinking catastrophizing events or engaging in overgeneralization which can serve to amplify feelings of stress Identifying and restructuring these negative cognitive patterns is a critical component of cognitive behavioral therapy CBT a widely recognized approach in stress management By recognizing these distortions individuals can gain greater control over their stress responses and reduce the occurrence of triggers that stem from faulty cognition *Routledge Companion to Occupational Therapy* Moses N. Ikiugu, Steven D. Taff, Sarah Kantartzis, Nick Pollard, 2025-03-31 This comprehensive and groundbreaking text provides an indispensable guide to the application of key theories models and concepts informing occupational therapy's professional practice It includes contributions from a range of international scholars and addresses practice with individuals groups and communities This book also features theories underpinning professional education Each chapter includes the theoretical core as well as evidence supporting the validity reliability and clinical effectiveness of the particular theoretical approach or model giving readers an insightful overview of the evidence available to determine the effect of interventions based on that theory Chapters also include case examples that illustrate application as well as sections offering constructive critique and possible future directions for further development of the theories This comprehensive wide ranging volume is the ideal resource for using theory as a tool for practice by occupational therapy practitioners students and educators *Applied Theories in Occupational Therapy* Marilyn B. Cole, Roseanna Tufano, 2024-06-01 Applied Theories in Occupational Therapy A Practical Approach Second Edition provides a system based comprehensive overview of the theories models and frames of reference that influence occupational therapy around the world Esteemed authors Marilyn B Cole and Roseanna Tufano have updated their foundational text with an evidence based focus derived from their experiences of more than 30 years teaching theoretical content to students Applied Theories in Occupational Therapy A Practical Approach Second Edition offers practical templates to help readers learn the key constructs of each theory and assimilate knowledge based on Mosey's organizational structure Each theory based chapter is designed for ease in gathering content knowledge and comparing theories in a distinctive manner The book includes Summaries of the current trends found in practice along with external

influential models of health and wellness impacting populations of concern Exploration of some of the most common occupation based models around the world Each model s holistic conceptual nature is described including theoretical assumptions and practice guidelines for evaluation and intervention Reviews of common frames of reference found in evidence based practice which address the secondary and tertiary needs of common populations In this Edition learning activities and case based analyses strengthen the application of theory into current practice contexts Practical guidelines assist the reader in formulating an evaluation process and determining the relevant intervention strategies that promote occupational participation engagement and functioning across the lifespan and the continuum of health Included with the text are online supplemental materials for faculty use in the classroom Self-Managed and Coach Led Stress Management
,2012

Unveiling the Magic of Words: A Overview of "**Stress Management Questionnaire Individual Version**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Stress Management Questionnaire Individual Version**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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