

# Could stress be affecting your health?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please answer these questions honestly to help us assess your emotional health. Place a cross in the box opposite the reply which comes closest to **how you have been feeling in the past week**. There is no need to 'agonise' over your replies as your immediate response is often the most perceptive.

<b>I feel tense or 'wound up':</b>		<b>I feel as if I am slowed down:</b>	
Not at all	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
Time to time, occasionally	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>
A lot of the time	<input type="checkbox"/>	Very often	<input type="checkbox"/>
Most of the time	<input type="checkbox"/>	Nearly all of the time	<input type="checkbox"/>
<b>I get a sort of frightened feeling like 'butterflies in the stomach':</b>		<b>I still enjoy the things I used to enjoy:</b>	
Not at all	<input type="checkbox"/>	Definitely as much	<input type="checkbox"/>
Occasionally	<input type="checkbox"/>	Not quite so much	<input type="checkbox"/>
Quite often	<input type="checkbox"/>	Only a little	<input type="checkbox"/>
Very often	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
<b>I get a sort of frightened feeling like something awful is about to happen:</b>		<b>I have lost interest in my appearance:</b>	
Not at all	<input type="checkbox"/>	I take just as much care as ever	<input type="checkbox"/>
A little, but it doesn't worry me	<input type="checkbox"/>	I may not take quite as much care	<input type="checkbox"/>
Yes, but not too badly	<input type="checkbox"/>	I don't take as much care as I should	<input type="checkbox"/>
Very definitely and quite badly	<input type="checkbox"/>	Definitely	<input type="checkbox"/>
<b>I feel restless as if I have to be on the move:</b>		<b>I can laugh and see the funny side of things:</b>	
Not at all	<input type="checkbox"/>	As much as I always could	<input type="checkbox"/>
Not very much	<input type="checkbox"/>	Not quite so much now	<input type="checkbox"/>
Quite a lot	<input type="checkbox"/>	Definitely not so much now	<input type="checkbox"/>
Very much indeed	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
<b>Worrying thoughts go through my mind:</b>		<b>I look forward with enjoyment to things:</b>	
Only occasionally	<input type="checkbox"/>	As much as I ever did	<input type="checkbox"/>
From time to time but not too often	<input type="checkbox"/>	Rather less than I used to	<input type="checkbox"/>
A lot of the time	<input type="checkbox"/>	Definitely less than I used to	<input type="checkbox"/>
A great deal of the time	<input type="checkbox"/>	Hardly at all	<input type="checkbox"/>
<b>I get sudden feelings of panic:</b>		<b>I feel cheerful:</b>	
Not at all	<input type="checkbox"/>	Most of the time	<input type="checkbox"/>
Not very often	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>
Quite often	<input type="checkbox"/>	Not often	<input type="checkbox"/>
Very often indeed	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
<b>I can sit at ease and feel relaxed:</b>		<b>I can enjoy a good book or radio or TV programme:</b>	
Definitely	<input type="checkbox"/>	Often	<input type="checkbox"/>
Usually	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>
Not often	<input type="checkbox"/>	Not often	<input type="checkbox"/>
Not at all	<input type="checkbox"/>	Very seldom	<input type="checkbox"/>