

Section E: Stress

This section of the questionnaire seeks to measure how often people have feelings and behaviors that might indicate stress, anxiety and depression. By measuring the extent to which people in Wisconsin have these feelings, we may be able to better understand the role that stress and emotions play in our overall health status in this state. This information can be important for planning new programs and health policies to address such issues

Please rate the stress in different parts of your life by marking the circle that best represents your level of stress in the past 12 months. Check the circle for “Does Not Apply” if you have not been in this situation over the past 12 months.

1. Over the past 12 months, how much stress did you experience...

Not Mildly Moderately Very Does
stressful stressful stressful stressful not apply

1a. In your job?
(this would include feeling overworked, hassled at work, job insecurity, etc.)
QE_STRESS_1A.....FMT_STRESS

1b. In your relationships with others?
(this would include your marriage, friendships, dealing with relatives, etc.)
QE_STRESS_1B.....FMT_STRESS

1c. Related to living in your neighborhood?
(this would include crime, traffic, events affecting your personal safety, etc.)
QE_STRESS_1CFMT_STRESS

1d. Related to caring for others?
(this would include caring for an elderly parent or relative, caring for children, etc.)
QE_STRESS_1DFMT_STRESS

1e. Related to legal problems?
(this would include dealing with lawyers, judges, or other court officials, being accused or convicted of crime, etc.)....
QE_STRESS_1E.....FMT_STRESS

1f. Related to medical problems?
(this would include personal health problems or illness in the family, availability of health care, etc.).....
QE_STRESS_1F.....FMT_STRESS

1g. Related to racism and discrimination?

(this would include feeling mistreated or discriminated against at work, in a restaurant, at the grocery store, etc.)

○ ○ ○ ○ ○

QE_STRESS_1G FMT_STRESS

1h. Related to meeting basic needs?

(this would include housing, buying food, paying bills, etc.)

○ ○ ○ ○ ○

QE_STRESS_1H FMT_STRESS

Source: Jackson Heart Study, STS Version A 5/3/00

Please read each statement and mark the circle that indicates how much the statement applied to you over the past week. Remember that there are no right or wrong answers and please try not to spend too much time on any statement.

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part of the time	Applied to me very much, or most of the time
1. I found myself getting upset by quite trivial things QE_STRESS_2_1	○ FMT_APPLY	○	○	○
2. I was aware of dryness of my mouth QE_STRESS_2_2	○ FMT_APPLY	○	○	○
3. I couldn't seem to experience any positive feeling at all QE_STRESS_2_3	○ FMT_APPLY	○	○	○
4. I experienced breathing difficulty (for example, excessively rapid breathing, breathlessness in the absence of physical exertion) QE_STRESS_2_4	○ FMT_APPLY	○	○	○
5. I just couldn't seem to get going QE_STRESS_2_5	○ FMT_APPLY	○	○	○
6. I tended to over-react to situations QE_STRESS_2_6	○ FMT_APPLY	○	○	○
7. I had a feeling of shakiness (for example, that my legs were going to give way) QE_STRESS_2_7	○ FMT_APPLY	○	○	○

- 8. I found it difficult to relax
QE_STRESS_2_8 *FMT_APPLY*

- 9. I found myself in situations that made me so anxious I was most relieved when they ended
QE_STRESS_2_9 *FMT_APPLY*

- 10. I felt that I had nothing to look forward to
QE_STRESS_2_10 *FMT_APPLY*

- 11. I found myself getting upset rather easily
QE_STRESS_2_11 *FMT_APPLY*

- 12. I felt that I was using a lot of nervous energy
QE_STRESS_2_12 *FMT_APPLY*

- 13. I felt sad and depressed
QE_STRESS_2_13 *FMT_APPLY*

- 14. I found myself getting impatient when I was delayed in any way (for example, elevators, traffic lights, being kept waiting)
QE_STRESS_2_14 *FMT_APPLY*

- 15. I had a feeling of faintness
QE_STRESS_2_15 *FMT_APPLY*

- 16. I felt that I had lost interest in just about everything
QE_STRESS_2_16 *FMT_APPLY*

- 17. I felt I wasn't worth much as a person
QE_STRESS_2_17 *FMT_APPLY*

- 18. I felt that I was rather touchy
QE_STRESS_2_18 *FMT_APPLY*

- 19. I perspired noticeably (for example, hands getting sweaty in the absence of high temperatures or physical exertion)
QE_STRESS_2_19 *FMT_APPLY*

- 20. I felt scared without any good reason
QE_STRESS_2_20 *FMT_APPLY*

- 21. I felt that life wasn't worthwhile
QE_STRESS_2_21 *FMT_APPLY*

- 22. I found it hard to wind down
QE_STRESS_2_22 FMT_APPLY
- 23. I had difficulty in swallowing
QE_STRESS_2_23 FMT_APPLY
- 24. I couldn't seem to get any enjoyment
out of the things I did
QE_STRESS_2_24 FMT_APPLY
- 25. I was aware of the action of my heart in the
absence of physical exertion (for example,
I could sense my heart rate increasing,
or heart missing a beat)
QE_STRESS_2_25 FMT_APPLY
- 26. I felt down-hearted and blue
QE_STRESS_2_26 FMT_APPLY
- 27. I found that I was very irritable
QE_STRESS_2_27 FMT_APPLY
- 28. I felt I was close to panic
QE_STRESS_2_28 FMT_APPLY
- 29. I found it hard to calm down after something
upset me
QE_STRESS_2_29 FMT_APPLY
- 30. I feared that I would be "thrown" by some
trivial but unfamiliar task
QE_STRESS_2_30 FMT_APPLY
- 31. I was unable to become enthusiastic about
anything
QE_STRESS_2_31 FMT_APPLY
- 32. I found it difficult to tolerate interruptions
to what I was doing
QE_STRESS_2_32 FMT_APPLY
- 33. I was in a state of nervous tension
QE_STRESS_2_33 FMT_APPLY
- 34. I felt I was pretty worthless
QE_STRESS_2_34 FMT_APPLY
- 35. I was intolerant of anything that kept me
from getting on with what I was doing
QE_STRESS_2_35 FMT_APPLY
- 36. I felt terrified
QE_STRESS_2_36 FMT_APPLY

37. I could see nothing in the future to be

hopeful about

QE_STRESS_2_37

FMT_APPLY

38. I felt that life was meaningless

QE_STRESS_2_38

FMT_APPLY

39. I found myself getting agitated

QE_STRESS_2_39

FMT_APPLY

40. I was worried about situations in which I

might panic and make a fool of myself

QE_STRESS_2_40

FMT_APPLY

**41. I experienced trembling (for example, in
the hands)**

QE_STRESS_2_41

FMT_APPLY

42. I found it difficult to work up the initiative

to do things

QE_STRESS_2_42

FMT_APPLY