

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 stressful	Mildly stressful	Moderately stressful	Very stressful	Does not apply
▼	▼	▼	▼	▼

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

QE1_A FMT_STRESS

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

QE1_B FMT_STRESS

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

QE1_C FMT_STRESS

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

QE1_D FMT_STRESS

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

QE1_E FMT_STRESS

1f. Related to medical problems?
(this would include personal health problems or illness in the family,

availability of health care, etc.).....○.....○.....○.....○.....○
 QE1_FFMT_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.)○.....○.....○.....○.....○
 QE1_G.....FMT_STRESS

1h. Related to meeting basic needs?
 (this would include housing, buying food, paying bills, etc.).....○.....○.....○.....○.....○
 QE1_H.....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
	▼	▼	▼	▼
2. I found myself getting upset by quite trivial things QE2_1	○ FMT_APPLY	○	○	○
3. I was aware of dryness of my mouth QE2_2	○ FMT_APPLY	○	○	○
4. I couldn't seem to experience any positive feeling at all QE2_3	○ FMT_APPLY	○	○	○
5. I experienced breathing difficulty (for example, excessively rapid breathing, breathlessness in the absence of physical exertion) QE2_4	○ FMT_APPLY	○	○	○
6. I just couldn't seem to get going QE2_5	○ FMT_APPLY	○	○	○
7. I tended to over-react to situations	○	○	○	○

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| QE2_6 | <i>FMT_APPLY</i> | | | | |
| 8. I had a feeling of shakiness (for example, that my legs were going to give way) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_7 | <i>FMT_APPLY</i> | | | | |
| 9. I found it difficult to relax | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_8 | <i>FMT_APPLY</i> | | | | |
| 10. I found myself in situations that made me so anxious I was most relieved when they ended | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_9 | <i>FMT_APPLY</i> | | | | |
| 11. I felt that I had nothing to look forward to | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_10 | <i>FMT_APPLY</i> | | | | |
| 12. I found myself getting upset rather easily | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_11 | <i>FMT_APPLY</i> | | | | |
| 13. I felt that I was using a lot of nervous energy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_12 | <i>FMT_APPLY</i> | | | | |
| 14. I felt sad and depressed | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_13 | <i>FMT_APPLY</i> | | | | |
| 15. I found myself getting impatient when I was delayed in any way (for example, elevators, traffic lights, being kept waiting) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_14 | <i>FMT_APPLY</i> | | | | |
| 16. I had a feeling of faintness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_15 | <i>FMT_APPLY</i> | | | | |
| 17. I felt that I had lost interest in just about everything | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_16 | <i>FMT_APPLY</i> | | | | |
| 18. I felt I wasn't worth much as a person | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_17 | <i>FMT_APPLY</i> | | | | |
| 19. I felt that I was rather touchy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| QE2_18 | <i>FMT_APPLY</i> | | | | |
| 20. I perspired noticeably (for example, hands getting sweaty in the absence of high | | | | | |

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| temperatures or physical exertion
<i>QE2_19</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. I felt scared without any good reason
<i>QE2_20</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. I felt that life wasn't worthwhile
<i>QE2_21</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I found it hard to wind down
<i>QE2_22</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. I had difficulty in swallowing
<i>QE2_23</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. I couldn't seem to get any enjoyment
out of the things I did
<i>QE2_24</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. 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)
<i>QE2_25</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. I felt down-hearted and blue
<i>QE2_26</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. I found that I was very irritable
<i>QE2_27</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29. I felt I was close to panic
<i>QE2_28</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30. I found it hard to calm down after something
upset me
<i>QE2_29</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 31. I feared that I would be "thrown" by some
trivial but unfamiliar task
<i>QE2_30</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 32. I was unable to become enthusiastic about
anything
<i>QE2_31</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 33. I found it difficult to tolerate interruptions
to what I was doing
<i>QE2_32</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 34. I was in a state of nervous tension
<i>QE2_33</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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| 35. I felt I was pretty worthless
<i>QE2_34</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36. I was intolerant of anything that kept me
from getting on with what I was doing
<i>QE2_35</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 37. I felt terrified
<i>QE2_36</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 38. I could see nothing in the future to be
hopeful about
<i>QE2_37</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 39. I felt that life was meaningless
<i>QE2_38</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 40. I found myself getting agitated
<i>QE2_39</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 41. I was worried about situations in which I
might panic and make a fool of myself
<i>QE2_40</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 42. I experienced trembling (for example, in
the hands)
<i>QE2_41</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 43. I found it difficult to work up the initiative
to do things
<i>QE2_42</i> | <input type="radio"/>
<i>FMT_APPLY</i> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |