

Stress

This section of the questionnaire seeks to measure how often people experience certain feelings and behaviors.

Please read each statement and fill in the circle that indicates how much stress you experienced over the past 12 months. There are no right or wrong answers. Do not spend too much time on any one statement. Fill in the circle for “Does not apply” if you have not been in this situation in 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, or job insecurity).....
○
○
○
○
○

STRESS010 FMT_STRESS.

1b. In your relationships with others?
(This would include your marriage, in friendships, or in dealing with relatives).....
○
○
○
○
○

STRESS020 FMT_STRESS.

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

STRESS030 FMT_STRESS.

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

STRESS040 FMT_STRESS.

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

STRESS050 FMT_STRESS.



(Continued)

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

Not stressful Mildly stressful Moderately stressful Very Stressful Does not apply

1f. Related to medical problems?

(This would include personal health problems or illness in the family, or availability of healthcare).....

STRESS060 FMT_STRESS.

.....

1g. Related to racism and discrimination?

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

STRESS070 FMT_STRESS.

.....

1h. Related to meeting basic needs?

(This would include housing, buying food, or paying bills).....

STRESS080 FMT_STRESS.

.....



Please read each statement and fill in the circle that indicates how much the statement applied to you over the past week. Fill in the circle for “Did not apply” if the statement did not apply to you over the past week.

Over the past week...

	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 it hard to wind down..... STRESS090 FMT_APPLY.	○	○	○	○
3. I was aware of dryness of my mouth..... STRESS100 FMT_APPLY.	○	○	○	○
4. I couldn't seem to experience any positive feeling at all..... STRESS110 FMT_APPLY.	○	○	○	○
5. I experienced breathing difficulty (for example, excessively rapid breathing, breathlessness in the absence of physical exertion)..... STRESS120 FMT_APPLY.	○	○	○	○
6. I found it difficult to work up the initiative to do things..... STRESS130 FMT_APPLY.	○	○	○	○
7. I tended to overreact to situations..... STRESS140 FMT_APPLY.	○	○	○	○
8. I experienced trembling (for example, in the hands)..... STRESS150 FMT_APPLY.	○	○	○	○
9. I felt that I was using a lot of nervous energy..... STRESS160 FMT_APPLY.	○	○	○	○
10. I felt scared without any good reason..... STRESS170 FMT_APPLY.	○	○	○	○
11. I was worried about situations in which I might panic and make a fool of myself..... STRESS180 FMT_APPLY.	○	○	○	○
12. I felt that I had nothing to look forward to..... STRESS190 FMT_APPLY.	○	○	○	○



(Continued)

Over the past week...

	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
13. I found myself getting agitated..... STRESS200 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I found it difficult to relax..... STRESS210 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I felt downhearted and blue..... STRESS220 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I was intolerant of anything that kept me from getting on with what I was doing..... STRESS230 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I felt I was close to panic..... STRESS240 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I was unable to become enthusiastic about anything..... STRESS250 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I felt I wasn't worth much as a person..... STRESS260 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I felt that I was rather touchy..... STRESS270 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I was aware of the action of my heart in the absence of physical exertion (for example, sense of heart rate increase, heart missing a beat)..... STRESS280 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I felt that life was meaningless..... STRESS290 FMT_APPLY.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Source: DASS 21

