The Stress-Symptom Scale

Rate the frequency with which you’ve experienced each of the items listed below. Take the last two weeks as your time frame. Use this helpful rating scale:

0=Never
1=Sometimes
2=Often
3=Very often

Fatigue or tiredness       __________       Feeling helpless or hopeless   __________
Pounding heart            __________       Excessive drinking            __________
Rapid pulse               __________       Excessive smoking             __________
Increased perspiration    __________       Excessive spending            __________
Rapid breathing           __________       Excessive drug or medication use   __________
Aching neck or shoulders  __________       Feeling upset                 __________
Low back pain             __________       Feeling nervous or anxious    __________
Gritting teeth or clenching jaw __________       Increased irritability __________
Hives or skin rash        __________       Worrisome thoughts           __________
Headaches                 __________       Impatience                   __________
Cold hands or feet        __________       Feelings of depression        __________
Tightness in chest        __________       Loss of sexual interest      __________
Nausea                    __________       Feeling angry                 __________
Diarrhea or constipation  __________       Sleep difficulties           __________
Stomach discomfort        __________       Forgetfulness                __________
Nail biting               __________       Racing or intrusive thoughts __________
Twitches or tics          __________       Feeling Restless            __________
Difficulty swallowing or dry mouth __________       Difficulty concentrating __________
Colds or flu              __________       Periods of crying           __________
Lack of energy            __________       Frequent absences from work __________
Overeating                __________       **Your total Stress-Symptom Score** __________

Your Stress Rating

<table>
<thead>
<tr>
<th>Your Score</th>
<th>Your Comparative Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19</td>
<td>Lower than average</td>
</tr>
<tr>
<td>20-39</td>
<td>Average</td>
</tr>
<tr>
<td>40-49</td>
<td>Moderately higher than average</td>
</tr>
<tr>
<td>50 and above</td>
<td>Much higher than average</td>
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</tbody>
</table>