



**Head Office**

Suite 211, Princess Tower Building,  
1 Princess Street,  
KEW, VICTORIA, 3101  
• Ph: (03) 9205 9488 •  
• Fax: (03) 9855 2524 •  
admin@psychcare247.com.au

**Regional Office**

45 Buckley Street,  
MORWELL, VICTORIA, 3840  
• Ph: (03) 5133 6003 •  
• Fax: (03) 5133 6005 •  
admin@psychcare247.com.au

## Stress Self-assessment Questionnaire

This form is not a diagnostic instrument and is only to be used within the context of your medical treatment and by you if you are more than 18 years old. Share your checklist responses and assessment with your physician or other health care provider. If you are having thoughts of self-harming or are feeling suicidal contact a friend, family or your GP immediately. If you have already taken an overdose or injured yourself badly, **dial 000**.

Questions: Rate yourself as to how you typically react in each of the situations listed below by ticking the appropriate response box.	Not at all (1 points)	Occasionally (2 points)	Few times a week (3 points)	Nearly everyday (4 points)
1 Do you try to do as much as possible in the least amount of time?				
2 Do you become impatient with delays or interruptions?				
3 Do you find yourself speeding up the car to beat the red light?				
4 Are you unlikely to ask for or indicate that you need help with a problem?				
5 Do you always have to win at games to enjoy yourself?				
6 Are you overly critical of the way others do their work?				
7 Do you constantly seek the respect and admiration of others?				
8 Do you manage your time well?				
9 Do you find it hard to relax and un-wind?				
10 Do you constantly strive to better your position and achievements?				
11 Do you have the habit of doing too much in a short amount of time?				
12 Do you frequently get angry or irritable?				
13 Do you have little time for hobbies or time for yourself?				
14 Do you have a tendency to talk quickly or hasten conversations?				
15 Do you like participating in activities that give you an adrenaline rush?				
16 Do you have a tendency to get involved in multiple projects?				
17 Do you have to meet a lot of deadlines at your workplace?				

<b>Questions:</b> Rate yourself as to how you typically react in each of the situations listed below by ticking the appropriate response box.	<b>Not at all (1 points)</b>	<b>Occasionally (2 points)</b>	<b>Few times a week (3 points)</b>	<b>Nearly everyday (4 points)</b>
18 Do you have a tendency to involve yourself in other people's problems?				
19 Do you feel vaguely guilty if you relax and do nothing during leisure time?				
20 Do you enjoy having a lot of responsibilities?				

**Scoring:** Add up your total number of points

**10-20 points**

Based on your responses, it is likely that although you are not stressed, you may not be motivated to be more productive. If you are having trouble being motivated, it may benefit you to speak to a therapist who can help you find ways to get motivated.

**21-40 points**

Based on your responses, you are good at balancing your ability to handle and control stress.

**41-60 points**

Based on your responses, your stress level is marginal and you may benefit from speaking to a therapist about how you can lower your stress levels and increase your general well-being.

**60+ points**

Based on your responses, your stress levels are very high. Consider getting support from a therapist.