

# Stress Quiz

KS4/KS5

20 mins

An online quiz which provides feedback on levels of stress and suggests ideas for reducing stress

This quiz was adapted from a scale developed by Peter Lovibond at the University of New South Wales to measure stress. There are 16 questions with four possible answers for each question. When answering you choose the answer which is closest to your experience over the previous week. There are no right or wrong answers. When you're done, you get a score, along with resources and ideas for combating stress,

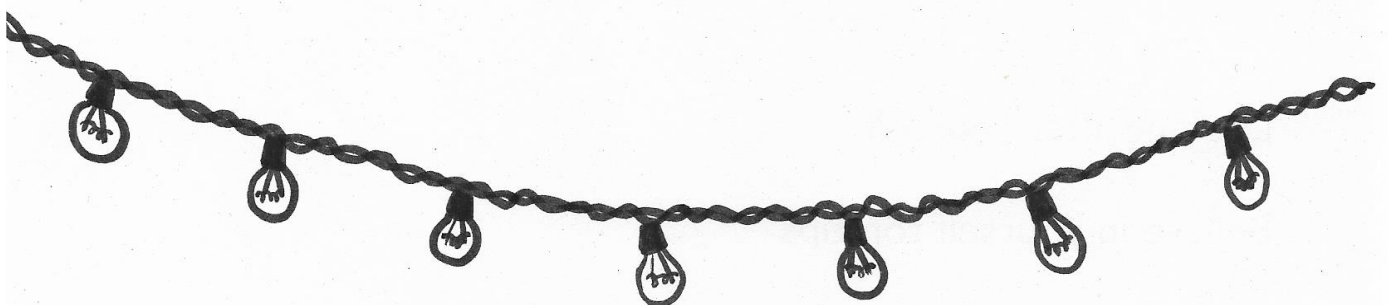


## What you need

- Link to the **“Is there too much stress in your life?” quiz**. (list of questions below) [http://greatergood.berkeley.edu/quizzes/take\\_quiz/8](http://greatergood.berkeley.edu/quizzes/take_quiz/8)
- Internet access

## Method

- Invite students to complete the quiz individually. (They can do so on their smart phones)
- Suggest that if anyone is worried about their score and want to discuss it they could talk to someone they trust - teacher, school nurse or other designated person in school or family, GP etc.
- They can also look online at sites like Anxiety UK, Young Minds or try some of the de-stressing tips the quiz suggests. Locally Off the Record also offers a confidential listening support that may help.



## Is there too much stress in your life? Quiz questions

1. I found myself getting upset by quite trivial things.
  - . 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 time
  - . Applied to me very much, or most of the time
2. I was aware of dryness of my mouth.
  - . 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 time
  - . Applied to me very much, or most of the time
3. I experienced breathing difficulty (e.g., excessively rapid breathing).
  - . 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 time
  - . Applied to me very much, or most of the time
4. I tended to overreact to situations.
  - . 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 time
  - . Applied to me very much, or most of the time
5. I had a feeling of shakiness, like my legs were going to give way.
  - . 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 time
  - . Applied to me very much, or most of the time
6. I found myself getting upset rather easily.
  - . 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 time
  - . Applied to me very much, or most of the time
7. I found myself getting impatient when I was delayed in any way, like by elevators, traffic lights, or people who kept me waiting.
  - . 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 time
  - . Applied to me very much, or most of the time
8. I perspired noticeably, like with sweaty palms, even when I wasn't doing anything physical.
  - . 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 time
  - . Applied to me very much, or most of the time
9. I felt scared without any good reason.
  - . 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 time
- . Applied to me very much, or most of the time

10. I was aware of my heart rate, even when I wasn't doing anything physical.

- . 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 time
- . Applied to me very much, or most of the time

11. I found that I was very irritable.

- . 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 time
- . Applied to me very much, or most of the time

12. I felt I was close to panic.

- . 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 time
- . Applied to me very much, or most of the time

13. I found it hard to calm down after something upset me.

- . 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 time
- . Applied to me very much, or most of the time

14. I found it difficult to tolerate interruptions to what I was doing.

- . 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 time
- . Applied to me very much, or most of the time

15. I was in a state of nervous tension with what I was doing.

- . 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 time
- . Applied to me very much, or most of the time

16. I was worried about situations in which I might panic and make a fool of myself.

- . 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 time
- . Applied to me very much, or most of the time

17. What is your age?

18. What is your gender?

19. How often do you meditate?

20. What best describes your current employment status?

21. Which category best describes your work?

