**MOOD & STRESS QUESTIONNAIRE**

Name: \_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_ \_\_

Please circle your response to each statement as it applied during the past three weeks. Some of the questions may be repeated, but please ensure you answer them all. There are no right or wrong answers. Don’t think too much about your response – your first answer is the best one. This from is for practitioner use only and is a screening tool designed to help your practitioner identify traditional symptom patterns associated with stress. Thank you for your time. Once completed please give the form to your practitioner.

**PART A**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Column 1**  Never or not  at all | **Column 2**  Some of the time or mildly | **Column 3**  Often or moderately | **Column 4**  Always or severely |
| I tend to overreact to situations | 0 | 1 | 2 | 3 |
| I find it difficult to relax | 0 | 1 | 2 | 3 |
| I am intolerant of anything that keeps me from getting on with what I am doing | 0 | 1 | 2 | 3 |
| I find myself getting impatient when I am delayed in any way (e.g. traffic lights, lifts, being kept waiting) | 0 | 1 | 2 | 3 |
|  | | | | |
| I am aware of dryness in my mouth | 0 | 1 | 2 | 3 |
| I worry about situations in which I might panic and make a fool of myself | 0 | 1 | 2 | 3 |
| I am aware of the action of my heart in the absence of physical exertion (e.g. increased heart rate or missed beat) | 0 | 1 | 2 | 3 |
| I feel close to panic | 0 | 1 | 2 | 3 |
|  | | | | |
| I find it difficult to work up the initiative to do things | 0 | 1 | 2 | 3 |
| I feel downhearted and sad | 0 | 1 | 2 | 3 |
| I am unable to become enthusiastic about anything | 0 | 1 | 2 | 3 |
| I can see nothing in the future to be hopeful about | 0 | 1 | 2 | 3 |

**PRACTITIONER USE ONLY**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **STRESS** | **ANXIETY** | **DEPRESSION** |
| Normal/Mild | 0-4 | 0-4 | 0-4 |
| Moderate | 5-8 | 5-8 | 5-8 |
| High | 9-12 | 9-12 | 9-12 |

Modified from: Lovibond, S.H & Lovibond, P.F (1995). Manual for the Depression Anxiety Stress Scales. (2nd Edn.)

Sydney: psychology Foundation.

**PART B**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 1**  (NCa) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I feel anxious and worried | 0 | 2 | 4 | 6 |
| I feel panicky or distressed | 0 | 2 | 4 | 6 |
| I find it difficult to relax | 0 | 1 | 2 | 3 |
| I feel nervous and tense | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 2**  (Ada) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I feel ‘wired but tired’ – anxious but lethargic | 0 | 2 | 4 | 6 |
| I feel restless and exhausted when stressed | 0 | 2 | 4 | 6 |
| I feel tired all day but then cannot sleep at night or wake early in the morning and cannot get back to sleep | 0 | 1 | 2 | 3 |
| I get easily overstimulated by even mild amounts of caffeine or sugar | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 3**  (Adre) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I feel like my ‘battery is flat’ | 0 | 2 | 4 | 6 |
| I feel mentally and physically exhausted | 0 | 2 | 4 | 6 |
| I find it hard to get motivated to start or complete tasks | 0 | 1 | 2 | 3 |
| I find it hard to get going in the mornings | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 4**  (Res) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I worry excessively | 0 | 2 | 4 | 6 |
| I feel teary or cry easily when stressed | 0 | 2 | 4 | 6 |
| I find it difficult making decisions and/or tend to brood on things from the past | 0 | 1 | 2 | 3 |
| I feel overwhelmed: everything’s too much to cope with | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 5**  (Rel) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I get easily irritated, frustrated, grumpy or moody | 0 | 2 | 4 | 6 |
| It takes me a long time to wind down if something upsets me | 0 | 2 | 4 | 6 |
| I suffer shoulder and/or neck pain and/or stiffness | 0 | 1 | 2 | 3 |
| I find myself getting impatient when I am delayed in any way eg traffic lights, lifts, being kept waiting) | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 6**  (lnfl) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I feel downhearted and sad | 0 | 2 | 4 | 6 |
| I find it hard to get enthusiastic about anything | 0 | 2 | 4 | 6 |
| I find it difficult to work up the initiative to do things | 0 | 1 | 2 | 3 |
| I see nothing in my future to be hopeful about | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SECTION 7**  (NeSe) | **Column 1**  Less than 1 day per week | **Column 2**  1 or 2 days per week | **Column 3**  3 or 4 days per week | **Column 4**  5 or more days per week |
| I find it difficult to fall asleep and/or stay asleep | 0 | 2 | 4 | 6 |
| I wake unrefreshed | 0 | 2 | 4 | 6 |
| I find it difficult to relax or ‘switch off’ especially at night | 0 | 1 | 2 | 3 |
| I feel intense anxiety or panic | 0 | 1 | 2 | 3 |
| **TOTALS** |  |  |  |  |