

## **COMPARISON OF THE EFFECTS OF STRESS ON YOU AFTER EACH MONTHLY CONTRACT**

### **Pre-Contract**

Read each item and circle the number that best reflects how often you have had that symptom in the last month using the following scale.

### **Post Contract**

Then after four weeks on your personal stress contract put a mark along symptoms that have improved.

<b>PHYSICAL</b>	<b>Hardly ever</b>	<b>Sometimes</b>	<b>Often</b>	<b>Very often</b>
I feel my heart pounding.	0	1	2	3
I breathe rapidly.	0	1	2	3
My stomach becomes upset.	0	1	2	3
I perspire easily.	0	1	2	3
I feel lightheaded or faint.	0	1	2	3
My mouth and throat become dry.	0	1	2	3
I experience cold hands or feet.	0	1	2	3
I need to urinate often.	0	1	2	3
I have diarrhoea or constipation.	0	1	2	3
My face feels flushed.	0	1	2	3
My blood pressure is high.	0	1	2	3
My hands and fingers trembles.	0	1	2	3
I develop nervous twitches.	0	1	2	3
I can't sit or stand still.	0	1	2	3
My muscles become tense and still.	0	1	2	3
I stutter or stammer when I speak.	0	1	2	3
I clench my jaw or grind my teeth.	0	1	2	3
I develop headaches or eye tension.	0	1	2	3
I experience low back pain.	0	1	2	3
<b>Low 0-20, Moderate 21-40, High 41-60</b>				

<b>PSYCHOLOGICAL</b>	<b>Hardly ever</b>	<b>Sometimes</b>	<b>Often</b>	<b>Very often</b>
I feel nervous, anxious, ill at ease.	0	1	2	3
I feel keyed up, over excited.	0	1	2	3
I worry excessively.	0	1	2	3
I become confused or forgetful.	0	1	2	3
I have difficulty concentrating.	0	1	2	3
I feel generally irritable.	0	1	2	3
I become depressed.	0	1	2	3
I feel bored or apathetic.	0	1	2	3
My face feels flushed.	0	1	2	3
<b>Low 0-7, Moderate 8-14, High 15-21</b>				
<b>BEHAVIOURAL</b>				
I am short tempered with others.	0	1	2	3
I become withdrawn.	0	1	2	3
I am achieving less than normal.	0	1	2	3
My appetite has changed markedly.	0	1	2	3
My sex drive is increased/reduced.	0	1	2	3
I sleep too long, stay in bed.	0	1	2	3
I suffer from insomnia.	0	1	2	3
I have minor accidents/make more mistakes.	0	1	2	3
I increase my medication.	0	1	2	3
I use more drugs, alcohol.	0	1	2	3
<b>Low 1-11, Moderate 12-22, High 23-33</b>				

*Adapted from Jan Ritchie, "Teaching People to Unwind" 1983, Dept of Health*

## MONTHLY PROGRESS COMPARISON

PHYSICAL EFFECTS			
	0-20	21-40	41-60
This month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high
Last month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high
PSYCHOLOGICAL EFFECTS			
	0-7	8-14	15-21
This month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high
Last month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high
BEHAVIOURAL EFFECTS			
	1-11	12-22	23-33
This month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high
Last month	<input type="checkbox"/> low	<input type="checkbox"/> moderate	<input type="checkbox"/> high