

**Examples of Possible Reports
for
The Online Stress Management Questionnaire (SMQ)**



STRESSMASTER **STRESS MANAGEMENT QUESTIONNAIRE (SMQ)**
James C. Petersen, Ph.D.

Assessment Name:

Stress Management Questionnaire (SMQ) & Guide



Assessment For: **Joe Smith**

Thank you for completing the **SMQ**. Your scores and "Stress Risk" levels for each of the 11 SMQ Scales are shown below. We recommend that you **PRINT THIS PAGE** for your records and future review.

For a more complete understanding of your scores, please click on the link below to download and print your copy of the **Stressmaster Guide**.

After you have printed the **The Stressmaster Guide**, please review each section to learn more about the SMQ, the meaning of each scale, how to interpret your stress level, and what you should Know and Do to reduce and master stress in your life.

Thank you and Have a Stress Free Day! Stressmaster

Click here to download your **STRESSMASTER GUIDE**



Section Name	Score	Summary
A1 - Hostility/Anger (HO)	15	MEDIUM-HIGH RISK
A2 - Perfectionism (PE)	21	HIGH RISK
A3 - Time-Urgency (TI)	10	MEDIUM-HIGH RISK
A4 - Disappointment (DI)	11	MEDIUM RISK
A5 - Burnout (BR)	17	MEDIUM-HIGH RISK
A6 - Underachievement (UA)	17	HIGH RISK
A7 - Tension (TE)	11	MEDIUM-LOW RISK
B1 - Physical Stress Effects (PS)	35	HIGH RISK
B2- Life/Work (LW)	32	HIGH RISK
C1 - Life Events (LE)	196	MEDIUM RISK
C2- Hassles (HO)	12	MEDIUM-HIGH RISK
		K
General Info	15	

Total Assessment Score: 392

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SMQ - Group Report

Chris	David	Joanne	Michael	Oliver	Sarah	Mary
Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level
Medium	High	High	Low	Med-Low	Low	High
Low	Med-Low	High	Med-Low	High	Medium	Med-High
Med-High	Med-High	Med-High	Med-High	Medium	High	Med-Low
High	High	Med-High	High	Low	High	Med-Low
Low	Low	High	Low	Low	Low	Low
Low	Med-High	Medium	Medium	Medium	Low	Medium
High	High	Med-High	Low	High	Med-High	Low
Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level
Low	Low	Med-High	Med-Low	Med-Low	Low	Low
Medium	Med-Low	Med-High	Medium	Med-High	High	Med-Low
Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level	Risk Level
Med-Low	Medium	Medium	Low	Med-Low	Med-Low	Med-High
Low	Medium	Med-Low	Low	Medium	Med-Low	Low



Assessment Name:

Stress Management Questionnaire (SMQ) & Guide

Name: **Joe Smith**Email Address: **jpetersen@stressmaster.com**

Section: A1 - Hostility/Anger (HO)

	Score
Q1.Become impatient when performing repetitious acts (e.g., filling out bank forms, writing checks, washing dishes, etc.)?	3
Q2.Dwell on the incompetencies of others who stand in the way of your progress?	4
Q9.Feel impatient with the rate at which events take place?	3
Q18.In a competitive situation tend to become upset or angry if you are not the best?	4
Q41.Feel frustrated at others' behavior (e.g., become irritated at your progress behind a slow driver or in a line of customers waiting to be served)?	1
TOTAL: A1 - Hostility/Anger (HO)	15

MEDIUM-HIGH RISK

Section: A2 - Perfectionism (PE)

	Score
Q6.Insist that subordinates or those around you make no mistakes?	5
Q17.Become irritated with the mistakes of others?	5
Q25.Overwork a task to get it perfect?	2
Q28.Demonstrate that you are a perfectionist at what you do?	4
Q33.Fail to delegate because you believe you can do it better than others?	5
TOTAL: A2 - Perfectionism (PE)	21

HIGH RISK

Section: A3 - Time-Urgency (TI)

	Score
Q21.Move, walk, or eat rapidly?	3
Q32.Hurry the speech of others by saying such things as: "uh-huh"	5
Q40.Talk rapidly?	2
TOTAL: A3 - Time-Urgency (TI)	10

MEDIUM-HIGH RISK

Section: A4 - Disappointment (DI)

	Score
Q13.Think about getting out of your job?	1
Q34.Feel discouraged?	3
Q35.Talk about people who disappoint you?	3
Q38.Feel unappreciated?	4
TOTAL: A4 - Disappointment (DI)	11

MEDIUM RISK

Section: A5 - Burnout (BR)

	Score
Q10.Feel sad?	2
Q24.Feel unenthusiastic?	3
Q26.Get upset when a joke is made about you?	3
Q27.Feel unhappy?	4
Q31.Feel pessimistic or negative?	5
TOTAL: A5 - Burnout (BR)	17


MEDIUM-HIGH RISK

Section: A6 - Underachievement (UA)

	Score
Q4.Not accomplish what you set out to do?	4
Q15.Take more time than usual to do things?	3
Q19.Avoid tasks and responsibilities?	3
Q20.Think that what you do is rather pointless?	4
Q36.Find that you are unable to locate things such as paper, tools, folders, etc.?	3
TOTAL: A6 - Underachievement (UA)	17

HIGH RISK



STRESS MANAGEMENT QUESTIONNAIRE (SMQ)		
STRESS RISK REPORT 		
<i>Jane Smith</i>		
	Stress Warning Signs	Risk Level
A1	Hostility/Anger	High
A2	Perfectionism	Med-High
A3	Time-Urgency	Med-Low
A4	Disappointment	Med-Low
A5	Burnout	Low
A6	Underachievement	Medium
A7	Tension	Low
	Stress Effects	Risk Level
B1	Physical Stress	Low
B2	Life-Work Satisfaction	Med-Low
	Stressors	Risk Level
C1	Life Events	Med-High
C2	Hassles	Low

Section: A7 - Tension (TE)

	Score
Q7.Take time to do something that you really enjoy?	4
Q11.Take quick, short, or no breaks during the day?	2
Q23.Have very little time to relax and let go?	3
Q30.Find it difficult to slow down?	2
TOTAL: A7 - Tension (TE)	11

MEDIUM-LOW RISK

Section: B1 - Physical Stress Effects (PS)

	Score
Q3.Notice that you have a fast pulse?	3
Q5.Have asthma or hay fever flare-ups?	4
Q8.Have indigestion?	4
Q12.Experience shortness of breath?	3
Q14.Have headaches?	2
Q16.Have constipation/diarrhea?	4
Q22.Have moist or sweaty palms, feet, or underarms?	4
Q29.Over perspire/sweating?	3
Q37.Have difficulty falling or staying asleep?	5
Q39.Have cold hands or feet?	3
TOTAL: B1 - Physical Stress Effects (PS)	35

HIGH RISK

Section: B2- Life/Work (LW)

	Score
Q79.Career choice?	3
Q80.Job choice?	4
Q81.Co-workers?	3
Q82.Level of income?	4
Q83.Immediate supervisor or, if you are a homemakers, your spouse, mother or father?	3
Q84.Amount of work?	3
Q85.Advancement opportunities?	4
Q86.Personal relationships?	5
Q87.Level of exercise/personal fitness?	3
TOTAL: B2- Life/Work (LW)	32

HIGH RISK

Section: C1 - Life Events (LE)

	Score
Q42.Death of a spouse or loved one?	0
Q43.Divorce or marital separation?	0
Q44.Arrest or jail term?	0
Q45.Death of a family member or close friend?	75
Q46.Injury or illness to you?	70
Q47.Major marital or family conflicts?	0
Q48.Loss of a job or unemployment (quit or fired)?	0
Q49.Retirement?	1
Q50.Major injury or illness of family member?	0
Q51.Pregnancy or addition of family member?	50
Q52.Financial loss or difficulties?	0
Q53.Victim of crime?	0
Q54.Change of residence?	0
Q55.Involved in a law suit or legal matter?	0
Q56.Sexual harrassment?	0
TOTAL: C1 - Life Events (LE)	196

MEDIUM RISK

Section: C2- Hassles (HO)

	Score
Q57.Challenge of a new career (re-entry career)?	1
Q58.Concern about weight/health	1
Q59.Not enough money for basics?	0
Q60.Not enough rest or sleep?	1
Q61.Conflicts with spouse or close friend?	1
Q62.Difficulties with employees or friends?	0
Q63.Difficulties with boss or supervisor?	0

Q64.Difficulties balancing home or work life?	1
Q65.Concerned about meeting high standards?	1
Q66.Problems getting along with coworkers?	1
Q67.Not enough money for social activities?	1
Q68.Misplaced or lost things?	0
Q69.Felt Lonely?	0
Q70.Too many responsibilities?	0
Q71.Problems with children	0
Q72.Being a single parent	0
Q73.Household repairs and maintenance?	0
Q74.Caring for aging parents?	1
Q75.Delayed in heavy traffic?	0
Q76.People at work or home making life difficult?	1
Q77.Vehicle repairs and maintenance?	1
Q78.Wasting time	1
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TOTAL: C2- Hassles (HO)	12

MEDIUM-HIGH RISK

K

Section: General Info

	Score
Q88.I feel stressed most of the time at HOME.	3
Q89.I feel stressed most of the time at WORK.	5
Q90.Are you...	1
Q91.What is your job position?	2
Q92.What is your age?	4
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TOTAL: General Info	15

TOTAL for all Sections: 392

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