



## The 20 Question Stress Test

*How to score:*

Score each question with a number from a minimum of zero to a maximum of five;

- Zero = Not at all
- One = Hardly ever
- Two = Once in a while
- Three = Quite regularly
- Four = Very regularly
- Five = All the time

**Answer each question by placing a score of between zero and five in each box**

- I feel irritable
- I experience problems with sex
- I find it difficult to concentrate & worry a great deal
- I go over and over things
- I feel unsociable / miserable
- I get headaches
- I act unreasonably / have temper outbursts
- I have a dry mouth
- My thoughts race / I feel dizzy
- I have low self-esteem
- I'm forgetful or clumsy
- I eat more / less than these days





- I smoke/ drink / take drugs more these days
- I have muscle tension and pain / bowel or bladder problems
- I imagine the worst
- I feel like I am on the go all the time
- I have stomach problems
- I sweat more than I used to
- I am breathless
- I talk more / talk faster

Total Score

Score guide:

- 100 = Could not be more stressed
- 0 = Could not be less stressed

