

PROS-ST SCALE

Section 1.

Circle the number and word that best describe
your experience during the last **six months**.

1. Avoid, ignore or deny feelings

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

2. Neglect exercise

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

3. Fail to get support from others.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

4. Put things off.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

5. Race through daily activities

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

6. Set goals you cannot meet.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

7. Fail to find humor in life situations.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

8. Get upset when you must wait.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

9. Believe there is only one right way to do something.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

10. Get angry or blow up easily.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

11. Try to do everything yourself.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

12. Overreact to everyday problems.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

13. Do not get enough sleep each day.

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

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14. **Feel overwhelmed by “everything that you must do”.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

15. **Do not have time to relax built into each day.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

Section 2

1. Have you had severe and/or prolonged stressful events occur in the last 6 months?

NO _____ 0 points YES _____ 10 points **SCORE** _____

2. Have you used non-prescription mood altering drugs and/or consumed excessive amounts of alcohol during the past six months?

NO _____ 0 points YES _____ 10 points **SCORE** _____

Scoring your answers

3. Add up your score from Section 1: **SCORE** _____

4. Add up your points from Section 2: **SCORE** _____

TOTAL SCORE _____

If your total score is between:

1 - 30 points = You are managing stress well. In spite of stressful times in your life, you have found a way keep your life in balance.

31 - 45 points = Managing stress is a challenge to you. It would be wise to make some changes in your life: Reduce your exposure to stress and learn how to relieve the tension caused by the stress.

46 + points = You are unable to manage the stress in your life. This is a severe problem for you and will or already has impacted your health and your relationships. Consider seeing a mental health professional for help.

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