Undergraduate Stress Questionnaire

(Stressful events in descending order of severity)

Please check the appropriate stressors in your life that have affected you during the past semester.

_____ 1. Death (family member or friend)
_____ 2. Had a lot of tests
_____ 3. It's finals week
_____ 4. Applying to graduate school
_____ 5. Victim of a crime
_____ 6. Assignments in all classes due the same day
_____ 7. Breaking up with boy/girlfriend
_____ 8. Found out boy/girlfriend cheated on you
_____ 9. Lots of deadlines to meet
_____ 10. Property stolen
_____ 11. You have a hard upcoming week
_____ 12. Went into a test unprepared
_____ 13. Lost something (especially wallet)
_____ 14. Death of a pet
_____ 15. Did worse than expected on test
_____ 16. Had an interview
_____ 17. Had projects, research papers due
_____ 18. Did badly on a test
_____ 19. Parents getting divorce
_____ 20. Dependent on other people
_____ 21. Having roommate conflicts
_____ 22. Car/bike broke down, fiat tire
_____ 23. Got a traffic ticket
_____ 24. Missed your period and waiting
_____ 25. Thoughts about future
_____ 28. Lack of money
_____ 27. Dealt with incompetence at the Register's Office
_____ 28. Thought about unfinished work
_____ 29. No sleep
_____ 30. Sick, Injury
_____ 31. Had a class presentation
_____ 32. Applying for a job
_____ 33. Fought with boy/girlfriend
_____ 34. Working while in school
_____ 35. Arguments, conflicts of values with friends
_____ 36. Bothered by having no social support of family
_____ 37. Performed poorly at a task
_____ 38. Can't finish everything you needed to do
_____ 39. Heard bad news
_____ 40. Had confrontation with an authority figure
_____ 41. Maintaining a long-distance boy/girlfriend

_____ 42. Crammed for a test
_____ 43. Feel unorganized
_____ 44. Trying to decide on major
_____ 45. Feel isolated
_____ 46. Parents controlling with money
_____ 47. Couldn't find a parking space
_____ 48. Noise disturbed you while trying to study
_____ 49. Someone borrowed something without permission
_____ 50. Had to ask for money
_____ 51. Ran out of toner while printing
_____ 52. Erratic schedule
_____ 53. Can't understand your professor
_____ 54. Trying to get into your major or college
_____ 55. Registration for classes
_____ 56. Stayed up late writing a paper
_____ 57. Someone you expected to call did not
_____ 58. Someone broke a promise
_____ 59. Can't concentrate
_____ 60. Someone did a "pet peeve" of yours
_____ 61. Living with boy/girlfriend
_____ 62. Felt need for transportation
_____ 63. Bad haircut today
_____ 64. Job requirements changed
_____ 65. No time to eat
_____ 68. Felt some peer pressure
_____ 67. You have a hangover
_____ 68. Problems with your computer
_____ 69. Problem getting home from bar when drunk
_____ 70. Used a fake ID
_____ 71. No sex in a while
_____ 72. Someone cut ahead of you in line
_____ 73. Checkbook didn't balance
_____ 74. Visit from a relative and entertaining them
_____ 75. Decision to have sex on your mind
_____ 76. Spoke with a professor
_____ 77. Change of environment (new doctor, dentist, etc.)
_____ 78. Exposed to upsetting TV show, book, or movie
_____ 79. Got to class late
_____ 80. Holiday
_____ 81. Sat through a boring class
_____ 82. Favorite sporting team lost

Source: Crandall, C.S., Preisler, J.J., & Aussprung, J. (1992). Measuring life event stress in the lives of college students: The undergraduate stress questionnaire. Journal of Behavioral Medicine, 15, 627-662.

Experiencing these events can have a significant negative impact, physically and mentally. However, your well-being will depend on how you employ psychological resources to cope with these stresses. We're available to help with the development of optimal coping skills.

For further information, please call or (918) 631-2200