Calgary Symptoms of Stress Inventory   ID#_____

This questionnaire is designed to measure the different ways people respond to stressful situations. The following are sets of questions dealing with various physical, psychological, and behavioral responses. We are particularly interested in the frequency with which you may have experienced these stress-related symptoms **during the past week**.

<depression group>

1. Stress is often accompanied by a variety of emotions. During the **last week**, have you felt: (Mark one answer on each line.)

Never(0)   Infrequently(1)   Sometimes(2)   Often(3)   VeryFrequently(4)

a. Like life is entirely hopeless   life_hopeless (0 - 4)

b. Unhappy and depressed   unhappy(0 - 4)

c. Alone and sad   alone (0 - 4)

d. That worrying gets you down   worrying (0 - 4)

e. Like crying easily   crying (0 - 4)

f. That you wished you were dead   wish_dead(0 - 4)

g. Frightening thoughts keep coming back   frightening_thoughts (0 - 4)

h. You suffer from severe nervous exhaustion nervous_exhaustion (0 - 4)

<anger group>

2. Does it seem: (Mark one answer on each line.)

Never(0)   Infrequently(1)   Sometimes(2)   Often(3)   Very Frequently(4)

a. You become mad or anger easily   become_mad (0 - 4)

b. When you feel angry, you act angrily toward most everything   act_angrily (0 - 4)

c. You are easily annoyed and irritated   easily_annoyed (0 - 4)

d. That little things get on your nerves   things_get_on_nerves (0 - 4)

e. Angry thoughts about an irritating event keep bothering you
    thoughts_on_event (0 - 4)

f. You let little annoyances build up until you just explode
    annoyance_buildup (0 - 4)

g. Your anger is so great that you want to strike something
    want_to_strike (0 - 4)

<muscle tension group>

3. Muscle tension is a common way of experiencing stress. During the past week, have you noticed excessive tension, stiffness, soreness or cramping in the muscles in your: (Mark one answer on each line.)

Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. Shoulders shoulder_pain (0 - 4)

b. Neck   neck_pain (0 - 4)

c. Back   back_pain (0 -4)

d. Jaw   jaw_pain (0 - 4)

e. Forehead forehead_pain (0 - 4)

f. Eyes   eye_pain (0 - 4)

g. Hands or arms   hand_arm_pain (0 - 4)

h. Have you experienced tension headaches?   tension_headaches (0 - 4)

<cardio pulmonary arousal group>

4. During the past week, have you noticed the following symptoms when not exercising: (Mark one answer on each line.)
Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. Thumping of your heart thumping_heart (0 - 4)

b. Rapid or racing heart beats   rapid_heart (0 - 4)

c. Rapid breathing   rapid_breathing (0 - 4)

d. Irregular heart beats   irregular_heart (0 - 4)

e. Difficulty breathing   diff_breathing (0 - 4)

f. Pains in your heart or chest   heart_chest_pain (0 - 4)

<sympathetic arousal group>

5. Do you experience: (Mark one answer on each line.)
Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. Difficulty in staying asleep at night   diff_staying _asleep (0 - 4)

b. Hot or cold spells hot_or_cold (0 - 4)

c. Having to get up in the night to urinate   get_up_urinate (0 - 4)

d. Sweating excessively even in cold weather   sweat_excessively (0 - 4)

e. Having to urinate frequently   urinate_frequently (0 - 4)

f. Early morning awakening   early_awakening (0 - 4)

g. Flushing of your face   flushing_face (0 - 4)

h. Difficulty in falling asleep   diff_fall_asleep (0 - 4)

i. Breaking out in a cold sweat   cold_sweat (0 -4)

<neurological_gi group>

6. During the past week, have you experienced: (Mark one answer on each line.)
        Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. Feeling faint   feeling_faint (0 - 4)

b. Feeling weak   feeling_weak (0 -4)

c. Spells of severe dizziness   severe_dizziness (0 - 4)

d. Nausea   nausea (0 - 4)

e. Blurring of your vision   blurred_vision (0 - 4)

f. Severe pains in your stomach severe_stomach_pain (0 - 4)

<cognitive disorganization group>

7. Does it seem: (Mark one answer on each line.)

        Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. You must do things very slowly to do them without mistakes
            do_things_slowly (0 - 4)

b. You get directions and orders wrong   get_directions_wrong (0 - 4)

c. Your thinking gets completely mixed-up when you have to do things quickly
quick_mixup (0 - 4)

d. You have difficulty in concentrating   diff_concentrating (0 - 4)

e. You become suddenly frightened for no good reason   sudden_fright (0 - 4)

f. You become so afraid you can't move   afraid_to_move (0 - 4)

<upper_respiratory group>

8. During the past week, have you experienced: (Mark one answer on each line.)
        Never(0)   Infrequently(1)   Sometime(2) Often(3)   VeryFrequently(4)

a. Colds   colds (0 4)

b. Hoarseness		hoarseness (0 - 4)

c. Colds with complications		(e.g. Bronchitis) colds_complications (0 -4)

d. Nasal stuffiness	nasal_stuffiness (0 - 4)

e. Having to clear your throat often		need_clear_throat (0 - 4)

f. Sinus headaches sinus_headaches (0 - 4)

Scoring
80% or more of the questions (44.8) need to be answered or scoring will not be done.

These scores are computed by a trigger on the table:

DEPRESSION
ANGER
MUSCLE_TENSION
CARDIOPULMONARY_AROUSAL
SYMPATHETIC_AROUSAL
NEUROLOGICAL_GI
COGNITIVE_DISORGANIZATION
UPPER_RESPIRATORY_SYMPTOMS
C_SOSI_TOTAL

For each <composite> group,
the number of null (unanswered) questions, gnull,
and the number of answered,gnon_null questions are computed.
The non_null question values are summed as gscore.
The group score is computed as follows:
if gnon_null >= gnull then
    gavg := gscore/gnon_null;
    gscore := gscore + (gnull * gavg);
    <composite>:= gscore;
end if;

If all the composite scores were computable then:
C_SOSI_TOTAL :=
    depression +
    anger +
    muscle_tension +
    cardiopulmonary_arousal +
    sympathetic_arousal +
    neurological_gi +
    cognitive_disorganization +
    upper_respiratory_symptoms;
end if;