

Calgary Symptoms of Stress Inventory _____ **ID#** _____

subj_id, visit_number, interview_date

table: calgary_stress

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;
```