

- 6. Increased blood pressure
- 7. Prolonged skin problems
- 8. Extreme change in appetite
- 9. Excess gas
- 10. Frequent dizziness
- 11. Gastric ulcer
- 12. Myocardial infarction
- 13. Inability to work
- 14. Nightmares
- 15. Feeling incompetent in all areas
- 16. Desire to escape everything
- 17. Apathy, depression or prolonged anger
- 18. Excessive tiredness
- 19. Thinking/Talking over and over about the same topic
- 20. Irritability for no apparent reason
- 21. Daily distress/anxiety
- 22. Emotional hypersensitivity
- 23. Loss of sense of humor
- 24. None of the above symptoms

Source: Lipp (2000)

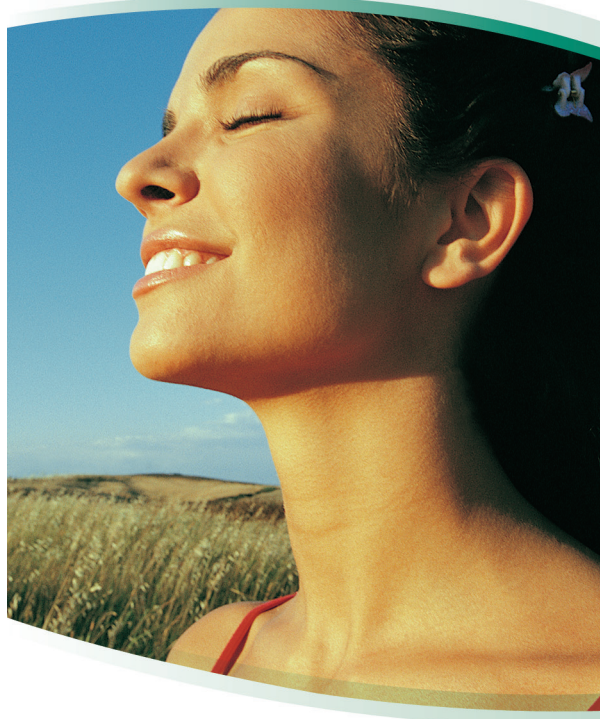
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Stress Symptoms Inventory



cod. 217131



Hospital Alemão
OSWALDO CRUZ

CHECKUP
CENTER

Certified by the
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International standard for quality of
medical and hospital care

Name: _____

ID Number: _____

Stress is a normal response of the organism to internal and external pressures of the daily routine.

Even positive situations can cause stress when they require changes and adjustments.

Stress becomes negative when we are exposed to situations that surpass our ability to adapt.

The test below is intended to assess the adaptive responses to stress, i.e., to evaluate the reactions of the body when exposed to stressors.

Please note that some of the symptoms listed below may also be related to other changes and not specifically to stress.

Check the symptom whose intensity and frequency you consider significant:

A) Mark with an X the symptoms you have been experiencing in the last 24 hours:

- 1. Cold hands and/or feet
- 2. Dry mouth
- 3. Stomach pain
- 4. Increased sweating
- 5. Muscle tension
- 6. Tightening of the jaw/Teeth grinding
- 7. Transient diarrhea
- 8. Insomnia
- 9. Tachycardia (increased heart rate)

- 10. Hyperventilation (increased respiratory rate)
- 11. Sudden or transient increased blood pressure
- 12. Change in appetite
- 13. Surge of motivation
- 14. Sudden enthusiasm
- 15. Sudden urge to start new projects
- 16. None of the above symptoms

B) Mark with an X the symptoms you have been experiencing in the past two weeks:

- 1. Memory problems
- 2. General malaise without specific cause
- 3. Tingling of the extremities
- 4. Feeling of constant physical strain
- 5. Change in appetite
- 6. Skin problems
- 7. Increased blood pressure
- 8. Constant tiredness
- 9. Gastritis/gastric ulcer
- 10. Dizziness/Feeling as if floating
- 11. Excessive emotional sensitivity
- 12. Self-doubt
- 13. Constant thought about the same topic
- 14. Constant irritability
- 15. Decreased libido
- 16. None of the above symptoms

C) Mark with an X the symptoms you have been experiencing over the past two months:

- 1. Frequent diarrhea
- 2. Sexual difficulties
- 3. Insomnia
- 4. Nausea
- 5. Tics