

Appendix A: Stress scale to measure global perceptions of stress

Response set: 0 = never, 1 = almost never, 2 = sometimes, 3 = often, 4 = very often, 5 = always. "R" indicates that the item was reverse-coded. Maximum score 200, where a higher score indicates greater feelings of stress.

Part A: Perceived Stress Scale

In the last month, how often have you ...

1. Been upset because of something that happened unexpectedly?
2. Felt that you were unable to control the important things in your life?
3. Felt nervous?
4. Felt "stressed"?
5. Dealt successfully with irritating life hassles? (R)
6. Felt that you were effectively coping with important changes that were occurring in your life? (R)
7. Felt confident about your ability to handle your personal problems? (R)
8. Felt that things were going your way? (R)
9. Found that you could not cope with all the things that you had to do?
10. Been able to control irritations in your life? (R)
11. Felt that you were on top of things? (R)
12. Been angered because of things that happened that were outside of your control?
13. Found yourself thinking about things that you have to accomplish?
14. Been able to control the way you spend your time? (R)
15. Felt difficulties were piling up so high that you could not overcome them?

Part B: Selected items from the Personal and Organizational Quality Assessment—Revised

Following is a list of words and statements that describe feelings people sometimes have. Please fill in the number which best reflects how frequently you have felt the following during the last month.*

Anxiety/anger: Resentful; Cynical; Angry; Anxious; Annoyed; Worried; I sometimes have a short fuse; I get upset easily; It's difficult for me to calm down after I've been upset; Uneasy; My sleep is inadequate; Calm (R); Relaxed (R); Peaceful (R)

Physical symptoms: Tired; Exhausted; Fatigued; Indigestion, heartburn or stomach upset; Rapid heartbeats; Headaches; Muscle tension; Body aches

Time pressure: I feel there is never enough time; I feel pressed for time; The pace of life is too fast and I can't keep up

*Note: On the study questionnaire, these items were presented in random order and were not grouped according to theme.