

## 5. Index of Clinical Stress (Abel, 1991)

### Measures

Subjective individual stress

### Scoring

- . Reverse scores for Items 5, 8, 11, 13
- . Add Reversed Item scores then add Remaining Item scores to get the Total Score

$$\frac{\quad}{\text{(Reversed Items)}} + \frac{\quad}{\text{(Remaining Items)}} = \frac{\quad}{\text{(Total Score)}}$$

- Subtract total # completed items (25 on scale) from Total Score to get Item Score

$$\frac{\quad}{\text{(Total Score)}} - \frac{\quad}{\text{(#items complete)}} = \frac{\quad}{\text{(Item Score)}}$$

- Multiply Item Score by 100 to get Adjusted Score

$$\frac{\quad}{\text{(Item Score)}} \times \frac{100}{\quad} = \frac{\quad}{\text{(Adjusted Score)}}$$

- Multiply # of completed items (25 on scale) by 6 to get Divisor

$$\frac{\quad}{\text{(#items complete)}} \times \frac{6}{\quad} = \frac{\quad}{\text{(Divisor)}}$$

- The Adjusted Total is divided by the Divisor to get the Total ICS Score

$$\frac{\quad}{\text{(Adjusted Total)}} / \frac{\quad}{\text{(Divisor)}} = \frac{\quad}{\text{(Total ICS Score)}}$$

- Total ICS Score should range between 0-100

Scores > 30 = significant stress

## Index of Clinical Stress (Abel, 1991)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This questionnaire is designed to measure the way you feel about the amount of personal stress that you experience. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows:

- 1=None of the time
  - 2=Very little
  - 3=A little of the time
  - 4=Some of the time
  - 5=A good part of the time
  - 6=Most of the time
  - 7=All of the time
- 

- 1. \_\_\_\_ I feel extremely tense.
  - 2. \_\_\_\_ I feel very jittery.
  - 3. \_\_\_\_ I feel like I want to scream.
  - 4. \_\_\_\_ I feel overwhelmed.
  - 5. \_\_\_\_ I feel very relaxed.
  - 6. \_\_\_\_ I feel so anxious I want to cry.
  - 7. \_\_\_\_ I feel so stressed that I would like to hit something.
  - 8. \_\_\_\_ I feel very calm and peaceful.
  - 9. \_\_\_\_ I feel like I am stretched to the breaking point.
  - 10. \_\_\_\_ It is very hard for me to relax.
  - 11. \_\_\_\_ It is very easy for me to fall asleep at night.
  - 12. \_\_\_\_ I feel an enormous sense of pressure on me.
  - 13. \_\_\_\_ I feel like my life is going very smoothly.
  - 14. \_\_\_\_ I feel very panicked.
  - 15. \_\_\_\_ I feel like I am on the verge of total collapse.
  - 16. \_\_\_\_ I feel like I am losing control of my life.
  - 17. \_\_\_\_ I feel that I am near the breaking point.
  - 18. \_\_\_\_ I feel wound up like a coiled spring.
  - 19. \_\_\_\_ I feel that I can't keep up with the demands on me.
  - 20. \_\_\_\_ I feel very much behind in my work.
  - 21. \_\_\_\_ I feel tense and angry with those around me.
  - 22. \_\_\_\_ I feel I must race from one task to the next.
  - 23. \_\_\_\_ I feel that I just can't keep up with everything.
  - 24. \_\_\_\_ I feel as tight as a drum.
  - 25. \_\_\_\_ I feel very much on edge.
- 

Score: \_\_\_\_\_