

Hidden Stress Screening Test

1. How much stress have you experienced in your life recently? (Choose one answer)

None	Mild	Moderate	Severe
Score = 0	Score = 1	Score = 2	Score = 3

2. How often do you neglect your own needs because you are taking care of others?
(Choose one answer)

Rarely	Occasionally	Frequently	Nearly Always
Score = 0	Score = 1	Score = 2	Score = 3

3. Over the last two weeks, how often have you been bothered by the following problems?
(For each row, choose the one box that applies best to you)

	Not at All Score = 0	Several Days Score = 1	More than Half the Days Score = 2	Nearly Every Day Score = 3
A. Feeling nervous, anxious or on edge.				
B. Not being able to stop or control worrying.				
C. Feeling down, depressed or hopeless.				
D. Little interest or pleasure in doing things.				

4. In the past month, how much have you been bothered by repeated, disturbing memories, thoughts, images or dreams of a stressful experience? (Choose one answer)

Not at All	A little Bit	Moderately	Quite a Bit	Extremely
Score = 0	Score = 1	Score = 2	Score = 3	Score = 4

5. In the past month, how much have you been bothered by feeling very upset when something reminded you of a stressful experience? (Choose one answer)

Not at All	A little Bit	Moderately	Quite a Bit	Extremely
Score = 0	Score = 1	Score = 2	Score = 3	Score = 4

6. How would you feel if you discovered that a child you care about was experiencing everything you did as a child? (Choose one answer)

Happy	Neutral	Sad or Angry	Very Sad or Very Angry
Score = 0	Score = 1	Score = 2	Score = 3

Total Hidden Stress Score _____ (range 0 – 29)

Interpreting the Hidden Stress Screening Test

A word of caution: This test is too short to provide more than a screen for hidden stresses. It will not detect all the stresses capable of causing physical illness nor is it capable of reliable diagnosis. If you have concerns about a score greater than zero on any question, a discussion with a medical or mental health professional would be a good next step.

No score proves or disproves the presence of hidden stress. People with higher scores are more likely to have hidden stresses but even some people with scores in the 2–5 range will have issues they could beneficially review with a health care professional.

Here are a few additional basic suggestions about what to do for scores greater than zero for each question.

Question 1: Make a list of every stress in your life. Keep the list with you and add to it as new ideas come up. Then, see if you can reduce the stress from some of the listed items.

Question 2: If possible, take several hours each week for self-indulgence to put yourself on the list of people for whom you care.

Question 3 A & B: These two questions screen for the presence of an Anxiety Disorder. Ask your health care professional for more information.

Question 3 C & D: These two questions screen for the presence of Depression. Ask your health care professional for more information.

Questions 4 & 5: These two questions screen for the presence of Post-Traumatic Stress Disorder. Ask your health care professional for more information.

Question 6: Significant scores here raise the possibility of your having prolonged effects of childhood stress. This can cause other types of hidden stresses described above and can also lead to one or more of the following:

- Low self-esteem
- Addictions (tobacco, alcohol, drugs, work, sex, eating, gambling, exercise, shopping)
- Eating disorders
- Regularly finding yourself in relationships where you are treated disrespectfully
- Cutting, burning or otherwise deliberately injuring yourself

If any of these issues is a concern, ask your health care professional about them.

Further information is available at PPDAssociation.org