

# Undergraduate Stress Questionnaire

(Stressful events in descending order of severity)



Please check the appropriate stressors in your life that have affected you during the past semester.

- ☐ 1. Death (family member or friend)
- ☐ 2. Had a lot of tests
- ☐ 3. It's finals week
- ☐ 4. Applying to graduate school
- ☐ 5. Victim of a crime
- ☐ 6. Assignments in all classes due the same day
- ☐ 7. Breaking up with boy/girlfriend
- ☐ 8. Found out boy/girlfriend cheated on you
- ☐ 9. Lots of deadlines to meet
- ☐ 10. Property stolen
- ☐ 11. You have a hard upcoming week
- ☐ 12. Went into a test unprepared
- ☐ 13. Lost something (especially wallet)
- ☐ 14. Death of a pet
- ☐ 15. Did worse than expected on test
- ☐ 16. Had an interview
- ☐ 17. Had projects, research papers due
- ☐ 18. Did badly on a test
- ☐ 19. Parents getting divorce
- ☐ 20. Dependent on other people
- ☐ 21. Having roommate conflicts
- ☐ 22. Car/bike broke down, flat tire
- ☐ 23. Got a traffic ticket
- ☐ 24. Missed your period and waiting
- ☐ 25. Thoughts about future
- ☐ 26. Lack of money
- ☐ 27. Dealt with incompetence at the Register's Office
- ☐ 28. Thought about unfinished work
- ☐ 29. No sleep
- ☐ 30. Sick, Injury
- ☐ 31. Had a class presentation
- ☐ 32. Applying for a job
- ☐ 33. Fought with boy/girlfriend
- ☐ 34. Working while in school
- ☐ 35. Arguments, conflicts of values with friends
- ☐ 36. Bothered by having no social support of family
- ☐ 37. Performed poorly at a task
- ☐ 38. Can't finish everything you needed to do
- ☐ 39. Heard bad news
- ☐ 40. Had confrontation with an authority figure
- ☐ 41. Maintaining a long-distance boy/girlfriend

- \_\_\_\_\_ 42. Crammed for a test
- \_\_\_\_\_ 43. Feel unorganized
- \_\_\_\_\_ 44. Trying to decide on major
- \_\_\_\_\_ 45. Feel isolated
- \_\_\_\_\_ 46. Parents controlling with money
- \_\_\_\_\_ 47. Couldn't find a parking space
- \_\_\_\_\_ 48. Noise disturbed you while trying to study
- \_\_\_\_\_ 49. Someone borrowed something without permission
- \_\_\_\_\_ 50. Had to ask for money
- \_\_\_\_\_ 51. Ran out of toner while printing
- \_\_\_\_\_ 52. Erratic schedule
- \_\_\_\_\_ 53. Can't understand your professor
- \_\_\_\_\_ 54. Trying to get into your major or college
- \_\_\_\_\_ 55. Registration for classes
- \_\_\_\_\_ 56. Stayed up late writing a paper
- \_\_\_\_\_ 57. Someone you expected to call did not
- \_\_\_\_\_ 58. Someone broke a promise
- \_\_\_\_\_ 59. Can't concentrate
- \_\_\_\_\_ 60. Someone did a "pet peeve" of yours
- \_\_\_\_\_ 61. Living with boy/girlfriend
- \_\_\_\_\_ 62. Felt need for transportation
- \_\_\_\_\_ 63. Bad haircut today
- \_\_\_\_\_ 64. Job requirements changed
- \_\_\_\_\_ 65. No time to eat
- \_\_\_\_\_ 68. Felt some peer pressure
- \_\_\_\_\_ 67. You have a hangover
- \_\_\_\_\_ 68. Problems with your computer
- \_\_\_\_\_ 69. Problem getting home from bar when drunk
- \_\_\_\_\_ 70. Used a fake ID
- \_\_\_\_\_ 71. No sex in a while
- \_\_\_\_\_ 72. Someone cut ahead of you in line
- \_\_\_\_\_ 73. Checkbook didn't balance
- \_\_\_\_\_ 74. Visit from a relative and entertaining them
- \_\_\_\_\_ 75. Decision to have sex on your mind
- \_\_\_\_\_ 76. Spoke with a professor
- \_\_\_\_\_ 77. Change of environment (new doctor, dentist, etc.)
- \_\_\_\_\_ 78. Exposed to upsetting TV show, book, or movie
- \_\_\_\_\_ 79. Got to class late
- \_\_\_\_\_ 80. Holiday
- \_\_\_\_\_ 81. Sat through a boring class
- \_\_\_\_\_ 82. Favorite sporting team lost

**Source:** Crandall, C.S., Preisler, J.J., & Aussprung, J. (1992). Measuring life event stress in the lives of college students: The undergraduate stress questionnaire. Journal of Behavioral Medicine, 15, 627-662.

For each event, please select when this happened to you (if it happened several times in this time period please think of the most recent event).

- Past two weeks
- Past quarter
- Past year

If checked, on average, how stressed are you by this event right now?

- 0 - Not at all
- 1 - Slightly
- 2 - Moderately
- 3 - Very
- 4 - Extremely