

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.

Experiencing these events can have a significant negative impact, physically and mentally. However, your well-being will depend on how you employ psychological resources to cope with these stresses. We're available to help with the development of optimal coping skills.

For further information, please call or (918) 631-2200

If checked, on average, how stressed were you/are you by this event?

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