**Stress Mindset Measure (SMM)**

*Description*

This eight-item measure was developed by Crum, Salovey and Achor (2013) to address **the extent to which an individual adopts a mindset that the effects of stress are enhancing or debilitating**. Items, listed below, evaluate a participant’s general stress mindset (e.g., “The effects of stress are negative and should be avoided”), as well as signs and symptoms related to the enhancing and debilitating consequences of stress in the realms of health and vitality, learning and growth, and performance and productivity (e.g., “Experiencing stress improves health and vitality”). Participants rated items on a five-point scale ranging from 0=strongly disagree to 4=strongly agree. SMM scores are obtained by reverse scoring the four negative items (indicated by an \*) and then taking the mean of all 8 items. Higher scores on the SMM represent the mindset that stress is enhancing. Cronbach’s alpha was .87 in this sample.

*Reference:*

Crum, A., Salovey, P. & Achor, S. (2013). Rethinking Stress: The Role of Mindsets in Determining the Stress Response. *Journal of Personality and Social Psychology.*

*Preliminary Questions (optional)*

1. How much stress are you experiencing in your life right now?

(1=None, 4=A Moderate Amount, 7=An Extreme Amount)

1. What is the primary source of stress in your life?

(Open response)

1. How stressful do you perceive this to be?

(1=Not Stressful At All, 4=Moderately Stressful, 7=Extremely Stressful)

*Stress Mindset Questions*

Rate the extent to which you agree or disagree with the following questions:

(scoring: use this scale for all 8)

0 = Strongly Disagree

1 = Disagree

2 = Neither Agree nor Disagree

3 = Agree

4 = Strongly Agree

1. The effects of stress are negative and should be avoided.\*
2. Experiencing stress facilitates my learning and growth.
3. Experiencing stress depletes my health and vitality.\*
4. Experiencing stress enhances my performance and productivity.
5. Experiencing stress inhibits my learning and growth.\*
6. Experiencing stress improves my health and vitality.
7. Experiencing stress debilitates my performance and productivity.\*
8. The effects of stress are positive and should be utilized.