Default Question Block

Survey about Stress

On a scale from 1 to 10, how stressed do you feel on a day-to-day basis? (1: not stressed, 10: extremely stressed)

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

On a scale from 1 to 10, how stressed do you feel at this moment?

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

Imagine you are texting an emotionally intelligent bot, and the bot asks you, "What is something that has been stressing you out recently?" Type your response to the bot's question.

[   ]

Please provide us (human beings, not bots) more details about what you described in your response to the previous question.

[   ]

Which of the following categories most accurately describes the problem you described?

○ Family
○ Friends
○ Relationship
○ Money
○ Work
○ Illness/injury
○ Other: [   ]

On a scale from 1 to 10, how severe is the problem you described? (1: not severe, 10: extremely severe)

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

On a scale from 1 to 10, how much negative impact is this problem having on your life or your wellbeing? (1: no effect, 10: significant impact)

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

On a scale from 1 to 10, to what extent is resolving this problem within your control? (1: completely in my control, 10: completely out of my control)

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

This problem is...

○ Something that happened in the past
○ Something that will happen in the future
○ An ongoing problem

Recall your answer to the bot's initial question about something that has been stressing you out. What response, verbatim, would you want to receive from the bot?

[   ]

Think of a person you could talk to about this problem. Imagine you have just texted this person about your problem. What response, verbatim, would you want to receive from this person?

[   ]

Who was the person you thought of in the previous question?

○ Parent
○ Sibling
○ Relative
○ Friend
○ Therapist
○ Teacher / professor
○ Other: [   ]

Imagine you have just expressed a stressful scenario to a friend. Categorize each of the following responses as "good," "bad," or "neutral" based on which responses you would most like to hear. Within each category, rank the responses according to how much you like each response.

Items
"That's horrible. I'm very sorry to hear about that. Always remember that you are loved. I hope things get better soon."
"That sucks. Sorry to hear that."
"Dude that's shitty af."
"Sorry to hear that. That really sucks. Really hope things get better soon."
"Ugh that sucks."
"I'm sorry to hear that."
"Shit that's crazy. That really sucks. Hope stuff gets better soon."
"Omfg that sucks. Hang in there buddy."
"That's devastating. I'm very sorry to hear about that."

Good Response

Bad Response

Neutral Response

Which of the following best describes your current level of stress?

- ○ Extremely stressed
- ○ Somewhat stressed
- ○ A bit stressed
- ○ Not that stressed
- ○ Not stressed at all

How old are you?

- ○ Under 18
- ○ 18 - 24
- ○ 25 - 34
- ○ 35 - 44
- ○ 45 - 54
- ○ 55 - 64
- ○ 65 - 74
- ○ 75 - 84
- ○ 85 or older

Which of the following most accurately describes your gender identity?

- ○ Male
- ○ Female
- ○ Transgender male
- ○ Transgender female
- ○ Genderfluid/non-binary
- ○ Other/prefer not to say

Which of the following most accurately describes your sexual orientation?

- ○ Heterosexual
- ○ Homosexual
- ○ Bisexual
- ○ Pansexual
- ○ Asexual
- ○ Other / prefer not to say

Do you consider yourself Hispanic/Latino?

- ○ Yes
- ○ No

Which racial designation(s) do you identify with?

- ☐ White
- ☐ Black or African American
- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Native Hawaiian or Other Pacific Islander

What is your country of residence?

US - United States

If you live in the United States, please indicate your state of residence.

[⬍]

What is the highest degree or level of school you have completed?

○ Less than a high school diploma
○ High school degree or equivalent (e.g. GED)
○ Some college, no degree
○ Associate degree (e.g. AA, AS)
○ Bachelor's degree (e.g. BA, BS)
○ Master's degree (e.g. MA, MS)
○ Professional degree (e.g. MD, DDS, DVM)
○ Doctorate (e.g. PhD, EdD)

What is your current employment status?

○ Employed full time (40 or more hours per week)
○ Employed part time (up to 39 hours per week)
○ Unemployed and currently looking for work
○ Unemployed and not currently looking for work
○ Student
○ Retired
○ Self-employed
○ Unable to work

Which of the following best describes the industry you primarily work in?

○ Agriculture, Forestry, Fishing and Hunting   ○ Telecommunications   ○ Arts, Entertainment, and Recreation
○ Utilities   ○ Broadcasting   ○ Hotel and Food Services
○ Construction   ○ Information Services and Data Processing   ○ Government and Public Administration
○ Computer and Electronics Manufacturing   ○ Other Information Industry   ○ Legal Services
○ Other Manufacturing   ○ Finance and Insurance   ○ Scientific or Technical Services
○ Wholesale   ○ Real Estate, Rental and Leasing   ○ Homemaker
○ Retail   ○ College, University, and Adult Education   ○ Military
○ Transportation and Warehousing   ○ Primary/Secondary (K-12) Education   ○ Religious
○ Publishing   ○ Other Education Industry   ○ Other: [_____]
○ Software   ○ Health Care and Social Assistance

Which of the following best describes your relationship/marital status?

○ Single
○ Married, or in a domestic partnership
○ Widowed
○ Separated
○ In an open relationship
○ In an exclusive relationship

How many children do you have?

[⬍]

What is your current household income? (USD)

○ Less than $10,000   ○ $60,000 - $69,999
○ $10,000 - $19,999   ○ $70,000 - $79,999
○ $20,000 - $29,999   ○ $80,000 - $89,999
○ $30,000 - $39,999   ○ $90,000 - $99,999
○ $40,000 - $49,999   ○ $100,000 - $149,999
○ $50,000 - $59,999   ○ More than $150,000

How much time do you spend on social media per day?

○ Less than 1 hour
○ 1-2 hours
○ 3-4 hours
○ More than 4 hours

If you drive to work, how much time do you spend on your commute per day?

○ Less than 1 hour
○ 1-2 hours
○ 3-4 hours
○ 5-6 hours
○ More than 6 hours
○ I do not drive to work.

How much sleep do you get each night, on average?

○ Less than 3 hours
○ 3-5 hours
○ 6-8 hours
○ 9-11 hours
○ More than 11 hours

How much time do you spend relaxing per day?

○ Less than 1 hour
○ 1-2 hours
○ 3-4 hours
○ 5-6 hours
○ More than 6 hours

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