



Consumable Booklet

of

S M S-KC

Dr. Vandana Kaushik (Udaipur)

Dr. Namrata Arora Charpe (Banasthali)

(English Version)

Please fill up the following Informations : Date

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Name

Father's Name

Date of Birth

Sex : Male

☐

Female

☐

Marital Status : Married

☐

Unmarried

☐

Divorced

☐

Qualification

Organization

Service

Post

Experience in Years

Home Address

INSTRUCTIONS

On the following pages 36 items have been given. Read each item carefully and then decide your response on any of the six response points, viz., **Strongly Agree, Agree (High), Agree (Low), Disagree (Low), Disagree (High) and Strongly Disagree** and put a ☒ mark in the appropriate box ☐.

Respond to each statement.

Be assured, your responses will be kept confidential.

Scoring Table

	Raw Score			z-Score	Grade	Stress Management Level
Page	2	3	4			
Score						
Total Score						

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Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	
1.	I find my stressors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I recognize my reaction to the stressors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I do not try to identify reactions I like to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4.	I try to reduce the intensity of my emotional reaction to the stressor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I do not control physical reaction to the stressors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6.	I try to keep smiling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I take regular rest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I do not manage my time properly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9.	I do my work so that I feel proud of it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I do not take full control of my task performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
11.	I try to be friendly with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	I do not try to create the environment which would keep me calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Score

Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	
13.	I try meditation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
14.	I do not analyze my deeds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
15.	I do not schedule time to relax.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
16.	I do not log my activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
17.	I try to clear out the obligations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
18.	I try to meet the deadlines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
19.	I do not try to organize my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
20.	I try to delegate work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
21.	I do not try to identify my priorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
22.	I use checklists to check the pending work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
23.	I do not focus on one goal at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
24.	I try to be realistic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Score

Sr. No.	STATEMENTS	RESPONSE						Score
		Strongly agree	Agree (high)	Agree (low)	Disagree (low)	Disagree (high)	Strongly disagree	

25. I do not plan for the unpredict-

table.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

26. I try to motivate myself.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

27. I do not utilize my capabilities.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

28. I use my biological rhythms.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

29. I do not plan my leisure time.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

30. I understand my tasks and res-

ponsibilities to the fullest.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

31. I stay updated for changes in

the work environment.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

32. I do not go for massages.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

33. I exercise my muscles regularly.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

34. I do not indulge in hobbies.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

35. I do not take measures to relieve

stress.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

36. I do not take proper sleep.

☐ ☐ ☐ ☐ ☐ ☐ ☒ ☐

Score