**Emotions and Stress of Hospice Workers**

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| The following questions pertain to the symptoms of stress, depression and anxiety related to respite care. On a scale of 1-5, please answer the following questions.  1 = not at all  2 = rarely  3 = sometimes  4 = often  5 = all the time |

\_\_\_\_\_\_ 1. I find myself crying for no reason.

\_\_\_\_\_\_ 2. I cannot sleep.

\_\_\_\_\_\_ 3. I have nightmares when I fall asleep.

\_\_\_\_\_\_ 4. I feel like “I’m losing it”.

\_\_\_\_\_\_ 5. I do not participate in activities and hobbies I enjoy.

\_\_\_\_\_\_ 6. I don’t spend time with my friends and family.

\_\_\_\_\_\_ 7. I get mad easily.

\_\_\_\_\_\_ 8. I feel restless.

\_\_\_\_\_\_ 9. I have no energy.

\_\_\_\_\_\_ 10. I have trouble concentrating and focusing on tasks.

\_\_\_\_\_\_ 11. I feel physical pain and soreness for no reason.

**COMMENTS:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_