

Your Experience with Stress

Survey response 1

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3
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en
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Total time
462.34

Holmes-Rahe Life Stress Inventory

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc...)]
No
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major holidays spent with family/friends or traveling.]
Yes
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Vacation]
Yes
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings).]
Yes
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in number of family get-togethers.]
No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in sleeping habits (a lot more or a lot less than usual)]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Taking on a loan (car, computer, etc...)]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in social activities (clubs, movies, visiting, etc.)]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in church activity (i.e., a lot more or less than usual).]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in usual type and/or amount of recreation.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Changing to a new school.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Changes in residence.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major changes in working hours or conditions.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Troubles with a boss or supervisor.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Revision of personal habits (dress manners, associations, quitting smoking)]

Yes

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in living condition (new home, new apartment, remodeling).]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Beginning or ceasing going to school.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Spouse or partner beginning or ceasing working from home.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Outstanding personal achievement (e.g., winning an award, a promotion at work, recognition in school)]

Yes

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [In-law troubles.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Son or daughter leaving home.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in responsibilities at work.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Foreclosure on a mortgage or loan.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Taking on a mortgage.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in the number of arguments with spouse or partner.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Changing to a different line of work.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Death of a close friend.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in financial state (i.e., ... a lot worse or better off than usual)]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major business readjustment.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Gaining a new family member (i.e., ... birth, adoption, older adult moving in, etc...)]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Sexual difficulties.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Pregnancy]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major change in the health or behavior of a family member.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Retirement from work]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Marital reconciliation with mate]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Being fired at work]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Marriage]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Major personal illness or injury.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Death of a close family member.]

No

Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Detention in jail or other institution.]
No
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Marital separation from mate.]
No
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Divorce]
No
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Death of a spouse/partner/close family or friend.]
No
Check the box next to any of the events below that have happened to you in the last year. This helps us determine what events in your life may have caused stress. [Taking a survey online.]
Yes
Group time: Holmes-Rahe Life Stress Inventory
57.41

Perceived Stress Scale

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you been upset because of something that happened unexpectedly?]
Almost Never
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt that you were unable to control the important things in your life?]
Never
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt nervous and "stressed"?)
Never
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt confident about your ability to handle your personal problems?]
Very Often
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt that things were going your way?]
Very Often
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you found that you could not cope with all the things that you had to do?]
Never
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you been able to control irritations in your life?]
Never
The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt that you were on top of things?]
Very Often

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you been angered because of things that were outside of your control?]

Never

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by choosing how often you felt or thought a certain way. [In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?]

Never

Group time: Perceived Stress Scale

52.57

COPE

We are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to try to deal with stress. This questionnaire asks you to indicate what you generally do and feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress. Then respond to each of the following items by blackening one number on your answer sheet for each, using the response choices listed just below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully, and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU--not what you think "most people" would say or do. Indicate what YOU usually do when YOU experience a stressful event.

[I try to grow as a person as a result of the experience.]

I usually do this a lot

[I turn to work or other substitute activities to take my mind off things.]

I usually do this a lot

[I get upset and let my emotions out.]

I usually don't do this at all

[I try to get advice from someone about what to do.]

I usually do this a medium amount

[I concentrate my efforts on doing something about it.]

I usually do this a lot

[I say to myself "this isn't real."]

I usually do this a little bit

[I put my trust in God.]

I usually do this a medium amount

[I laugh about the situation.]

I usually do this a lot

[I admit to myself that I can't deal with it, and quit trying.]

I usually don't do this at all

[I restrain myself from doing anything too quickly.]

I usually do this a medium amount

[I discuss my feelings with someone.]

I usually do this a medium amount

[I use alcohol or drugs to make myself feel better.]

I usually don't do this at all

[I get used to the idea that it happened.]
I usually do this a lot
[I talk to someone to find out more about the situation.]
I usually do this a medium amount
[I keep myself from getting distracted by other thoughts or activities.]
I usually do this a little bit
[I daydream about things other than this.]
I usually do this a lot
[I get upset, and am really aware of it.]
I usually do this a little bit
[I seek God's help.]
I usually do this a medium amount
[I make a plan of action.]
I usually do this a lot
[I make jokes about it.]
I usually do this a lot
[I accept that this has happened and that it can't be changed.]
I usually do this a lot
[I hold off doing anything about it until the situation permits.]
I usually do this a lot
[I try to get emotional support from friends or relatives.]
I usually do this a lot
[I just give up trying to reach my goal.]
I usually don't do this at all
[I take additional action to try to get rid of the problem.]
I usually do this a medium amount
[I try to lose myself for a while by drinking alcohol or taking drugs.]
I usually don't do this at all
[I refuse to believe that it has happened.]
I usually don't do this at all
[I let my feelings out.]
I usually do this a little bit
[I try to see it in a different light, to make it seem more positive.]
I usually do this a medium amount
[I talk to someone who could do something concrete about the problem.]
I usually do this a medium amount
[I sleep more than usual.]
I usually don't do this at all
[I try to come up with a strategy about what to do.]
I usually do this a medium amount
[I focus on dealing with this problem, and if necessary let other things slide a little.]
I usually do this a little bit

[I get sympathy and understanding from someone.]
I usually do this a medium amount
[I drink alcohol or take drugs, in order to think about it less.]
I usually don't do this at all
[I kid around about it.]
I usually do this a lot
[I give up the attempt to get what I want.]
I usually don't do this at all
[I look for something good in what is happening.]
I usually do this a little bit
[I think about how I might best handle the problem.]
I usually do this a medium amount
[I pretend that it hasn't really happened.]
I usually don't do this at all
[I make sure not to make matters worse by acting too soon.]
I usually do this a lot
[I try hard to prevent other things from interfering with my efforts at dealing with this.]
I usually don't do this at all
[I go to movies or watch TV, to think about it less.]
I usually do this a little bit
[I accept the reality of the fact that it happened.]
I usually do this a medium amount
[I ask people who have had similar experiences what they did.]
I usually do this a medium amount
[I feel a lot of emotional distress and I find myself expressing those feelings a lot.]
I usually do this a medium amount
[I take direct action to get around the problem.]
I usually do this a medium amount
[I try to find comfort in my religion.]
I usually do this a medium amount
[I force myself to wait for the right time to do something.]
I usually do this a medium amount
[I make fun of the situation.]
I usually do this a medium amount
[I reduce the amount of effort I'm putting into solving the problem.]
I usually don't do this at all
[I talk to someone about how I feel.]
I usually do this a little bit
[I use alcohol or drugs to help me get through it.]
I usually don't do this at all
[I learn to live with it.]
I usually do this a lot

[I put aside other activities in order to concentrate on this.]
I usually do this a little bit
[I think hard about what steps to take.]
I usually do this a medium amount
[I act as though it hasn't even happened.]
I usually do this a medium amount
[I do what has to be done, one step at a time.]
I usually do this a medium amount
[I learn something from the experience.]
I usually do this a medium amount
[I pray more than usual.]
I usually do this a medium amount
Group time: COPE
180.11

Barratt Impulsiveness Scale (BIS)

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I plan tasks carefully.]
Almost Always/Always
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I do things without thinking.]
Rarely/Never
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I make-up my mind quickly.]
Often
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am happy-go-lucky.]
Often
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I don't "pay attention."]
Rarely/Never
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I have "racing" thoughts.]
Rarely/Never
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I plan trips well ahead of time.]
Often
DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am self controlled.]
Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I concentrate easily.]

Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I save regularly.]

Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I "squirm" at plays or lectures.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am a careful thinker.]

Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I plan for job security.]

Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I say things without thinking.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I like to think about complex problems.]

Occasionally

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I change jobs.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I act "on impulse."]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I get easily bored when solving thought problems.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I act on the spur of the moment.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am a steady thinker.]

Almost Always/Always

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I change residences.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I buy things on impulse.]

Often

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I can only think about one thing at a time.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I change hobbies.]

Often

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I spend or charge more than I earn.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I often have extraneous thoughts when thinking.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am more interested in the present than the future.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am restless at the theater or lectures.]

Rarely/Never

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I like puzzles.]

Occasionally

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly. [I am future oriented.]

Almost Always/Always

Group time: Barratt Impulsiveness Scale (BIS)

82.91

Calculation

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66

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3

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5

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{COPEitems_COPE7.value + COPEitems_COPE18.value + COPEitems_COPE48.value + COPEitems_COPE60.value}
12
{COPEitems_COPE8.value + COPEitems_COPE20.value + COPEitems_COPE36.value + COPEitems_COPE50.value}
15
{COPEitems_COPE9.value + COPEitems_COPE24.value + COPEitems_COPE37.value + COPEitems_COPE51.value}
4
{COPEitems_COPE10.value + COPEitems_COPE22.value + COPEitems_COPE41.value + COPEitems_COPE49.value}
14
{COPEitems_COPE11.value + COPEitems_COPE23.value + COPEitems_COPE34.value + COPEitems_COPE52.value}
12
{COPEitems_COPE12.value + COPEitems_COPE26.value + COPEitems_COPE35.value + COPEitems_COPE53.value}
4
{COPEitems_COPE13.value + COPEitems_COPE21.value + COPEitems_COPE44.value + COPEitems_COPE54.value}
15
{COPEitems_COPE15.value + COPEitems_COPE33.value + COPEitems_COPE42.value + COPEitems_COPE55.value}
7
{COPEitems_COPE19.value + COPEitems_COPE32.value + COPEitems_COPE39.value + COPEitems_COPE56.value}
13
{PSSItems_PSS1.value + (abs(PSSItems_PSS4.value - 5)) + PSSItems_PSS2.value + (abs(PSSItems_PSS5.value - 5)) + PSSItems_PSS3.value + PSSItems_PSS6.value + (abs(PSSItems_PSS7.value - 5)) + PSSItems_PSS9.value + (abs(PSSItems_PSS8.value - 5)) + PSSItems_PSS10.value}
9

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{sum(if(HRLS_SQ01.NAOK=='Y',100,0),if(HRLS_SQ02.NAOK=='Y',73,0),if(HRLS_SQ03.NAOK=='Y',65,0),if(HRLS_SQ04.NAOK=='Y',63,0),if(HRLS_SQ05.NAOK=='Y',63,0),if(HRLS_SQ06.NAOK=='Y',53,0),if(HRLS_SQ07.NAOK=='Y',50,0),if(HRLS_SQ08.NAOK=='Y',47,0),if(HRLS_SQ09.NAOK=='Y',45,0),if(HRLS_SQ10.NAOK=='Y',45,0),if(HRLS_SQ11.NAOK=='Y',44,0),if(HRLS_SQ12.NAOK=='Y',40,0),if(HRLS_SQ13.NAOK=='Y',39,0),if(HRLS_SQ14.NAOK=='Y',39,0),if(HRLS_SQ15.NAOK=='Y',39,0),if(HRLS_SQ16.NAOK=='Y',38,0),if(HRLS_SQ17.NAOK=='Y',37,0),if(HRLS_SQ18.NAOK=='Y',36,0),if(HRLS_SQ19.NAOK=='Y',35,0),if(HRLS_SQ20.NAOK=='Y',31,0),if(HRLS_SQ21.NAOK=='Y',30,0),if(HRLS_SQ22.NAOK=='Y',29,0),if(HRLS_SQ23.NAOK=='Y',29,0),if(HRLS_SQ24.NAOK=='Y',29,0),if(HRLS_SQ25.NAOK=='Y',28,0),if(HRLS_SQ26.NAOK=='Y',26,0),if(HRLS_SQ27.NAOK=='Y',26,0),if(HRLS_SQ28.NAOK=='Y',25,0),if(HRLS_SQ29.NAOK=='Y',24,0),if(HRLS_SQ30.NAOK=='Y',23,0),if(HRLS_SQ31.NAOK=='Y',20,0),if(HRLS_SQ32.NAOK=='Y',20,0),if(HRLS_SQ33.NAOK=='Y',20,0),if(HRLS_SQ34.NAOK=='Y',19,0),if(HRLS_SQ35.NAOK=='Y',19,0),if(HRLS_SQ36.NAOK=='Y',18,0),if(HRLS_SQ37.NAOK=='Y',17,0),if(HRLS_SQ38.NAOK=='Y',16,0),if(HRLS_SQ39.NAOK=='Y',15,0),if(HRLS_SQ40.NAOK=='Y',15,0),if(HRLS_SQ41.NAOK=='Y',13,0),if(HRLS_SQ42.NAOK=='Y',12,0),if(HRLS_SQ43.NAOK=='Y',11,0))}
```

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Demographics

Thanks for sticking with us, you're about halfway through the survey. In this portion of the survey, we would like you to answer some basic questions about yourself so that we can better understand the rest of your answers. It's important to note that this is exploratory research, hence we do not know exactly how individuals will answer the survey based upon their background demographics. We ask that you be open and honest on these next questions so that we can learn more through this process.

Gender

Male

Gender [Other]

What month were you born in?

December

Year of birth (i.e. 1945)

1982

What is your marital status?

Married

What is your household income?

\$100,000 - \$199,999

What is your highest level of education?

Doctoral degree

How many children do you have?

0

What is your race? [White]

Yes

What is your race? [Hispanic or Latino]

No

What is your race? [Black or African American]

No

What is your race? [Native American or American Indian]

No

What is your race? [Asian or Pacific Islander]

No

What is your race? [Other]
Which of the following best describes your current employment?
Employed full-time as a Civil Servant/employee/professional (40+ hours a week)
Which of the following best describes your current employment? [Other]
What State were you born in (If you were not born in the United States, simply choose "other")
Ohio
What State were you born in (If you were not born in the United States, simply choose "other") [Other]
Which US state do you currently reside in (if you do not live in the US, simply choose other)?
Mississippi
Which US state do you currently reside in (if you do not live in the US, simply choose other)? [Other]
As part of this research, we're interested in looking at how people cope with stress and the affect it may have on their academic performance. May we access your grade data at the end of this semester (e.g., GPA) to see if individuals who use certain coping skills tend to do better academically? This is voluntary, and your data will be kept secure and confidential.
Yes, you may use my data, kept confidentially.
In order to receive credit for completing this survey, please enter your DSU 900# below.
900114342
What is your DSU Classification?
Faculty/Staff
What is your DSU Classification? [Other]
Also as part of this research, we're planning to offer 1-2 free stress coping workshops, later this semester. Would you be interested in attending one of those workshops? It would last 2 hours or less, and be offered at a time convenient to most students.
Yes
Please enter an email address you regularly check below, so that we can contact you about the upcoming stress workshops.
jon@jonwestfall.com
In order to let you know about the workshops, could you also please enter your phone number? One of our research staff will contact you to remind you about the workshop on the day before.
4403774732
Group time: Demographics
89.34