

SHS

The scale measures the daily stress experienced by college students at home, work, play, and learning. Please answer this scale according to the definition of daily stress below as a guide.

"Daily stress" refers to the various stimuli encountered in the activation of the puncture, including small annoying things, large pressures, difficult problems and difficulties. These events may occur rarely or may occur many times, and may be the short-term may also exist for the long-term.

Please use the **past month (including today)** as the time frame to answer this questionnaire. In some of the events listed below, please consider whether they have become your daily stress in the **past month (including today)**.

We want to know the number of daily stressful events you have experienced as listed below. And further understand the continuity of the daily stressful events you have experienced. Please circle the appropriate number on the right side of each item according to your actual situation

Persistence refers to the frequency and duration of a stress. Some stresses may occur frequently and last for a long time, while some stresses may occur rarely and have a short duration, and other combinations may also occur.

0 1 2 3 4 5 6

No stress

Extreme lasting stress

Not last at all

High frequency and/or persistent

For example, one aspect listed below is the "academic deadline". Obviously all students have encountered the "academic deadline" event, but this is not a "stress" for all students. If in the **past month (including today)** you are not stressed by such a deadline at all, you should circle 0. If you feel that the academic deadline is an extremely continuous stress in the **past month (including today)**, that is, often occurrence and/or persistence, you should delineate 6. If you have been stressed by such events in the **past month (including today)**, but are not extremely persistent, you should choose the one that best represents between 1 and 5 which is the number of your condition. Please answer all other aspects listed below according to this strategy.

In the past month (including today)...

Persistent

	No stress and not last at all	High persistent stress
Content		



Content	No stress and not last at all						High persistent stress
1. Necessary expenses	0	1	2	3	4	5	6
2. Family responsibility	0	1	2	3	4	5	6
3. Living expenses	0	1	2	3	4	5	6
4. Other people's needs for my time	0	1	2	3	4	5	6
5. Course content	0	1	2	3	4	5	6
6. Academic period	0	1	2	3	4	5	6
7. Parents' expectations	0	1	2	3	4	5	6
8. Missed deadline or appointment	0	1	2	3	4	5	6
9 . Communication with family members	0	1	2	3	4	5	6
10. Workload	0	1	2	3	4	5	6
11 . Because of family distractions (absent at home)	0	1	2	3	4	5	6
12. Class speech	0	1	2	3	4	5	6
13. Time allocation	0	1	2	3	4	5	6
14. Academic performance	0	1	2	3	4	5	6
15. Learn	0	1	2	3	4	5	6
16. Personal appearance	0	1	2	3	4	5	6
17. Noise	0	1	2	3	4	5	6
18. Traffic	0	1	2	3	4	5	6
19. Part time	0	1	2	3	4	5	6
20. The health and welfare of a loved one	0	1	2	3	4	5	6
21. Tested and evaluated	0	1	2	3	4	5	6
22. High standard	0	1	2	3	4	5	6
23. Chores	0	1	2	3	4	5	6
24. Job prospect	0	1	2	3	4	5	6
25. Time pressure	0	1	2	3	4	5	6
26 . Relationship with boyfriend/girlfriend	0	1	2	3	4	5	6

Content	No stress and not last at all						High persistent stress
27. Connection with friends	0	1	2	3	4	5	6
28. Friend's behavior	0	1	2	3	4	5	6
29. Self-expression	0	1	2	3	4	5	6
30. Student life	0	1	2	3	4	5	6

