

## **Academic Stress Scale (India-Context, AI Version)**

**Purpose:** Measure academic stress, exam pressure & burnout

**Target group:** Senior school students, college students, aspirants

**Time frame:** *Over the last 1 month*

**Nature:** Stress screening (not diagnosis)

### **Instruction to user:**

Below are statements about studies, exams, expectations, and academic life.

Please choose how much each statement applied to you during the **past one month**.

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### **Response Options & Weights (Same for ALL Questions)**

- **0** – This did not apply to me at all.
  - **1** – This applied to me slightly.
  - **2** – This applied to me moderately.
  - **3** – This applied to me a lot.
  - **4** – This applied to me extremely.
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## **Section 1: Exam & Performance Pressure**

### **Q1. Fear of exams**

- **0** – I did not feel fear or anxiety about exams.
  - **1** – I felt slight fear about exams.
  - **2** – I felt moderate fear about exams.
  - **3** – I felt strong fear about exams.
  - **4** – I felt extreme fear or panic about exams.
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### **Q2. Pressure to score high marks**

- **0** – I did not feel pressure to score high marks.
  - **1** – I felt slight pressure to score high marks.
  - **2** – I felt moderate pressure to score high marks.
  - **3** – I felt strong pressure to score high marks.
  - **4** – I felt extreme pressure to score high marks.
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### **Q3. Fear of failure**

- **0** – I did not fear academic failure.
  - **1** – I slightly feared failure.
  - **2** – I moderately feared failure.
  - **3** – I strongly feared failure.
  - **4** – I felt extreme fear of failure.
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### **Section 2: Expectations & Social Pressure**

#### **Q4. Family expectations**

- **0** – I did not feel pressure from my family regarding studies.
  - **1** – I felt slight pressure from my family.
  - **2** – I felt moderate pressure from my family.
  - **3** – I felt strong pressure from my family.
  - **4** – I felt extreme pressure from my family.
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#### **Q5. Comparison with others**

- **0** – I did not compare myself with other students.
  - **1** – I compared myself slightly with others.
  - **2** – I compared myself moderately with others.
  - **3** – I compared myself a lot with others.
  - **4** – I constantly compared myself with others.
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#### **Q6. Fear of disappointing others**

- **0** – I did not fear disappointing others academically.
  - **1** – I slightly feared disappointing others.
  - **2** – I moderately feared disappointing others.
  - **3** – I strongly feared disappointing others.
  - **4** – I felt extreme fear of disappointing others.
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## **Section 3: Workload & Time Pressure**

### **Q7. Academic workload**

- **0** – My academic workload felt manageable.
  - **1** – My workload felt slightly heavy.
  - **2** – My workload felt moderately heavy.
  - **3** – My workload felt very heavy.
  - **4** – My workload felt overwhelming.
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### **Q8. Lack of time**

- **0** – I had enough time for studies and rest.
  - **1** – I slightly lacked time.
  - **2** – I moderately lacked time.
  - **3** – I severely lacked time.
  - **4** – I constantly felt there was no time at all.
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### **Q9. Difficulty balancing life and studies**

- **0** – I balanced studies and personal life well.
  - **1** – I had slight difficulty balancing both.
  - **2** – I had moderate difficulty balancing both.
  - **3** – I had severe difficulty balancing both.
  - **4** – I could not balance studies and life at all.
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## **Section 4: Burnout & Exhaustion**

### **Q10. Mental exhaustion**

- **0** – I did not feel mentally exhausted due to studies.
  - **1** – I felt slightly mentally exhausted.
  - **2** – I felt moderately mentally exhausted.
  - **3** – I felt severely mentally exhausted.
  - **4** – I felt completely burned out mentally.
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#### **Q11. Loss of motivation**

- **0** – I did not lose motivation for studying.
  - **1** – I slightly lost motivation.
  - **2** – I moderately lost motivation.
  - **3** – I strongly lost motivation.
  - **4** – I completely lost motivation to study.
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#### **Q12. Feeling emotionally drained**

- **0** – I did not feel emotionally drained due to academics.
  - **1** – I felt slightly emotionally drained.
  - **2** – I felt moderately emotionally drained.
  - **3** – I felt severely emotionally drained.
  - **4** – I felt completely emotionally exhausted.
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### **Section 5: Career & Future Anxiety**

#### **Q13. Worry about future career**

- **0** – I did not worry about my future career.
  - **1** – I worried slightly about my career.
  - **2** – I worried moderately about my career.
  - **3** – I worried a lot about my career.
  - **4** – I felt extreme anxiety about my future career.
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#### **Q14. Fear of not meeting career expectations**

- **0** – I did not fear failing career expectations.
  - **1** – I slightly feared failing expectations.
  - **2** – I moderately feared failing expectations.
  - **3** – I strongly feared failing expectations.
  - **4** – I felt extreme fear of failing career expectations.
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### **Q15. Feeling stuck academically**

- **0** – I did not feel stuck in my academics.
  - **1** – I slightly felt stuck.
  - **2** – I moderately felt stuck.
  - **3** – I strongly felt stuck.
  - **4** – I felt completely stuck and directionless.
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### **Scoring Logic (AI-Ready)**

Total Academic Stress Score = Sum of Q1–Q15

Range = 0 – 60

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### **Interpretation Bands**

#### **Score Range Academic Stress Level**

0–15	Low academic stress
16–30	Moderate academic stress
31–45	High academic stress
46–60	Severe academic stress / burnout risk

**Screening only – not diagnosis**

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### **AI Usage Rules (Mentamind-Style)**

- **High exam pressure** → exam-anxiety tools
  - **High expectations score** → family/social pressure counselling
  - **High burnout score** → rest, sleep & mental health screening
  - **Severe stress** → human counsellor recommendation
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### **Panel-Ready One-Liner**

“Our Academic Stress Scale is a culturally adapted screener designed for Indian students, capturing exam pressure, expectations, workload, burnout, and career anxiety to enable early support.”