

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**.

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

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

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.”