



Hassles and Moods A

FORM CODE: WSI
VERSION A 08/08/2000

ID NUMBER:

CONTACT YEAR:

LAST NAME:

INITIALS:

Below are listed a variety of events that may be viewed as stressful or unpleasant. Read each item carefully and decide whether or not that event happened to you during this past week. If the event did not happen this week, circle the 0 next to that item. If the event did happen, show the amount of stress that it caused you by circling a number from 1 to 7 using the scale below.

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7.....
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

1. Had a job assignment overdue..... 0 1 2 3 4 5 6 7

2. Bothered with red tape..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

3. Argued with a co-worker..... 0 1 2 3 4 5 6 7

4. Customers or clients gave you a hard time..... 0 1 2 3 4 5 6 7

5. Did poorly at a job, task, or chore..... 0 1 2 3 4 5 6 7

6. Hurried to meet a deadline..... 0 1 2 3 4 5 6 7

7. Interrupted during a job, task, activity, or thinking..... 0 1 2 3 4 5 6 7

8. Someone spoiled your completed job, task, or chore..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

9. Did something you were not good at..... 0 1 2 3 4 5 6 7

10. Unable to finish a job, task, or chore..... 0 1 2 3 4 5 6 7

11. Unable to finish all plans for the week..... 0 1 2 3 4 5 6 7

12. Was late for work or appointment..... 0 1 2 3 4 5 6 7

13. Was graded or evaluated on your performance..... 0 1 2 3 4 5 6 7

14. Worked late or overtime..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

15. Not enough money for basics (food, clothing, etc.)..... 0 1 2 3 4 5 6 7

16. Ran out of pocket money..... 0 1 2 3 4 5 6 7

17. Had unexpected bills (traffic fines, etc.)..... 0 1 2 3 4 5 6 7

18. Had problems paying bills..... 0 1 2 3 4 5 6 7

19. Not enough money for fun (movie, eating out or recreation)..... 0 1 2 3 4 5 6 7

20. Had problem obtaining ride or transportation..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

21. Drove under bad conditions (traffic, weather)..... 0 1 2 3 4 5 6 7

22. Had car trouble..... 0 1 2 3 4 5 6 7

23. Had minor auto accident..... 0 1 2 3 4 5 6 7

24. Argued with husband, wife, boyfriend, or girlfriend..... 0 1 2 3 4 5 6 7

25. Child misbehaved..... 0 1 2 3 4 5 6 7

26. Child had school problems..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

27. Minor illness of husband, wife, child, or loved one..... 0 1 2 3 4 5 6 7

28. Husband or wife had problems at work..... 0 1 2 3 4 5 6 7

29. Not enough time for family and friends..... 0 1 2 3 4 5 6 7

30. Had crime in the neighborhood..... 0 1 2 3 4 5 6 7

31. Had household chores (shopping, cooking, etc.)..... 0 1 2 3 4 5 6 7

32. Had minor home repairs..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

33. Had problems with neighbors..... 0 1 2 3 4 5 6 7

34. Ran out of food or personal item..... 0 1 2 3 4 5 6 7

35. Your property was damaged..... 0 1 2 3 4 5 6 7

36. Store did not have something you wanted..... 0 1 2 3 4 5 6 7

37. Had problems with pet (dog, cat, etc.)..... 0 1 2 3 4 5 6 7

38. Heard a rumor or something bad about yourself..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

39. Was told what to do..... 0 1 2 3 4 5 6 7

40. Was lied to, fooled or tricked..... 0 1 2 3 4 5 6 7

41. Was misunderstood or misquoted..... 0 1 2 3 4 5 6 7

42. Had confrontation with someone of authority
(police, boss)..... 0 1 2 3 4 5 6 7

43. Was criticized or verbally attacked..... 0 1 2 3 4 5 6 7

44. Was around unpleasant people (drunk, bigot, rude)..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

45. Had unexpected guests..... 0 1 2 3 4 5 6 7

46. Did poorly because of others..... 0 1 2 3 4 5 6 7

47. Was forced to socialize..... 0 1 2 3 4 5 6 7

48. Someone broke a promise..... 0 1 2 3 4 5 6 7

49. Someone broke an appointment..... 0 1 2 3 4 5 6 7

50. Competed with someone..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

51. Argued with a friend..... 0 1 2 3 4 5 6 7

52. Not enough time to socialize..... 0 1 2 3 4 5 6 7

53. Was ignored by others..... 0 1 2 3 4 5 6 7

54. Had someone disagree with you..... 0 1 2 3 4 5 6 7

55. Spoke or performed in public..... 0 1 2 3 4 5 6 7

56. Was interrupted while talking..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

57. Was stared at..... 0 1 2 3 4 5 6 7

58. Had someone "cut" in front of you in line..... 0 1 2 3 4 5 6 7

59. Unable to express self clearly..... 0 1 2 3 4 5 6 7

60. Had unwanted physical contact (crowded)..... 0 1 2 3 4 5 6 7

61. Dealt with rude waiter, waitress, or salesperson..... 0 1 2 3 4 5 6 7

62. Was without privacy..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

63. Was excluded or left out..... 0 1 2 3 4 5 6 7

64. Had too many responsibilities..... 0 1 2 3 4 5 6 7

65. Had to make important decision..... 0 1 2 3 4 5 6 7

66. Did not hear from someone you expected to..... 0 1 2 3 4 5 6 7

67. Was disturbed while trying to sleep..... 0 1 2 3 4 5 6 7

68. Forgot something..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

69. Heard some bad news..... 0 1 2 3 4 5 6 7

70. Was clumsy (spilled or knocked something over)..... 0 1 2 3 4 5 6 7

71. Lost or misplaced something (wallet, keys)..... 0 1 2 3 4 5 6 7

72. Had legal problems..... 0 1 2 3 4 5 6 7

73. Waited longer than you wanted..... 0 1 2 3 4 5 6 7

74. Did something you did not want to do..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

75. Had to face a feared situation or object..... 0 1 2 3 4 5 6 7

76. Had “pet peeve” violated
(someone fails to knock, etc.)..... 0 1 2 3 4 5 6 7

77. Failed to understand something..... 0 1 2 3 4 5 6 7

78. Had close escape from danger..... 0 1 2 3 4 5 6 7

79. Had minor accident (broke something, tore clothing)..... 0 1 2 3 4 5 6 7

80. Someone borrowed something without asking..... 0 1 2 3 4 5 6 7

0.....	1.....	2.....	3.....	4.....	5.....	6.....	7
Did Not	Not	Slightly	Mildly	Moderately	Stressful	Very	Extremely
Happen	Stressful	Stressful	Stressful	Stressful		Stressful	Stressful

81. Had minor injury (stubbed toe, sprained ankle, etc.)..... 0 1 2 3 4 5 6 7

82. Was physically uncomfortable (cold, wet, hungry)..... 0 1 2 3 4 5 6 7

83. Stopped unwanted habit (smoking, overeating, etc.)..... 0 1 2 3 4 5 6 7

84. Interrupted while relaxing..... 0 1 2 3 4 5 6 7

85. Not enough time for fun (movie, eating out or
relaxation)..... 0 1 2 3 4 5 6 7

86. Did poorly at sport or game..... 0 1 2 3 4 5 6 7

0.....1.....2.....3.....4.....5.....6.....7
 Did Not Not Slightly Mildly Moderately Stressful Very Extremely
 Happen Stressful Stressful Stressful Stressful Stressful Stressful Stressful

87. Saw an upsetting TV show or movie, or read an
 upsetting book, etc.)..... 0 1 2 3 4 5 6 7

FOR ADMINISTRATIVE USE ONLY

88. Date:

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89. Administration (A,B,C,D)

90. Code

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