

APPENDICES

APPENDIX - A

SCREENING CHECKLIST **(PERSONAL DATA)**

- | | | |
|--------------------------|-----------------|----------|
| 1. NAME : | 2. SEX : | 3. AGE : |
| 4. EDUCATION : | 5. OCCUPATION : | |
| 6. TOTAL FAMILY INCOME : | | |
| 7. MARITAL STATUS | | |

STRESSORS

Please tick mark the situations/events/experiences which you experience as causing distress in you.

(A) PHYSICAL :

1. Exposure to excessive heat.
2. Exposure to excessive cold.
3. Exposure to excessive noises.
4. Exposure to excessive vibrations.
5. Personal illness, accident, victim of violence.
6. Any other....

(B) FAMILY :

1. Sharing f wrk load.
2. Different values.
3. Different life style.
4. Distribution of money/assets
5. Key position in the family.
6. Short tempered nature of any family members.
7. Illness or death of any family members.
8. Staying away from the family.
9. Any other.

(C) JOB AND CAREER RELATED :

1. Examinantion.
2. Interview.
3. Training
4. Over work.
5. Pending work.
6. Dead lines.
7. Poor promotion chances.
8. Competition.
9. Power struggles.
10. Lack of recognition.
11. Conflicts with superiors/subordinate/colleagues.
12. Transfer.
13. Any others.

(D) INTERPERSONAL :

1. Different values.
2. Expectations.
3. Obligations.
4. Poor communication.
5. Misunderstandings.
6. Jealousy.
7. Any other.

(E) POLITICAL ENVIRONMENTAL AND SOCIO-ECONOMIC

1. Unemployment.
2. Less income against demands.
3. Technological change.
4. High cost of living.
5. Public speaking.
6. Taxes.
7. Poor services.
8. Bureaucracy.
9. Pollution.
10. Any other.

(F) EMOTIONAL :

1. Insecurity Guilt Fear.
2. Deprivation of love and/or hate.
3. Dissatisfaction.
4. Short tempered nature.
5. Lack of assertiveness.
6. Any other.

STRESS REACTIONS

When you feel stressed what are the reactions of your body and mind? (identify your stress orchestra). Please mark that are relevant for you.

(I) PSYCHOLOGICAL REACTIONS :

1. Sleep disturbance.
 - difficulty in induction.
 - early rising and inability to sleep again.
 - bad dreams.
 - broken frequently.
 - any other.
2. Easy fatigability (lethargy).
3. Loss of appetite.

4. Excessive eating.
5. Excessive smoking.
6. Excessive drinking.
7. Excessive indulgence in sex.
8. Loss of libido (loss of interest in sex).
9. Frigidity.
10. Impotence.
11. Absenteeism (not going for job or equivalent).
12. Nervousness.
13. Tension.
14. Irritability/short temper.
15. Fear.
16. Anger.
17. Dissatisfaction.
18. Depression, crying.
19. Restlessness.
20. Poor concentration.
21. Poor memory.
22. Poor decision making power.
23. Thought blockage.
24. Too many thoughts at a time.
25. Inferiority complex.
26. Frequent mistakes.
27. Poor interpersonal relationship.

(II) PHYSIOLOGICAL REACTIONS

1. Headache.
2. Throbbing pain in head.
3. Heavyness in head.
4. Pain or watering from eyes.
5. Blurring of vision.
6. Dryness of mouth.
7. Increased respiration (over 20 per min.).
8. Increased pulse.
9. Feeling heartbeats (palpitation).
10. Increased sweating.
11. Cold hands/feet.
12. Pain in chest.
13. Belching.
14. Tremors of hands or feet.
15. Twitching of eyelids.
16. Muscular stiffness.
17. Muscular pains e.g. backache.
18. Teeth grinding.
19. Heavyness in limbs.
20. Unsteady voice.
21. Speech difficulty (stuttering).

22. Hot and cold flushes.
23. Ringing in ears.
24. Pricking sensation over skin.
25. Nausea vomiting.
26. Disturbance in abdomen.
27. Loose motion.
28. Constipation.
29. Frequency of micturition.
30. Urgency of micturition.
31. Amenorrhoea (decrease or absence of menstruation).
32. Menorrhoea (excessive menstruation).

Any other signs and symptoms you feel during stress.