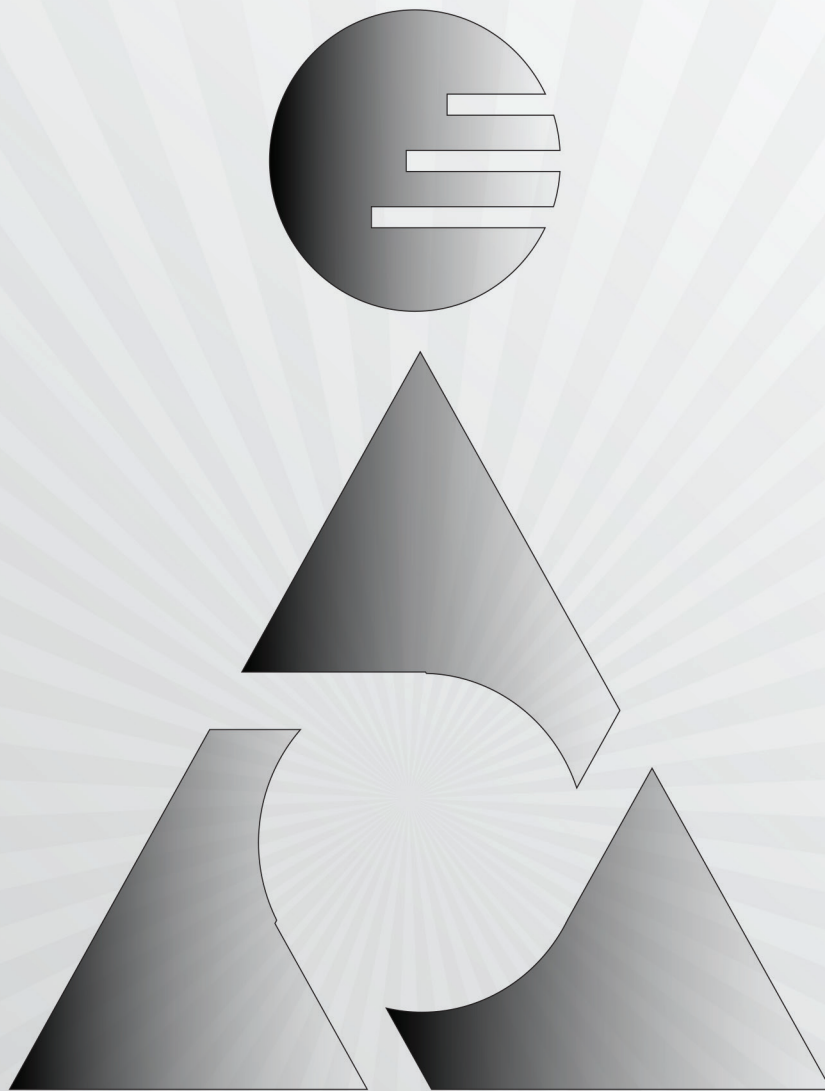


STRESSMASTER

*EXAMPLES OF STANDARD &
OPTIONAL REPORTS, CHARTS &
GRAPHS*



James C. Petersen, Ph.D.

STRESS MASTERY QUESTIONNAIRE (SMQ)

STRESS PROFILE
(1 PAGE OVERVIEW)

The Stress Profile is automatically generated immediately after one completes the on-line SMQ. This Profile presents the respondent's Scores and Risk Levels on the 11 SMQ scales. The Risk Levels is based upon a comparison of each scale with the norm group. Generally, the Higher the score the greater the potential "risk" that stress is having a negative impact, however, high scores must be considered in light of other information and discussion with the trainee or client.

Section Name	Score	Summary
A1 - Hostility/Anger (HO)	15	MEDIUM-HIGH RISK
A2 - Perfectionism (PE)	14	MEDIUM-HIGH RISK
A3 - Time-Urgency (TI)	5	LOW RISK
A4 - Disappointment (DI)	9	MEDIUM-LOW RISK
A5 - Burnout (BR)	12	LOW RISK
A6 - Underachievement (UA)	17	HIGH RISK
A7 - Tension (TE)	11	MEDIUM-LOW RISK
B1 - Physical Stress Effects (PS)	30	MEDIUM-HIGH RISK
B2 - Life/Work (LW)	35	HIGH RISK
C1 - Life Events (LE)	456	HIGH RISK
C2- Hassles (HO)	9	MEDIUM RISK
D1 - View of Stress at HOME	3	MEDIUM RISK
E1 - View of Stress at WORK	4	b> MEDIUM-HIGH RISK
F1 - General Info	12	
<hr/>		
Total Assessment Score: 632		

STRESS MASTERY QUESTIONNAIRE (SMQ)

STRESS REPORT

(3 PAGES DETAILS)

Name: **JOE SMITH**

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The Stress Report is a 3 page document that shows how each question was answered along with the Risk Level designation for each scales as was shown on the Stress Profile.

Section: A1 - Hostility/Anger (HO)

Anger/Hostile Score

Q1.Become impatient when performing repetitious acts (e.g., filling out bank forms, writing checks, washing dishes, etc.)?	4
Q2.Dwell on the incompetencies of others who stand in the way of your progress?	3
Q9.Feel impatient with the rate at which events take place?	3
Q18.In a competitive situation tend to become upset or angry if you are not the best?	3
Q41.Feel frustrated at others' behavior (e.g., become irritated at your progress behind a slow driver or in a line of customers waiting to be served)?	2
TOTAL: A1 - Hostility/Anger (HO)	15

MEDIUM-HIGH RISK

Section: A2 - Perfectionism (PE)

Perfectionism Score

Q6.Insist that subordinates or those around you make no mistakes?	2
Q17.Become irritated with the mistakes of others?	4
Q25.Overwork a task to get it perfect?	3
Q28.Demonstrate that you are a perfectionist at what you do?	4
Q33.Fail to delegate because you believe you can do it better than others?	1
TOTAL: A2 - Perfectionism (PE)	14

MEDIUM-HIGH RISK

Section: A3 - Time-Urgency (TI)

Time-Urgency Score

Q21.Move, walk, or eat rapidly?	2
Q32.Hurry the speech of others by saying such things as: "uh-huh"	1
Q40.Talk rapidly?	2
TOTAL: A3 - Time-Urgency (TI)	5

LOW RISK

Section: A4 - Disappointment (DI)

Dissappointment Score

Q13.Think about getting out of your job?	3
Q34.Feel discouraged?	2
Q35.Talk about people who disappoint you?	2
Q38.Feel unappreciated?	2
TOTAL: A4 - Disappointment (DI)	9

MEDIUM-LOW RISK

Section: A5 - Burnout (BR)

Burnout Score

Q10.Feel sad?	4
Q24.Feel unenthusiastic?	1
Q26.Get upset when a joke is made about you?	3
Q27.Feel unhappy?	3
Q31.Feel pessimistic or negative?	1
TOTAL: A5 - Burnout (BR)	12

LOW RISK

STRESS MASTERY QUESTIONNAIRE (SMQ)
STRESS INDIVIDUAL REPORT
(1 PAGE SUMMARY)

The Individual Report is manually created for a trainer or coach and is NOT included in the price of the basic SMQ Assessment Program, however CORPORATE ASSOCIATES MAY REQUEST THIS REPORT at no additional cost. This report is optional.

STRESS MANAGEMENT QUESTIONNAIRE (SMQ)		
STRESS RISK REPORT		
<i><u>Sally May</u></i>		
	Stress Warning Signs	Risk Level
A1	Hostility/Anger	High
A2	Perfectionism	Med-High
A3	Time-Urgency	Medium
A4	Disappointment	Med-Low
A5	Burnout	Low
A6	Underachievement	Med-High
A7	Tension	High
Stress Effects		
B1	Physical Stress	Low
B2	Life-Work Satisfaction	Med-Low
Stressors		
C1	Life Events	Low
C2	Hassles	Med-Low
PERCEPTION OF STRESS - SELF REPORT		
	Feeling Stressed at Home	High
	Feeling Stressed at Work	Med-High

STRESS MASTERY QUESTIONNAIRE (SMQ)

STRESS INDIVIDUAL REPORT

(1 PAGE CHART OF EACH PERSON IN A GROUP AND HOW THEY SCORED)

The Team Report is a summary of all participant's score in a stress mastery program. This report is manually created for a trainer or coach and is NOT INCLUDED in the price of the basic SMQ Assessment Program, however CORPORATE ASSOCIATES MAY REQUEST THIS REPORT at no additional cost. This report is optional.

How to Master Stress Workshop

SCALES	Tom	Jill	Frank	Lola	Gina	Lupe	Renee	Mary	Pam
Behavioral Signs	Risk Level								
Hostility/Anger	Low	Med-Low	Low	Med-Low	High	High	High	Med-high	High
Perfectionism	Low	Low		High	Med-Low	Med-Low	High	High	Low
Time-Urgency	Med	Med-Low	Med	Med-High	Med-Low	High	Med-High	Med-Low	High
Disappointment	Low	Low	Low	Med-Low	High	Med	Low	Med	Ned-High
Burnout	Low	Low	Low	Low	Low	Med-Low	Med-High	Low	Low
Underachievement	Low	Low	Med	Med-High	Med-low	Low	Low	Med-Low	Low
Tension	High	Med-High	High	High	High	Med-High	Med-High	Med	Low
Stress Effects									
Physical Stress	Low	Low	Med-Low	Low	High	Med-low	Med-High	Med	Low
Life-Work Satisfaction	Med-High	Med	Low	Med	Med-Low	Med-High	Low	Med	Low
Stressors									
Life Events	Low	Med-low	Low	Low	Med-Low	Med	Med-Low	Med-Low	Med-High
Hassles	Low	Low	Med	Med	High	Med-High	Med-low	Med	Med
Stress Self-Report									
Stress at Home	Med-Low	Med-low	Med	Med-High	Med-Low	Med-Low	Med	Med-Low	Med-low
Stress at Work	Med	Med-High	Low	High	High	Med-High	Med	Med-Low	Med

STRESS MASTERY QUESTIONNAIRE (SMQ)
STRESS INDIVIDUAL REPORT
(1 GRAPH CHART OF HOW THE GROUP SCORED AS A WHOLE)

The Team or Group Graph is a summary of all participant's score in a stress mastery program by Area. These graphs are manually created for a trainer or coach and is not included in the price of the basic SMQ Assessment Program, however CORPORATE ASSOCIATES MAY REQUEST THIS REPORT at no additional cost. This graph is optional.

There are a wide variety of graphs available. Contact us for more details.

