



600,000+  
Assessments  
Worldwide

## STRESS MANAGEMENT QUESTIONNAIRE



**SMQ** used since 1980 by...

- Wellness Programs
- Stress Management Professionals
- Corporate Wellness Programs
- Mental Health Professionals
- Health and Medical Professionals
- Hospitals, Clinics/Wellness Centers
- External trainers
- Consultants
- Drug/Alcohol Treatment Centers
- Corporate In-House Trainers
- Counselors & Coaches
- EAPs



In 1976, Dr. Jim Petersen, an Arizona psychologist specializing in helping people with stress and stress related disorders at his Biofeedback and Stress Management Clinic, develop a stress assessment tool called the

Stress Management Questionnaire (SMQ). The SMQ was designed to help individuals identify potential stress "risk" areas and, then, based upon the results develop an intervention programs to reduce stress and enhance one's stressmastery skills

The initial SMQ worked well but needed to be refined, shortened and psychometrically validated. A shorter version of the SMQ was developed. It proved to be easier to use and produced even better results. The first successful application of the SMQ was in the University of Arizona's "Project Well Aware About Health" program funded by the Kellogg Foundation (1980). Since then, the SMQ has helped thousands of stressed

## Research

In 1980, the SMQ underwent a comprehensive validation study funded by the National Institute for Occupational Safety and Health (NIOSH). Using stratified random sampling techniques with several major corporations, the result was the identification of seven key behavioral "risk" factors or scales.

Because stress is known to have a negative effect on ones body and health, a follow-up study was then conducted to determine if the seven primary scales correlated with any negative affects of stress.

A stratified random sample of employees from the corporations who participated in this study were analyzed using a statistical program known as "discriminant analysis." This analysis compared those with high scale scores with those with low scores. The result showed a correlation between high scores and stress effects; those who scored high one or more of the 7 Stress Warning Sign Scales also tended to have more physical problems than those who scored low.

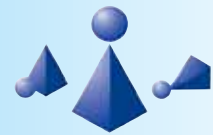
These seven scales became the heart of the SMQ. In addition to the seven risk factors four other informational scales where created and integrated into SMQ Booklet.

## SMQ Assessment in a Booklet

The SMQ is a 34 page booklet complete with the 87 basic SMQ questions, a scoring and profiling section and detailed information about each of the stress "risk" scores. The SMQ Booklet can be used by an individual for self-exploration or as part of a small or large group stress management training program. The SMQ is a flexible training booklet that assess participants' stress levels, provides a profile of their results and gives solid professional information about how to develop stressmastery knowledge, skills and attitudes.

## Applications

The SMQ has been completed by over 600,000 people worldwide, featured for two years on AOL's Thrive On Health and Oxygen web portals and used in a host of stress management programs worldwide. It is currently being integrated into one of American's top health and wellness websites as an on-line stress assessment. The SMQ can be used in by anyone working in the field of stress or stress management.



## THE 11 SMQ SCALES

Assessment, like a compass, not only shows which way to go, but also reminds us when we're off course and then helps us get back on track. The [Stress Management Questionnaire \(SMQ\)](#) is a such a self-assessment tool; it assists one in setting a personal course for change and stressmastery.

The first section of the SMQ Participant Form Booklet is a way for one to learn about personal stress. In this stress self-assessment section a person answers 87 scientifically developed questions about how frequently they then engage in certain behaviors. These questions result in stress "risk" scores on the eleven (11) scientifically developed stress "risk" scales. Additionally, these scales fall under three main categories:

- 7 Stress Warning Signs**
- 2 Stress Effects**
- 2 Stressors**

### 7 Stress Warning Signs Scales

The SMQ identifies how well one is mastering stress on the 7 Stress Warning Signs Scales and in discovering new more effective ways to master stress; they are:

- Hostility/Anger (HO)**
- Time Orientation (TE)**
- Perfectionism (PE)**
- Disappointment (DI)**
- Burnout (BR)**
- Underachievement (UA)**
- Tension (TE)**

### 2 Stress Effects Scales

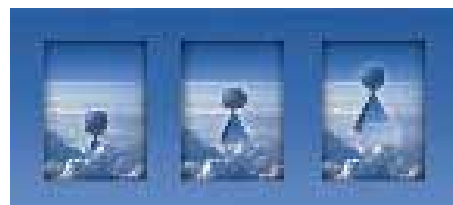
The end product of stress is dis-stress; either physical/emotional or behavioral. Since the effects of stress are prime indicators of how well one is mastering stress, these are important concepts to understand. These scales give an insight to the degree that stress may be affecting one's health and well being at this time. The two **Stress Effects** scales are:

- Physical Stress Effects**
- Life/Work Satisfaction Scales**

### 2 Stressor Scales

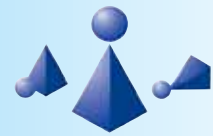
The **SMQ Stressor Scales** evaluate two different types of stressors that can have an impact on how well you feel and function. Learning the difference between these two concepts can make a difference in how well one masters stress. The two **Stressor** scales are:

- Life Events**
- Hassles**



**BALANCE  
HOMEOSTASIS  
MASTERY**

# 2 SMQ VERSIONS



## SMQ - PRINT VERSION

The 11 SMQ scales are then scored and interpreted. The **Participant Form** is a comprehensive 34 page booklet typically given to a participant in a stress management training program, as part of small group stress awareness programs or individual in counseling or coaching sessions. In a training program, the SMQ can either be completed before the program and brought into the class, or it can be administered at training program.

In a clinic or coaching session, the SMQ is given to the individual and then the results are used as part of an over all coaching or counseling session. The goal in both cases is to help an individual understand and recognize his or her stress "risk" levels and to use that information to develop ways to master stress at work and home.

Two Forms of the Print Version are employed in most programs; they are:

- SMQ Participant Form**
- SMQ Companion Form**

The **SMQ Participant Form** consist of....

- **About The SMQ** - details about the SMQ
- **SMQ Assessment** - 87 stress questions
- **Scoring the SMQ** - produces 11 SMQ scales scores
- **Your Stress Profile** - graphs "risk" level
- **Interpreting Guide** - provides information on scales
- **Contract For Change** - maximizes change
- **Resources** - provides helpful resources

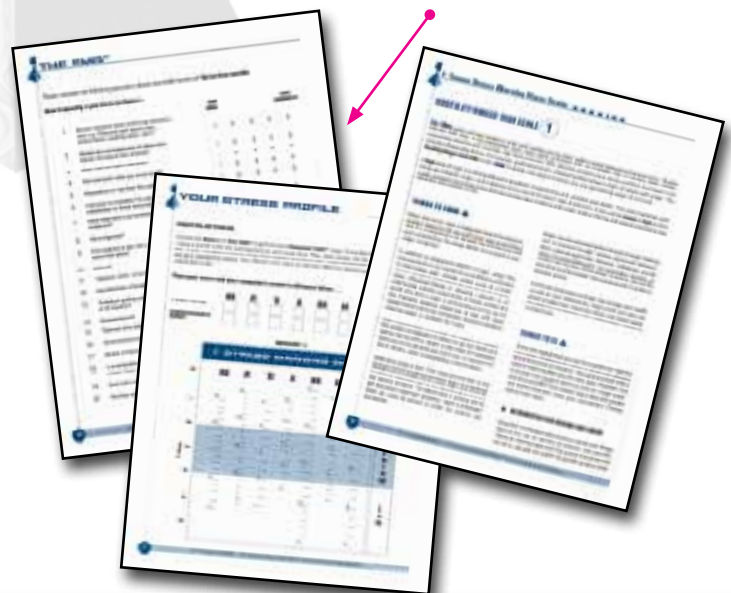
### The **SMQ Companion Form**

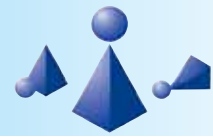
Each SMQ Print Version booklet comes with the **SMQ Companion Form** (4 pp). This form is completed by a spouse, co-worker or friend on the Participant. This tool provides a 2nd "opinion" or view of how well the Participant is mastering stress.

The Companion Form is identical to the Participant Form, however it does not have the Scoring, Graphing or Interpretive Guide. The Companion Form is scored by the Participant and integrated into his/her graph and interpretation. The SMQ Companion Form allows participants to obtain an "objective" view of how others view one's stressmastery skills.

For trainers, a **Facilitator's Manual** is also available providing detail instruction on how to design and implement an effective stress management program. It details ways to use the SMQ in a program along with suggestions for activities and learning tasks.

**Click the Image Below to See Examples**





## SMQ - ON-LINE VERSION



The latest version of the SMQ is the **SMQ Online Version**.

Now, the SMQ can be taken quickly via the Internet thus allowing for an easy assessment and interpretation.

In order to take the **Online SMQ**, each person is provided a link to the assessment website and a unique access code. The access codes is usually provided by the instructor or counselor. Once the code is entered, one can immediately begin answering the questions.

After answering the 87 SMQ questions, along with a few demographic items, the results are automatically calculated and the results displayed in a one-page **Stress Profile**. The participant learns immediately if his/her "risk" level on each of the scales.

## STRESSMASTERY GUIDE



By clicking a link on the Stress Profile page, the **Stressmaster Guide** (PDF) is then downloaded and printed for personal or training use. The Stressmastery Guide provides each person with detailed information on each scale.

The Guide is an excellent source of stressmastery strategies and techniques and provides insight into how to deal with "at-risk" behaviors and attitudes.

The trainer or coach can then work with each person to identify goals and strategies to help them master stress in each area needed.

## VARIATIONS

**Multiple Uses** of both Internet and Print Versions are many; such as...

- **Corporate stress management programs**
- **Public stress and wellness programs**
- **Clinics where stress is a focus of treatment**
- **Individuals who want to master stress**
- **1:1 Counseling or Coaching**
- **Hospital, mental health & wellness centers**
- **As a marketing tool to help expand**
- **As a way to measure organizational stress**

The **On-Line SMQ** is very flexible and can be tailored to your needs; e.g., additional questions can be added to provide feedback on unique aspects of stress within a company or organization. This is particularly useful when a company wants to take the pulse of a group or the entire company on programs or events specific to that company.

The **SMQ Results** can also be aggregated by company, division and/or department in spreadsheet and/or graph format. This information can be very helpful to you, the HR department and/or managers in identifying key "risk" areas for future training or EAP work. All data are de-identified so as to maintain confidentiality and privacy.

**Co-Branding** - The entire SMQ System can be co-branded with your company or business name and logo on the SMQ and reports. It is a good marketing practice to add your logo and brand "look" to the SMQ and reports in order to increase awareness of your own brand and to add credibility to you and your company. If you work with a company that wants their name on each SMQ, all reports and the Stressmastery Guide, we can accommodate their needs, also.



## FACILITATORS MANUAL EXAMPLE

### Stressmaster Associate Program

Many professionals are looking to expand their current stress management program, add more revenue to the bottom line and enhance their own programs with new tools.

Stressmaster is currently expanding its Associate Program into the UK, Australia, New Zealand and Europe. We are seeking Associates in these countries, including the US, to help people across the globe to learn how to master stress in their personal lives.

Contact us to learn more about how to join our international team of **Stressmaster Associates**. Key benefits include the ability to purchase SMQ products at wholesale and resell to your clients or the public, marketing assistance, website development, increase credibility and the ability to grow and expand your stress management practice. Our program can dramatically increase your revenues and expand your sales through marketing and advertising.

If requested, we can even help you design an effective marketing campaign. Significant income can be achieved by reselling Online SMQ's in quantity to corporations, governmental agencies, non-profit organizations, hospitals, wellness centers and more. Because we can provide unlimited Online SMQ, the possibilities are endless.

The investment is minimal and the benefits are exceptional. Download our [ASSOCIATES BROCHURE](#) for more details or contact us directly at 480-444-6301.

### Stressmaster Public Speaking

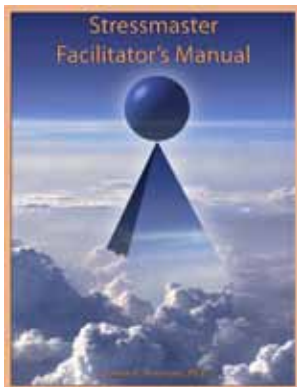
Stressmaster can provide your organization or company with an experienced professional speaker, workshop leader, or program facilitator? Dr. Jim Petersen, one of our Stressmaster Associates and our own team of trainers are ready to assist at any time. Our presentations are timely, fun, informative and up-to-date with the latest information on stress and stressmastery. In addition, we can tailored a program to meet your specific needs.

Stressmaster can also can provide an "in-house" Train-the-Trainer program for your HR and Training Department to help your team develop the skills and knowledge necessary to conduct a high quality stress management program. And, if a total company wide stress assessment is needed, we can tailor one to meet your needs.





## SMQ Facilitator's Manual



Stressmaster's team of professionals have been conducting stress management programs for many years. With our knowledge and experience we have designed and delivered stress management programs for local clinics, wellness centers, governmental

agencies, non-profit organizations and multinational corporations and organizations. We have presented to thousands of individuals from group training sessions to multi-day workshops and conducted numerous 1:1 counseling and coaching sessions with stressed individuals. We understand the challenges of stress within the organization.

We developed the Facilitator's Manual for trainers, consultants and HRD professionals, based upon our "real world" experience with use of the SMQ in the business and governmental arenas. This manual provides specific guidelines and information to either a) create a new Stressmastery program or b) to assist experienced trainers in the application and integration of the SMQ into their own unique programs.

In addition, the Facilitators Manual contains details of how to use and integrated the SMQ into virtually any stress management program. For individuals new to stress management programming, the Manual will provide template for your use, along with specifics for what to include based upon the length of the program. The Manual contains group and individual exercises, a section on managerial stress and much more.

The Facilitator's Manual provides details on how to use the SMQ effectively and efficiently in any stress management program.

### Facilitator's Manual Table of Contents:

- Ch 1 - Designing A Stress Management Program**
- Ch 2 - About Stress**
- Ch 3 - Stressors, Stress Response & Stress Effects**
- Ch 4 - Seven Stress Warning Signs**
- Ch 5 - Stress Self-Assessment**
- Ch 6 - Stressmastery Strategies**
- Ch 7 - What To Do With High SMQ Scores**
- Ch 8 - Managers and Stress**
- Ch 9 - References**
- Ch 10 - Contract for Change and Score Card**

In addition to the Facilitator's Manual, we provide our Associates with a Stressmaster PowerPoint Presentation. This PowerPoint is provided to help trainers or presenters highlight key elements of the program. We are available for assistance by phone or email to help you to use the SMQ as effectively as possible. To see more of the Facilitators Manual, [click here...](#)

# WHAT PEOPLE ARE SAYING!



Jim,

I just got finished looking over the materials to the SMQ and I have to say that I am quite impressed. There is a place for this on a global level for sure. At the very least for people in the health care world as a staple instrument... I just wanted you to know that you really did a great job with this. The entire package is brilliant.

Lawrence F. (Licensed Psychologist - NY and CA)

• What has consistently been commented on in regard to the SMQ is the participants seeing how their companions rate them, compared to their own self evaluations. Longer-term married couples tend to mirror each other on the graph, while there are often big disparities between self and companion on those in less structured relationships, or less intimate relationships (i.e. siblings, friends, co-workers). Also, many remarked that they did not know they were as affected by stress until seeing the SMQ. I think stress is a badge of honor among some--if you are not stressed, you are not working hard enough. The SMQ allows them to see the importance of balance between work/home and the need for decompression "me" time. I think the SMQ has been a great educational tool in the fact that participants realize that stress is more of an enemy of productivity (professionally and personally) than they had previously believed.

One of the key areas we focus on in our District Manager training is for the participants to not only address their stress, but also help their direct-reports (Store Managers and CSRs) with stress.

As mentioned, this remains a very popular course. Right now we are projecting about 50 participants this year, but there is a possibility we will offer this as part of a stand-alone program (as opposed to a block of instruction in a 5-day course).

Chris

Large Convenience Store Chain

• Following is a summary of the participant (60+ Senior Partners at a Big 5 Accounting Firm) evaluations you received as an instructor for our recent session of Managing Stress, held in Houston.

Out of a possible score of 5 with 5 being most favorable...

Prepared	4.50
Clarity of Information	4.21
Instructor Knowledge	4.71
Interest in Student Success	4.43
Response to questions	4.29
Desire for more	4.21
Overall	4.24

These results reveal a strong, positive view of the program.

Senior Partner - Big 3 Accounting Firm

• "This was one of the most valuable investments we have made available for our employees."

• "I've been using the SMQ for over the last 14 months and have given it to about 750 people. It has been extremely useful in our Stress Management Program and I've received much positive feedback from the Participants. Some remarks have been:

**The (SMQ) guide has helped me change my life.'**

**'I get better insight every time I go through the Report and Guide.'**

**'The SMQ helped me know myself a lot better. I'm a better manager because of that.'**

**These remarks make me feel good about the effectiveness of the instrument as we apply it in the Stress Management Program."**

**PD - Training Psychologist for a large State Agency**

• *I have been reading my "HIGHS" (scores on the SMQ) and I thank you for hitting it on the head. My anger, time urgency, tension highs describe me perfectly. I will be using the info taking it to my group counseling sessions for discussion input.*

BF - New Port Richey

• *"The large number of advisors who turned out for the presentations (by you) and the enthusiastic response to the material presented attests to the excellent job you did! (And)... we heard nothing but compliments on the programs being conducted for the advisors."*

JTN - National Law Enforcement Council

• I am one of a small team of Training & Development consultants here at Capita who provide a number of stand-alone courses in addition to our more bespoke consultancy work. One of these courses is Peak Performance Under Pressure - designed to help people to understand a little more of the nature of stress, their stressors, their stress response, and exploring preventative measures and coping mechanisms.

The SMQ is used within the context of this course. Delegate feedback has been universally very positive, ranging from the benefit of having one's self-awareness reinforced, through to some real epiphanies.

On a personal note, I have found the SMQ to be a robust, informative tool, based on sound theory and practice. I am definitely an advocate of the Stressmaster philosophy!

JL (UK Consultancy)

# How to Order the SMQ



To order the SMQ go online (click below) to get the latest pricing. However, if you have a special need, large order or want to tailor your order to your unique needs, please contact us directly. Following is an example of costs associated with various quantities for Online and Print Versions of the SMQ. **Stressmaster guarantees your satisfaction. If are not happy with our products for any reason, please return unused materials for a refund.**

## SMQ - PRINT VERSION SETS

Each SMQ™ Set includes: 1 SMQ™ Participant Form (34 pp) & 1 SMQ™ Companion Form

<b>2 for 1 SMQ Set* - New Clients Only</b>	<b>@ \$21.95/ea</b>
1-24 - SMQ Sets*	@ \$17.95/ea
25-49 - SMQ Sets*	@ \$16.95/ea
50-99 - SMQ™ Set*	@ \$15.95/ea

To see  
SMQ  
Example  
Click Here

Call for a quantity quote.

## SMQ - ONLINE ASSESSMENTS

Each Online SMQ includes: 1 administration + Stressmastery Guide - 28pp (PDF)

1-24 - On-line SMQs	@ \$12.95/ea
25-49 - On-line SMQs	@ \$10.50/ea
50-99 - On-line SMQs	@ \$9.25/ea

For pricing on larger quantities or for Associate pricing please call 480-444-6301

## FACILITATOR MATERIALS

1 Facilitators Manual Only - (Download Only)	= \$65.00
1 Facilitators Kit*	= \$125.00

### \* FACILITATORS KIT INCLUDES:

- 1 Facilitators Manual - PDF
- 1 Stressmaster PowerPoint Presentation (PDF)

**Click Here  
to Order the  
SMQ Online**

Call Stressmaster at 480-444-6301 to place order  
Skype: thestressmaster