

## PROS-ST SCALE

### Section 1.

Circle the number and word that best describe  
your experience during the last **six months**.

**1. Avoid, ignore or deny feelings**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**2. Neglect exercise**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**3. Fail to get support from others.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**4. Put things off.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**5. Race through daily activities**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**6. Set goals you cannot meet.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**7. Fail to find humor in life situations.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**8. Get upset when you must wait.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**9. Believe there is only one right way to do something.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**10. Get angry or blow up easily.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**11. Try to do everything yourself.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**12. Overreact to everyday problems.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

**13. Do not get enough sleep each day.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

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14. **Feel overwhelmed by “everything that you must do”.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

15. **Do not have time to relax built into each day.**

Never	Rarely	Sometimes	Often	Always
0 _____	1 _____	2 _____	3 _____	4 _____

### Section 2

1. Have you had severe and/or prolonged stressful events occur in the last 6 months?

NO \_\_\_\_\_ 0 points    YES \_\_\_\_\_ 10 points    **SCORE** \_\_\_\_\_

2. Have you used non-prescription mood altering drugs and/or consumed excessive amounts of alcohol during the past six months?

NO \_\_\_\_\_ 0 points    YES \_\_\_\_\_ 10 points    **SCORE** \_\_\_\_\_

### Scoring your answers

3. Add up your score from Section 1:    **SCORE** \_\_\_\_\_

4. Add up your points from Section 2:    **SCORE** \_\_\_\_\_

**TOTAL SCORE** \_\_\_\_\_

**If your total score is between:**

**1 - 30 points** = You are managing stress well. In spite of stressful times in your life, you have found a way keep your life in balance.

**31 - 45 points** = Managing stress is a challenge to you. It would be wise to make some changes in your life: Reduce your exposure to stress and learn how to relieve the tension caused by the stress.

**46 + points** = You are unable to manage the stress in your life. This is a severe problem for you and will or already has impacted your health and your relationships. Consider seeing a mental health professional for help.

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