Psychological Stress Experiences

Please respond to each question or statement by marking one box per row.

In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
EOS_P_004R1	I felt concerned about what was going on in my life.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_011R1	I felt stressed.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_047R1	Small things upset me.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_048R1	Everything bothered me.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_063R1	I felt under pressure	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_064R1	I felt that my problems kept piling up	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_067R1	I felt overwhelmed.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_090R1	I forgot things	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_095R1	I felt like my thinking was slower than usual.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_097R1	I felt unable to remember answers, even for questions I knew the answer to	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_099R1	I felt so upset that I could not remember what happened or what I did	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_105R1	I had trouble concentrating.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_106R1	I had trouble making decisions.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_107R1	I had trouble controlling my thoughts	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
EOS_P_108R1	My thoughts went very fast	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_109R1	I was slow to react to things	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_111R1	I felt unable to react to something that bothered me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_112R1	I felt unable to manage things in my life ..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
EOS_P_118R1	I felt I had too much going on	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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