

Hassles Scale

Check each hassle that you are currently experiencing and circle the degree of severity using the following scale:

1 = Somewhat severe 2 = Moderately severe 3 = Extremely severe

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|-----------------------------------------------------------------------|-------|------------------------------------------|-------|
| 1) Misplacing or losing things | 1 2 3 | 53) Fear of confrontation | 1 2 3 |
| 2) Troublesome neighbors | 1 2 3 | 54) Not enough money for health care | 1 2 3 |
| 3) Social obligations | 1 2 3 | 55) Feeling lonely | 1 2 3 |
| 4) Inconsiderate smokers | 1 2 3 | 56) Concerns about accidents | 1 2 3 |
| 5) Troubling thoughts about your future | 1 2 3 | 57) Concerns about getting a loan/credit | 1 2 3 |
| 6) Thoughts about death | 1 2 3 | 58) Having to wait in lines | 1 2 3 |
| 7) Health of a family member | 1 2 3 | 59) Too much time on your hands | 1 2 3 |
| 8) Not enough money for clothing | 1 2 3 | 60) Unexpected company | 1 2 3 |
| 9) Not enough money for housing | 1 2 3 | 61) Too many interruptions | 1 2 3 |
| 10) Concerns about owing money | 1 2 3 | 62) Not enough money for food | 1 2 3 |
| 11) Concerns about money for emergencies | 1 2 3 | 63) No enough money for necessities | 1 2 3 |
| 12) Someone owes you money | 1 2 3 | 64) Dislike coworkers | 1 2 3 |
| 13) Financial responsibility for someone
who doesn't live with you | 1 2 3 | 65) Dislike current work duties | 1 2 3 |
| 14) Conserving electricity, water, etc. | 1 2 3 | 66) Laid-off or out of work | 1 2 3 |
| 15) Smoking too much | 1 2 3 | 67) Concerns about retirement | 1 2 3 |
| 16) Use of alcohol | 1 2 3 | 68) Care for pets | 1 2 3 |
| 17) Personal use of drugs | 1 2 3 | 69) Concerns about job security | 1 2 3 |
| 18) Too many responsibilities | 1 2 3 | 70) Housekeeping responsibilities | 1 2 3 |
| 19) Decisions about having children | 1 2 3 | 71) Trouble making decisions | 1 2 3 |
| 20) Non-family members living with you | 1 2 3 | 72) Difficult customers/clients | 1 2 3 |
| 21) Planning meals | 1 2 3 | 73) Physical appearance | 1 2 3 |
| 22) Concerns about the meaning of life | 1 2 3 | 74) Difficulties getting pregnant | 1 2 3 |
| 23) Trouble relaxing | 1 2 3 | 75) Concerns about health in general | 1 2 3 |
| 24) Problems getting along with coworkers | 1 2 3 | 76) Social isolation | 1 2 3 |
| 25) Concerns about medical treatment | 1 2 3 | 77) Preparing meals | 1 2 3 |
| 26) Fear of rejection | 1 2 3 | 78) Auto maintenance | 1 2 3 |
| 27) Sexual problems due to physical causes | 1 2 3 | 79) Neighborhood deterioration | 1 2 3 |
| 28) Sexual problems other than physical | 1 2 3 | 80) Declining physical abilities | 1 2 3 |
| 29) Friends or relatives too far away | 1 2 3 | 81) Concerns about bodily functions | 1 2 3 |
| 30) Wasting time | 1 2 3 | 82) Not getting enough rest | 1 2 3 |
| 31) Filling out forms | 1 2 3 | 83) Problems with aging parents | 1 2 3 |
| 32) Financing children's education | 1 2 3 | 84) Problems with your lover | 1 2 3 |
| 33) Gender bias/harassment at work | 1 2 3 | 85) Difficulties seeing or hearing | 1 2 3 |
| 34) Being exploited | 1 2 3 | 86) Too many things to do | 1 2 3 |
| 35) Rising prices of common goods | 1 2 3 | 87) General job dissatisfaction | 1 2 3 |
| 36) Not getting enough sleep | 1 2 3 | 88) Worry about changing jobs | 1 2 3 |
| 37) Problems with your children | 1 2 3 | 89) Too many meetings | 1 2 3 |
| 38) Problems with younger people | 1 2 3 | 90) Problems with divorce/separation | 1 2 3 |
| 39) Problems with older people | 1 2 3 | 91) Gossip | 1 2 3 |
| 40) Unchallenging work | 1 2 3 | 92) Concerns about weight | 1 2 3 |
| 41) Concerns about meeting high standards | 1 2 3 | 93) Watching too much television | 1 2 3 |
| 42) Financial dealing with friends | 1 2 3 | 94) Concerns about inner conflicts | 1 2 3 |
| 43) Trouble reading, writing, or spelling | 1 2 3 | 95) Feeling conflicted about what to do | 1 2 3 |
| 44) Trouble with math | 1 2 3 | 96) Regrets over past decisions | 1 2 3 |
| 45) Legal problems | 1 2 3 | 97) Menstrual problems | 1 2 3 |
| 46) Not enough time to get things done | 1 2 3 | 98) The weather | 1 2 3 |
| 47) Not enough energy | 1 2 3 | 99) Nightmares | 1 2 3 |
| 48) Side effects of medication | 1 2 3 | 100) Concerns about getting ahead | 1 2 3 |
| 49) Physical illness | 1 2 3 | 101) Hassles from boss/supervisor | 1 2 3 |
| 50) Inability to express yourself | 1 2 3 | 102) Difficulties with friends | 1 2 3 |
| 51) Silly practical mistakes | 1 2 3 | 103) Overload of family responsibilities | 1 2 3 |
| 52) Financial security | 1 2 3 | 104) Problems with employees | 1 2 3 |
| | | 105) Not enough time for family | 1 2 3 |

106) Transportation problems 1 2 3
 107) Not enough money for transportation 1 2 3
 108) Not enough money for recreation 1 2 3
 109) Shopping responsibilities 1 2 3
 110) Prejudice/discrimination from others 1 2 3
 111) Property, investments, or taxes 1 2 3
 112) Not enough time for recreation 1 2 3
 113) Home maintenance (inside) 1 2 3
 114) Yard work/outside maintenance 1 2 3
 115) Concerns about current events 1 2 3
 116) Noise 1 2 3

117) Crime 1 2 3
 118) Traffic 1 2 3
 119) Pollution 1 2 3

Have we missed any of your current hassles?
 If so, write them below:

120) _____ 1 2 3
 121) _____ 1 2 3
 122) _____ 1 2 3

Has there been a recent change in your life that affected how you answered this scale? What?

Total Number of Hassles _____

Total Severity Points _____

Typically, at any point in time, most individuals will endorse 25-30 hassles. If you have more than that number, you are experiencing more than the average stress from the small, frustrating events of daily life and are at greater risk for stress-related illness.

If your severity points are more than two times greater than the number of hassles, you may need to consider seeking help to moderate your response to small frustrations.