

# ASSESSMENTS

# MEASURING LIFE'S STRESSORS

LIFE EVENT	MEAN VALUE
1. Death of spouse, child	100
2. Divorce	73
3. Marital separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage (Getting married)	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gaining a new family member (birth, adoption, elderly moving in)	39
15. Major business readjustment (merger, reorganization, bankruptcy)	39
16. Major change in financial status (a lot better or a lot worse off)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments with your spouse	35
20. Taking out a mortgage or a loan for a major purchase	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (promotion, demotion)	29
23. Son or daughter leaving home	29
24. Trouble with the in-laws	29
25. Outstanding personal achievement	28
26. Wife beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living conditions (building or remodeling a home)	25
29. Revision of personal habits (dress, manners, associations)	24
30. Trouble with the boss	23

31. Major change in working hours or conditions	20
32. Change in residence	20
33. Changing to a new school	20
34. Major change in type and/or amount of recreation	19
35. Major change in church activities	19
36. Major change in social activities	18
37. Taking out a mortgage or loan for a lesser purchase	17
38. Major change in sleep habits	16
39. Major change in number of family gatherings	15
40. Major change in eating habits	15
41. Vacation	13
42. Major holiday involving family (Thanksgiving, Christmas, etc.)	12
43. Minor violations of the law	11

## TOTAL SCORE \_\_\_\_\_

**150 points or less means a relatively low amount of life change and a relatively low susceptibility to stress-induced health breakdown.**

**150-300 points implies about a 50% chance of a major health breakdown in the next two years.**

**300 points or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.**

# Chronic Stressors Assessment

Fights with your partner, roommates, or neighbors	
Financial stress; too much debt	
A partner, child, or parent with a mental or serious physical illness	
A partner, child, or parent who abuses substances	
Caring for a child, adult, or pet with serious illness or disability	
A high level of stress or demands at your job	
Academic or professional achievement difficulties	
Loneliness	
Difficulty fulfilling responsibilities because of time, money, or health issues	
A lack of support or cooperation from others	
Negative interactions with family, friends, or coworkers	
A noisy, crowded, or uncomfortable living situation	
Chronic pain, disease, or disability	
Monotonous work or not feeling valued for your contributions	
Excessive travel (for example, a long daily commute or weekly travel for work.)	
An eating disorder	
Dealing with a difficult ex-partner or blended-family situation	
Other chronic stressor (describe)	
<b>TOTAL</b>	

6 OR MORE = Indicative of Chronic Stress

# ASSESSING YOUR VULNERABILITY TO STRESS

1 - Always    2 - Often    3- Sometimes    4- Rarely    5- Not at All

1	I eat at least one hot, balanced meal a day.	1	2	3	4	5
2	I get 7-8 hours of sleep at least four nights a week.	1	2	3	4	5
3	I give and receive affection regularly.	1	2	3	4	5
4	I have at least one relative within 50 miles, on whom I can rely.	1	2	3	4	5
5	I exercise to the point of perspiration at least twice a week.	1	2	3	4	5
6	I limit myself to less than half a pack of cigarettes a day.	1	2	3	4	5
7	I take fewer than five alcohol drinks a week.	1	2	3	4	5
8	I am the appropriate weight for my height.	1	2	3	4	5
9	I have income adequate to meet basic expenses.	1	2	3	4	5
10	I get strength from my religious beliefs.	1	2	3	4	5
11	I regularly attend club or social activities.	1	2	3	4	5
12	I have a network of friends and acquaintances.	1	2	3	4	5
13	I have one or more friends to confide in about personal matters.	1	2	3	4	5
14	I am in good health (including eyesight, hearing, and teeth).	1	2	3	4	5
15	I am able to speak openly about my feeling when angry or worried.	1	2	3	4	5
16	I have regular conversations with the people I live with about domestic problems – for example, chores and money.	1	2	3	4	5
17	I do something for fun at least once each week.	1	2	3	4	5
18	I am able to organize my time effectively.	1	2	3	4	5

19	I drink fewer than three cups of coffee (or other caffeine-rich drinks) a day.	1	2	3	4	5
20	I take some quiet time for myself during the day.	1	2	3	4	5

<b>SCORING INSTRUCTIONS:</b> To calculate your score, add up the figures and subtract 20.	<b>SELF CARE PLAN</b>
<b>SCORE INTERPRETATION:</b> A score below 10 indicates excellent resistance to stress.  A score over 30 indicates some vulnerability to stress.  A score over 50 indicates serious vulnerability to stress.	Notice that nearly all of the items describe situations and behaviors over which you have a great deal of control. Review the items on which you scored three or higher. List those items in your self care plan. Concentrate first on those that are easiest to change – for example, eating a hot, balanced meal daily and having fun at least once a week – before tackling those that seem difficult.

In modern society, most of us cannot avoid stress. But we can learn to behave in ways that lessen its effects. Researchers have identified a number of factors that affect one's vulnerability to stress – among them are eating and sleeping habits, caffeine and alcohol intake, and how we express emotions. Use this assessment to help you discover your vulnerability quotient and pinpoint trouble spots.

# TYPE "A" ASSESSMENT

Elizabeth Scott Ph.D.

1. Do you find yourself in a hurry more often than not?	
2. Do you grind your teeth when you're awake or asleep?	
3. Do you find it difficult to fully focus on someone when they are talking?	
4. Do you believe that people are basically untrustworthy, and only out for themselves?	
5. Do you usually read mail or sort papers while talking on the phone, or read while eating?	
6. Do you find it difficult and frustrating to wait in line or sit in traffic?	
7. Do you talk faster than most people?	
8. Do you find your facial muscles to be tense much of the time?	
9. Do you find yourself interrupting others when they speak?	
10. Do you focus on personal achievement, sometimes putting it ahead of relationships?	
11. Do you have a significant need for recognition from others?	
12. Do you find yourself in stressful, high-demand jobs?	
13. Do you eat faster than others, or leave the table before others are finished?	
14. Is your walking pace faster than most people's?	
15. Do you lose sleep thinking about rude or frustrating things people have done during the day?	
16. Do you find yourself anticipating disasters often?	
17. Do you find yourself sweating often, or do you have dark circles under your eyes?	
18. Do you find yourself being more competitive than most people?	
TOTAL	

Six or more items checked indicate a likely type "A" style

# STAMM BURNOUT/COMPASSION FATIGUE/SATISFACTION SELF TEST (CFS)

**0 – Never    1 – Rarely    2 – A Few Times    3 – Somewhat Often    4 – Often    5 – Very Often**

1	I am happy.	0	1	2	3	4	5
2	I find life satisfying	0	1	2	3	4	5
3	I have beliefs that sustain me	0	1	2	3	4	5
4	I feel estranged from others	0	1	2	3	4	5
5	I find that I learn new things from those I care for	0	1	2	3	4	5
6	I force myself to avoid certain activities or situations because they remind me of a frightening experience	0	1	2	3	4	5
7	I find myself avoiding certain thoughts or feelings that remind me of a frightening experience	0	1	2	3	4	5
8	I have gaps in my memory about frightening events	0	1	2	3	4	5
9	I feel connected to others	0	1	2	3	4	5
10	I feel calm	0	1	2	3	4	5
11	I believe that I have a good balance between my work and my free time	0	1	2	3	4	5
12	I have difficulty falling or staying asleep	0	1	2	3	4	5
13	I have outbursts of anger or irritability with little provocation	0	1	2	3	4	5
14	I am the person I always wanted to be	0	1	2	3	4	5
15	I startle easily	0	1	2	3	4	5
16	While working with a victim, I have thought about violence against the perpetrator	0	1	2	3	4	5
17	I am a sensitive person	0	1	2	3	4	5
18	I have flashbacks connected to those I help	0	1	2	3	4	5
19	I have good peer support when I need to “work through” a traumatic experience in my life	0	1	2	3	4	5
20	I have had firsthand experience with traumatic events in my adult life	0	1	2	3	4	5



21	I have had firsthand experience with traumatic events in my childhood	0	1	2	3	4	5
22	I think that I need to “work through” a traumatic experience in my life	0	1	2	3	4	5
23	I think that I need more close friends	0	1	2	3	4	5
24	I think that there is no one to talk with about highly stressful experiences	0	1	2	3	4	5
25	I have concluded that I work too hard for my own good	0	1	2	3	4	5
26	Working with those I help brings me a great deal of satisfaction	0	1	2	3	4	5
27	I feel invigorated after working with those I help	0	1	2	3	4	5
28	I am frightened of things a person I have helped has said or done to me	0	1	2	3	4	5
29	I experience troubling dreams similar to those I help	0	1	2	3	4	5
30	I have happy thoughts about those I help and how I could help them	0	1	2	3	4	5
31	I have experienced intrusive thoughts of times with especially difficult people I helped	0	1	2	3	4	5
32	I have suddenly and involuntarily recalled a frightening experience while working with a person I helped	0	1	2	3	4	5
33	I am preoccupied with more than one person I help	0	1	2	3	4	5
34	I am losing sleep over a person I help’s traumatic experiences	0	1	2	3	4	5
35	I have joyful feelings about how I can help the victims I work with	0	1	2	3	4	5
36	I think that I might have been “infected” by the traumatic stress of those I help	0	1	2	3	4	5

37	I think I might be positively “inoculated” by the traumatic stress of those I help	0	1	2	3	4	5
38	I remind myself to be less concerned about the wellbeing of those I help	0	1	2	3	4	5
39	I have felt trapped by my work as a helper	0	1	2	3	4	5
40	I have felt “on edge” about various things and I attribute this to working with certain people I help	0	1	2	3	4	5
41	I have a sense of hopelessness associated with working with those I help	0	1	2	3	4	5
42	I wish that I could avoid working with some people I help	0	1	2	3	4	5
43	Some people I help are particularly enjoyable to work with	0	1	2	3	4	5
44	I been in danger working with people I work with	0	1	2	3	4	5
45	I feel that some people I help dislike me personally	0	1	2	3	4	5

***Items About Being a Helper and Your Helping Environment***

46	I like my work as a helper	0	1	2	3	4	5
47	I have the tools and resources that I need to do my work as a helper	0	1	2	3	4	5
48	I have felt weak, tired, and run down as a result of my work as a helper	0	1	2	3	4	5
49	I have felt depressed as a result of my work as a helper	0	1	2	3	4	5
50	I have thoughts that I am a “success” as a helper	0	1	2	3	4	5
51	I am unsuccessful at separating helping from my personal life	0	1	2	3	4	5
52	I enjoy my co-workers	0	1	2	3	4	5
53	I depend on my co-workers to help me when I need it	0	1	2	3	4	5
54	My co-workers can depend on me for help when they need it	0	1	2	3	4	5
55	I trust my co-workers	0	1	2	3	4	5
56	I feel little compassion towards most of my co-workers	0	1	2	3	4	5

57	I am pleased with how I am able to keep up with helping technology	0	1	2	3	4	5
58	I feel I am working more for the money/prestige than for personal fulfillment	0	1	2	3	4	5
59	Although I have to do paperwork that I don't like, I still have time to work with those I help	0	1	2	3	4	5
60	I find it difficult separating my personal life from my helper life	0	1	2	3	4	5
61	I am pleased with how I am able to keep up with helping techniques and protocols	0	1	2	3	4	5
62	I have a sense of worthlessness/disillusionment/resentment associated with my role as a helper	0	1	2	3	4	5
63	I have thoughts that I am a "failure" as a helper	0	1	2	3	4	5
64	I have thoughts that I am not succeeding at achieving my life's goals	0	1	2	3	4	5
65	I have to deal with bureaucratic, unimportant tasks in my work as a helper	0	1	2	3	4	5
66	I plan to be a helper for a long time	0	1	2	3	4	5

### Scoring Instructions

Please note that research is ongoing on this scale and the following scores should be used as a guide, not confirmatory information. Cut points are theoretically derived and should be used with caution and only for educational purposes.

1. Be certain your respond to all items.
2. Mark items for scoring:
  - a. Circle the following 23 items: 4,6-8,12,13,15,16,18,20-22,28,29,31-34,36,38-40,44.
  - b. Put a check by the following 16 items: 17,23-25,41,42,45,48,49,51,56,58,60,62-65.
  - c. Put an x by the following 26 items: 1-3,5,9-11,14,19,26-27,30,35,37,43,46-47,50,52-55,57,59,61,66.
3. Add the numbers you wrote next to the items for each set of items and note:
  - a. Your potential for Compassion Satisfaction (x) [118 and above = extremely high potential: 110-117 = high potential: 82-99 = good potential: 64-81 = modest potential: below 63 = low potential]
  - b. Your risk for Burnout (check) [36 or less = extremely low risk; 37-50 = moderate risk; 51-75 = high risk; 76-85 extremely high risk]
  - c. Your risk for Compassion Fatigue (circle): [26 or less = extremely low risk; 27-30 = low risk; 31-35 = moderate risk; 36-40 = high risk; 41 or more = extremely high risk]

# MORAL INJURY EVENT SCALE

*Strongly Agree   Moderately Agree   Slightly Agree   Slightly Disagree   Moderately Disagree   Strongly Disagree*

**1                      2                      3                      4                      5                      6**

1	I have seen things that were morally wrong	1	2	3	4	5	6
2	I am troubled by having witnessed others' immoral acts	1	2	3	4	5	6
3	I have acted in ways that violated my own moral code or values	1	2	3	4	5	6
4	I am troubled by having acted in ways that violated my own morals or values	1	2	3	4	5	6
5	I violated my own morals by failing to do something that I felt I should have done	1	2	3	4	5	6
6	I am troubled because I violated my morals by failing to do something that I felt I should have done	1	2	3	4	5	6
7	I feel betrayed by leaders who I once trusted	1	2	3	4	5	6
8	I feel betrayed by fellow officers whom I once trusted	1	2	3	4	5	6
9	I feel betrayed by others outside law enforcement who I once trusted	1	2	3	4	5	6
10	I do not trust my leaders and fellow officers to always live up to their core values	1	2	3	4	5	6
11	I do not trust myself to always live up to my own moral code	1	2	3	4	5	6

## Scoring:

- a. 11-22 = Severe moral injury
- b. 23-44 = Significant moral injury
- c. 45-55 = Moderate moral injury
- d. 56-66 = Little or no moral injury

# POST Traumatic Growth Inventory

Indicate for each of the statements below the degree to which this change occurred in your life as a result of the crisis/disaster, using the following scale.

0 = I did not experience this change as a result of my crisis.

1 = I experienced this change to a very small degree as a result of my crisis.

2 = I experienced this change to a small degree as a result of my crisis.

3 = I experienced this change to a moderate degree as a result of my crisis.

4 = I experienced this change to a great degree as a result of my crisis.

5 = I experienced this change to a very great degree as a result of my crisis.

Possible Areas of Growth and Change	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble.						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know better that I can handle difficulties.						
11. I am able to do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which wouldn't have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things which need changing.						
18. I have a stronger religious faith.						
19. I discovered that I'm stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						

# Post Traumatic Growth Inventory Scoring

The Post Traumatic Growth Inventory (PTGI) is scored by adding all the responses. A high total score indicates that a person has undergone a positive transformation. Individual factors are scored by adding responses to items on each factor. Factors are indicated by the Roman numerals after each item below.

**PTGI Factors**

Factor	Item Numbers
(I)Personal Strength	4,10,12,19
(II)New Possibilities	3,7,11,14,17
(III)Improved Relationships	6,8,9,15,16,20,21
(IV)Spiritual Growth	5,18
(V)Appreciation for Life	1,2,13

Areas I am experiencing growth:

---

---

---

---

---

Areas I need to experience growth:

---

---

---

---

---

## MRAQ (Maas Robbins Alertness Questionnaire)

I often need an alarm clock to wake up at the appropriate time	
It's often a struggle for me to get out of bed in the morning	
Workday mornings I often hit the snooze bar several times	
I often feel tired and stressed out during the week	
I often feel moody and irritable, and little things upset me	
I often have trouble concentrating and remembering	
I often wake up craving junk food, sugars, and carbohydrates	
I need caffeine to get going in the morning or make it through the day	
I often feel slow with critical thinking, problem solving, and being creative	
I often fall asleep watching TV	
I often fall asleep in boring meetings or lectures or in warm rooms	
I often fall asleep after heavy meals or after a low dose of alcohol	
I often fall asleep while relaxing after dinner	
I often fall asleep within five minutes of getting into bed	
I often feel drowsy while driving	
I often sleep extra hours on the weekend	
I often need a nap to get through the day	
I have dark circles around my eyes	
I fall asleep easily while watching a movie	
I rely on energy drinks or medications to keep me awake	
<b>TOTAL</b>	

***4 OR MORE = Seriously sleep deprived***

# Assessments Summary

ASSESSMENT	SCORE
Managing Life's Stressors	
Chronic Stressors	
Stress Vulnerability	
Type A	
Stamm Burnout/Compassion Fatigue	
Maas Robbins Alertness Questionnaire	
Moral Injury Event Scale	

**Growth Plan: I want to work on the following items to avoid negative consequences to my life and my career.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_