



Stress and Management Profiles (Livingston Indices)



Livingston Life Stress Index (LLSI)[©]

Livingston Life Stress Management Index (LLSMI)[©]

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Instructions: Based on your overall life experiences, please respond to the lead statements that appear below by **CIRCLING** the appropriate number to the right of the statement. While there are no correct responses to these statements made, we are only trying to get at your true responses.

To effectively complete these stress-related profiles, please print the pages.

How often do the following conditions apply?							
<i>Life Stress Issues and Concerns</i>		None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
<input type="checkbox"/>	Personality Stressors <i>[Conditions affected by your personality.]</i>						
1*	You are <u>confident</u> that you can achieve what you want in life.	6	5	4	3	2	1
2	You <u>postpone</u> doing things until the last moment	1	2	3	4	5	6
3	You <u>worry</u> about the goals you set for yourself	1	2	3	4	5	6
4*	You have adequate <u>resources</u> to deal with the <u>demands</u> of life	6	5	4	3	2	1
5	You find life to be <u>boring</u>	1	2	3	4	5	6
6*	You have a <u>positive</u> outlook on life	6	5	4	3	2	1
7*	You set aside and <u>prioritize</u> the goals you set for yourself	6	5	4	3	2	1
8*	You identify the important <u>values</u> in life and engage in the needed <u>behavior</u> to achieve these values	6	5	4	3	2	1
9	You feel that you are <u>not</u> in <u>control</u> of your life's activities and/or conditions	1	2	3	4	5	6
10	You get upset and <u>remain</u> upset when things do not go as planned	1	2	3	4	5	6
11	You do <u>not</u> have the ability to cope very well with situations and people around you	1	2	3	4	5	6
<input type="checkbox"/>	Private Life Stressors <i>[Conditions that occur in your home environment.]</i>						
12	You have <u>difficulties</u> with your <u>finances</u>	1	2	3	4	5	6
13	You are concerned about your <u>health</u>	1	2	3	4	5	6
14	You feel that you need to have <u>more hours</u> in the day to do activities	1	2	3	4	5	6
15	You need to <u>improve</u> the relationship you have with <u>family</u> members	1	2	3	4	5	6
16	You need to <u>improve</u> the relationship you have with <u>friends</u> and other people	1	2	3	4	5	6
17*	You are <u>contented</u> with who you are as a person	6	5	4	3	2	1
18	You have <u>career-related</u> concerns	1	2	3	4	5	6
19	You have <u>work-related</u> concerns	1	2	3	4	5	6

		None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
20	You have difficulties dealing with <u>minor</u> everyday problems	1	2	3	4	5	6
21	You are concerned about your future plans and career.	1	2	3	4	5	6
□	Psychosocial Stressors <i>[Conditions affected by your interaction with others.]</i>						
22	You have <u>conflicts</u> with <u>family</u> members	1	2	3	4	5	6
23	You find it <u>difficult</u> to allow <u>others</u> to help you when it is needed	1	2	3	4	5	6
24	You have <u>conflicts</u> with <u>friends</u> , and/or others	1	2	3	4	5	6
25	You experience <u>problems</u> with one or more of your co-workers	1	2	3	4	5	6
26	You experience <u>problems</u> with your supervisor or boss at work	1	2	3	4	5	6
27	You <u>don't</u> get the needed <u>support</u> from others	1	2	3	4	5	6
28	You try to <u>avoid</u> meeting with certain people around you	1	2	3	4	5	6
29	You have <u>difficulties</u> with your boyfriend, girlfriend and/or spouse	1	2	3	4	5	6
30	When <u>commuting</u> , you have <u>difficulties</u> with people on the road	1	2	3	4	5	6
□	Organizational Stressors <i>[Only individuals who are working should answer these questions.]</i> <i>[Conditions that occur in your work environment.]</i>						
31	You are concerned about the <u>policies</u> and organizational structure at <u>work</u> and how they <u>affect</u> you	1	2	3	4	5	6
32	You have serious concerns about <u>career</u> advancement opportunities	1	2	3	4	5	6
33	You are bothered by the <u>social</u> atmosphere at work	1	2	3	4	5	6
34	You are bothered by the kind of <u>interaction</u> you have between co-workers and/or supervisors (or bosses)	1	2	3	4	5	6
35	You have concerns with the <u>physical</u> conditions at work	1	2	3	4	5	6
36	You have too <u>much work</u> to do on the job	1	2	3	4	5	6
37	You have too <u>little work</u> to do on the job	1	2	3	4	5	6
38	Your <u>role expectations</u> at work need to be clarified	1	2	3	4	5	6
□	Environmental Stressors <i>[Conditions that result from the environment around you.]</i>						
39	You have <u>concerns</u> about threats (e.g., crime) in the neighborhood	1	2	3	4	5	6
40	You are <u>concerned</u> with one or a combination of problems associated with commuting, parking, getting parking tickets	1	2	3	4	5	6
41	You are <u>concerned</u> about the weather (heat, cold, snow, etc.)	1	2	3	4	5	6

		None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
42	Being <u>concerned</u> with the area surrounding the building where you live	1	2	3	4	5	6
43	You are <u>bothered</u> with the possibility of a <u>terrorist</u> attack	1	2	3	4	5	6
44	You are <u>bothered</u> by too many <u>rapid</u> unpleasant changes occurring around you	1	2	3	4	5	6
44	You are concerned about issues related to global warming (i.e., the earth's temperature is getting warmer)	1	2	3	4	5	6
45	You are <u>concerned</u> with one or a combination of problems associated with taking public transportation	1	2	3	4	5	6

Livingston's Life Stress Management Index (LLSMI)©

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How often do the following conditions apply?							
	<i>Stress Management Activities</i>	None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
	Cognitive Restructuring <i>[Changes you make as a result of how you think.]</i>						
1	You begin with the <u>end in mind</u> at the onset of most, if not all, of your activities	1	2	3	4	5	6
2	You <u>actively</u> try solutions to the problems that you are experiencing	1	2	3	4	5	6
3	You engage in <u>positive</u> versus negative thinking	1	2	3	4	5	6
4	You <u>accept</u> what you cannot change	1	2	3	4	5	6
5	You are <u>flexible</u> person by nature	1	2	3	4	5	6
6	You try <u>not</u> to have <u>negative</u> self talk (e.g., putting yourself down)	1	2	3	4	5	6
7	You tend to see the <u>good</u> in situations versus the <u>bad</u> in situations	1	2	3	4	5	6
8	You know that it is your <u>perception</u> of situations and not the situations in themselves that are likely to cause you stress	1	2	3	4	5	6
9	You set <u>realistic</u> goals for yourself	1	2	3	4	5	6
10	When needed, you <u>change</u> how you think when dealing with people and/or events	1	2	3	4	5	6
11	You accept that you can be <u>wrong</u> at times	1	2	3	4	5	6

		None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
12	How organized are you?	1	2	3	4	5	6
13	Do you prioritize your important goals?	1	2	3	4	5	6
14	Do you plan ahead?	1	2	3	4	5	6
15	Do you make and have contingency (back-up) plans?	1	2	3	4	5	6
□	Psychosocial Adjustments <i>[Changes you make resulting from the interaction with others.]</i>						
16	You <u>laugh</u> with others in order to have a good time	1	2	3	4	5	6
17	You <u>seek</u> out the support of others when needed	1	2	3	4	5	6
18	You usually <u>get</u> the support of others when it is needed	1	2	3	4	5	6
19	You are able to say “ <u>NO</u> ” when it is necessary	1	2	3	4	5	6
20	You are usually <u>courteous</u> to other people	1	2	3	4	5	6
21	You are usually <u>respectful</u> of other people	1	2	3	4	5	6
22	I know that I do not have to <u>win</u> an argument all the time.....	1	2	3	4	5	6
□	Lifestyle Adjustments <i>[Changes you make as a result conditions in life experiences.]</i>						
23	You seek to know your <u>tolerance</u> level for stress	1	2	3	4	5	6
24	You try to have a <u>nutritious</u> diet as often as you can	1	2	3	4	5	6
25	You make wise choices about your eating habits	1	2	3	4	5	6
26	You try exercising as often as you can	1	2	3	4	5	6
27	You get your regular annual medical examination	1	2	3	4	5	6
28	Safety activities (e.g., wearing seat belts) are very important	1	2	3	4	5	6
29	You do not engage in cigarette smoking	1	2	3	4	5	6
30	You do not engage in taking illicit drugs	1	2	3	4	5	6
31	You do not engage in drinking alcohol and other intoxicants	1	2	3	4	5	6
32	<u>Overall</u> , I engage in activities that will keep me healthy	1	2	3	4	5	6
□	Situational Adjustments <i>[Changes you make as a result of conditions around you.]</i>						
33	In most of your important activities and interactions, you <u>pause</u> , <u>reflect</u> , and <u>choose</u> before you <u>act</u>	1	2	3	4	5	6
34	You <u>change</u> your pace when things begin to overwhelm you	1	2	3	4	5	6
35	You practice <u>good</u> time management skills and techniques	1	2	3	4	5	6
36	You have <u>good</u> anger control	1	2	3	4	5	6

		None of the Time	Seldom	Occasionally	Often	Most of the Time	All of the Time
37	You speak <u>openly</u> about your feelings when angry or worried	1	2	3	4	5	6
38	You <u>react</u> only when it counts	1	2	3	4	5	6
39	Rather than waiting for things to happen, you <u>plan</u> ahead	1	2	3	4	5	6
40	You avoid <u>situations</u> that could possibly <u>overwhelm</u> you	1	2	3	4	5	6
41	You try to <u>understand</u> events in the <u>context</u> in which they occur	1	2	3	4	5	6
42	You respond to situations based on the <u>context</u> in which they occur ..	1	2	3	4	5	6
□	Relaxation Experiences <i>[Changes you make that are enjoyable for you.]</i>						
43	You value the <u>importance</u> of relaxation	1	2	3	4	5	6
44	You <u>set aside time</u> to relax as often as you can	1	2	3	4	5	6
45	You use <u>different</u> ways to relax	1	2	3	4	5	6
46	You practice <u>relaxing</u> exercises for a minimum of 20 minutes at <u>least once</u> a day	1	2	3	4	5	6
47	You feel relaxed based on your <u>spiritual</u> beliefs	1	2	3	4	5	6
48	You actively engage in some form of a <u>hobby</u> that you like	1	2	3	4	5	6
49	<u>Overall</u> , I am a very relaxed person	1	2	3	4	5	6

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Λ *Items: #1, #4 thru #8, #17, #25 and #42 thru #67 are reversed scored in order to make increasing (or higher) scores associated with greater levels of stress on each of the Index statements.

Λ Personality stressors = items 1-11; Private life stressors = items 12-20; Psychosocial stressors = items 21-27; Organizational stressors = items 28 -34; Environmental stressors = items 35 -41; Cognitive restructuring = 42-49; Psychosocial adjustments = 50-53; Lifestyle adjustments = 54-57; Situational adjustments = 58-64; & Relaxation experiences = 65-67.

Interpretation of Scores on (LLSI)

<u>Scoring:</u> Add up all points in the questionnaire	Col#1	Col#2	Col#3	Col#4	Col#5	Total

68 - 158 = Probably low levels of (perceived) stress
 159 - 249 = Probably medium levels of (perceived) stress
 250 - 340 = Probably experiencing high levels of (perceived) stress.

Interpretation of Scores on (LLSMI)

<u>Scoring:</u> Add up all points in the questionnaire	Col#1	Col#2	Col#3	Col#4	Col#5	Total

68 - 158 = Probably low levels of (perceived) stress
 159 - 249 = Probably medium levels of (perceived) stress
 250 - 340 = Probably experiencing high levels of (perceived) stress.