

## **APPENDIX B**

### **STRESS QUESTIONNAIRE**

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**STRESVRAELYS**

**STRESS**

**QUESTIONNAIRE**

VERTROULIK  
CONFIDENTIAL

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## STRESVRAELYS / STRESS QUESTIONNAIRE

**Naam en van**

**Name and surname** \_\_\_\_\_

### **Instruksies om die vraelys te voltooi**

### **Instructions to complete the questionnaire**

Hieronder volg beskrywings van sekere van die gevolge van stres. Hoe dikwels het u gedurende die afgelope sewe dae elk van die volgende ervaar? Omsirkel die syfer wat op u van toepassing is, waar:

Listed below is some of the consequences of stress. How often, in the last seven days, have you experienced each of the following? Encircle the number which is applicable on you, where:

- |   |   |         |   |        |
|---|---|---------|---|--------|
| 1 | = | nooit   | / | never  |
| 2 | = | selde   | / | seldom |
| 3 | = | gereeld | / | often  |

4 = feitlik deurentyd / always

**Gevolg/Consequence**

**Hoe dikwels/How often**

1.	Hoofpyn Headache	1	2	3	4
2.	Senuagtigheid Nervousness	1	2	3	4
3.	Duiseligheid Dizziness	1	2	3	4
4.	Verlies aan seksuele belangstelling of plesier Loss of sexual interest or pleasure	1	2	3	4
5.	Voel krities teenoor andere Feeling critical towards other	1	2	3	4
6.	Sukkel om dinge te onthou Difficulty to remember things	1	2	3	4
7.	Bekommerd oor slordigheid of agtelosigheid Worried about untidiness or carelessnes	1	2	3	4
8.	Voel gou geïrriteerd	1	2	3	4

## Feeling easily agitated

9.	Ervaar pyne in die hart of borskas Experience of pain in the heart or chest	1	2	3	4
10.	Ervaar 'n tekort aan energie of voel uitgeput Experience a lack of energy or feeling exhausted	1	2	3	4
11.	Dink daaraan om u lewe te beëindig Thoughts to end your live	1	2	3	4
12.	Bewerigheid Trembling	1	2	3	4
13.	Swak eetlus Poor appetite	1	2	3	4
14.	Huil maklik Crying easily	1	2	3	4
15.	Voel vasgevang of vasgekeer Feel trapped	1	2	3	4
16.	Skielik bang sonder rede Suddenly scared without reason	1	2	3	4
17.	Woede-uitbarstings wat u nie	1	2	3	4

kon beheer nie

Uncontrollable outbursts of anger

- |     |   |   |   |   |     |
|-----|---|---|---|---|-----|
| 18. | Blameer uself vir dinge<br>Blame yourself for things  | 1 | 2 | 3 | 4   |
| 19. | Pyn in die lae rug<br>Pain in the lower back  |   | 1 | 2 | 3 4 |
| 20. | U voel gedwarsboom of verhinder<br>in u pogings om dinge te doen.<br>You feel hindered in your<br>attempts to do things |   | 1 | 2 | 3 4 |
| 21. | Voel u eensaam?<br>Are you feeling lonely?  |   | 1 | 2 | 3 4 |
| 22. | Voel u neerslagtig?<br>Are you feeling despondent?  |   | 1 | 2 | 3 4 |
| 23. | Is u bekommerd oor dinge?<br>Are you worried about things?  |   | 1 | 2 | 3 4 |
| 24. | Voel nie geïnteresseerd in dinge nie<br>Are not interested in things  |   | 1 | 2 | 3 4 |
| 25. | Voel besorgd<br>Feeling concerned   |   | 1 | 2 | 3 4 |

- |     |  |   |   |   |   |
|-----|--|---|---|---|---|
| 26. | U gevoelens word maklik seer-<br>gemaak<br>Your feelings are easily hurt   | 1 | 2 | 3 | 4 |
| 27. | Voel dat niemand u verstaan nie,<br>of dat mense onsimpatiek is<br>Feeling that people do not under-<br>stand you, or that they are un-<br>sympathetic | 1 | 2 | 3 | 4 |
| 28. | Voel mense is onvriendelik of hou<br>nie van u nie<br>Feeling that people are unfriendly<br>or do not like you   | 1 | 2 | 3 | 4 |
| 29. | Moet dinge baie stadig doen om<br>seker te maak dit word reg gedoen<br>Are forced to do things slowly to<br>ensure that they are correctly done        | 1 | 2 | 3 | 4 |
| 30. | Hartkloppings<br>Palpitation   | 1 | 2 | 3 | 4 |
| 31. | U voel minderwaardig teenoor<br>ander<br>You are feeling inferior to other<br>people   | 1 | 2 | 3 | 4 |
| 32. | Spierpyne  | 1 | 2 | 3 | 4 |

## Muscular pain

- |     |   |   |   |   |   |
|-----|---|---|---|---|---|
| 33. | Moet oor en oor kontroleer wat u doen<br>Must check over and over what you are doing                                      | 1 | 2 | 3 | 4 |
| 34. | Vind dit moeilik om besluite te neem<br>Find it difficult to make decisions   | 1 | 2 | 3 | 4 |
| 35. | Kortasem<br>Short of breath   | 1 | 2 | 3 | 4 |
| 36. | Warm of koue gloede<br>Warm or cold glows   | 1 | 2 | 3 | 4 |
| 37. | Vermy sekere plekke of aktiwiteite omdat dit u bang maak<br>Avoid certain places or activities because it make you scared | 1 | 2 | 3 | 4 |
| 38. | Gedagtes raak dikwels skoon weg<br>Thoughts are sometimes lost  | 1 | 2 | 3 | 4 |
| 39. | Dooie gevoel in sekere liggaamsdele<br>Numb feeling in certain body parts   | 1 | 2 | 3 | 4 |
| 40. | Kry knop in die keel<br>Getting a lump in the throat  | 1 | 2 | 3 | 4 |



- |     |   |   |   |   |   |
|-----|---|---|---|---|---|
| 41. | Voel wanhopig oor die toekoms<br>Feeling desperate about the future         | 1 | 2 | 3 | 4 |
| 42. | Sukkel om te konsentreer<br>Struggle to concentrate                         | 1 | 2 | 3 | 4 |
| 43. | Sekere dele van u liggaam voel swak<br>Certain parts of your body feel weak | 1 | 2 | 3 | 4 |
| 44. | Voel gespanne of slag gereed<br>Feeling tensed or ready for action          | 1 | 2 | 3 | 4 |
| 45. | Swaar gevoel in arms of bene<br>Heavy feeling in arms or legs               | 1 | 2 | 3 | 4 |

**Dankie dat u die vraelyste voltooi het!**

**Thank you for completing the questionnaires!**