# **Stress and Pain Self-Assessment Project**

## **The General (overall) Well-Being Scale**

###  What was your score? (1)

###  According to the test developers, what does your score mean?

### 0 = incorrect/missing  1 = too brief  2 = included what was provided by the test developers

## **Perceived (Dimensional) Wellness Scale**

**Note that the authors deliberately did not provide average scores or "norms". Whether you think your score is "good, bad, or ugly" (my words, not theirs) depends on your perception.**

###  Psychological wellness scale

 What was your score? (1)
 What does psychological wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Emotional wellness scale

 What was your score? (1)
 What does emotional wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Social wellness scale

 What was your score? (1)
 What does social wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Physical wellness scale

 What was your score? (1)
 What does physical wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Spiritual wellness scale

 What was your score? (1)
 What does spiritual wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Intellectual wellness scale

 What was your score? (1)
 What does intellectual wellness mean according to the test developers (1 point) AND what do you perceive your score to mean? (1 point)

###  Mean wellness magnitude

 What was your score? (1)

 Based on your score for each dimension of wellness, identify and elaborate where you are strongest and where you are weakest.

 Strongest dimension: identified (1), well-elaborated (1)

 Weakest dimension: identified (1), well-elaborated (1)

### **Some advice: Use your strengths (areas you scored high in) to help you improve in areas you are weak. Guard against your weak areas spilling over and bringing down areas where you are strong.**

## **The Social Readjustment Rating Scale**

 What was your score? (1)
 According to the test developers, what does your score mean? Address the flaws with the SRRS.

talked about what their score means according to the test developers (1)
 addressed the flaws associated with the SRRS (1)

## **Hassles and Uplifts**

 How many total hassles did you have? (1)
 What was the mean severity of the hassles?  (1)

 How many total uplifts did you have? (1)
 What was the mean frequency for the uplifts? (1)

 Use the space below to:

 1. Compare the number of hassles to the number of uplifts (1 point)
 2. Compare the mean severity of your hassles to the mean frequency of your uplifts. (1 point)
 3. What does all this tell you about your well-being? Make sure to reference specific facts, findings, and theories you learned in the class!
 1 = explained with no science, 2 = explained with some science, 3= explained with lots of science

## **Ways of Coping Scale – revised**

 In the space below, copy and paste the text below. To the right of each score category, type in your corresponding score. (1 point each)

 Problem-focused score?

 Wishful thinking score?

 Detachment score?

 Seeking social support score?

 Focusing on the positive score?

 Self-blame score?

 Tension reduction score?

 Keep to self score?

 Identify your most used and least used strategy. (2)

 Is your most used strategy healthy or unhealthy? (1 point)

 Explain. Be sure to reference specific facts, findings, and theories you learned in the class!!!

 0 = no/incorrect explanation 1 = explained with no science, 2= explained with some science, 3 = explained with lots of science

## **The Big 5 Personality Test**

 Openness to experience: What percentile are you in? (1)

 What does openness to experience mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

 Conscientiousness:What percentile are you in? (1)

 What does conscientiousness mean according to the test developers (1 point)  AND  in light of this, what does your score mean? (1 point)

 Extraversion:What percentile are you in? (1)

 What does extraversion mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

 Agreeableness:

 What percentile are you in? (1)
 What does agreeableness mean according to the test developers (1 point) AND in light of this, what
 does your score mean? (1 point)

 Neuroticism

 What percentile are you in? (1)

 What does neuroticism mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

## **Type A vs Type B**

 What was your score? (1)

 According to the test developers, what does your score mean? Do not just say "I am type \_\_\_". You need to elaborate.

 0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers

## **Aggression Questionnaire**

 What was your physical aggression score? (1)
 Are you above, at, or below the midpoint? (1)

 What was your verbal aggression score? (1)
 Are you above, at, or below the midpoint? (1)

 What was your anger score? (1)
 Are you above, at, or below the midpoint? (1)

 What was your hostility score? (1)
 Are you above, at, or below the midpoint? (1)

 What was your TOTAL score? (1)
 Are you above, at, or below the midpoint? (1)

Hopefully, you were below the midpoint for most of not all the subscales above. In the space below, explain**3 specific effects**that anger/aggression/hostility can have on well-being. These must be facts I taught you. I want to make sure you were paying attention :) Also, make sure your facts are not too similar (e.g. I do not consider the following to be 2 separate facts: "Anger increases your heart rate and blood pressure". These are too closely tied together).  **Label your facts 1, 2, and 3.**Please write in complete sentences.

**For each fact: 1 point for relevancy and 1 point for being specific and correct**

## **Rosenberg Self-Esteem Scale** What was your score? (1) According to the test developers, what does your score mean? (1)

## **Locus of Control**

##  What was your score? (1) According to the test developers, what does your score mean? (1)

## Review all your scores from all 10 assessments. Use the SPECIFIC facts, findings, and theories you’ve learned about in class to describe yourself. You need to incorporate scientific information. Be insightful, thorough, specific, and concise – do not add “fluff”.

Based on what you learned from the 10 assessments, identify a strength AND tell me what you learned in class about this strength. Be specific, thorough, and talk about the science!

**Described the strength:  minimally (1)  well (2)  very well (3)
Included facts/findings/theories from the course:  minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

Based on what you learned from the 10 assessments, identify **another** strength AND tell me what you learned in class about this strength. Be specific, thorough, and talk about the science!

**Described the strength:  minimally (1)  well (2)  very well (3)
Included facts/findings/theories from the course:  minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

Based on what you learned from the 10 assessments, identify a weakness/area for improvement AND tell me what you learned in class about this weakness. Be specific, thorough, and talk about the science!

**Described the weakness:  minimally (1)  well (2)  very well (3)
Included facts/findings/theories from the course:  minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

Based on what you learned from the 10 assessments, identify **another** weakness/area for improvement AND tell me what you learned in class about this weakness. Be specific, thorough, and talk about the science!

**Described the weakness:  minimally (1)  well (2)  very well (3)
Included facts/findings/theories from the course:  minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

**Hopefully, you have learned something about your strengths and weaknesses that impact how you cope with stress and your vulnerability to stress-related illnesses/disease. Reflecting back over the course, think about ways you can improve your wellness.**

Describe one of these "ways" and how you could implement the techniques/strategies/activities to help you address one or both weaknesses you identified in this assignment. Be specific, thorough, and talk about the science!

**Described something specific to address a weakness: minimally (1)  well (2)  very well (3)
Included the science (facts/findings/theories) learned throughout the course: minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

Describe **another** one of these "ways" and how you could implement the techniques/strategies/activities to help you address one or both weaknesses you identified in this assignment. Be specific, thorough, and talk about the science!

**Described something specific to address a weakness: minimally (1)  well (2)  very well (3)
Included the science (facts/findings/theories) learned throughout the course: minimally (1)  somewhat (2)  very well (3)  OMG! (4)**

**I will award points for written communication skills.**

**many writing errors (0)   moderate no. of errors (1)    few no. of errors (2)   no writing errors  (3)**

