Appendix A

Stress Checklist

The words shown below describe different feelings and moods. Please use this list to describe your feelings at this moment.

1. If the word *definitely* describes your feelings, circle the double plus (++)
2. If the word *more or less* describes your feelings, circle the plus (+).
3. If you do not understand the word, or you *cannot decide* whether or not it describes how you feel, circle the question mark (('?').
4. If the word *does not* describe the way you feel, circle the minus (-).

First reactions are most reliable; therefore do not spend too long thinking about each word. Please be as honest and accurate as possible.

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<td>1</td>
<td>Tense</td>
<td>++</td>
<td>+</td>
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<tr>
<td>2</td>
<td>Relaxed</td>
<td>++</td>
<td>+</td>
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<tr>
<td>3</td>
<td>Restful</td>
<td>++</td>
<td>+</td>
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<tr>
<td>4</td>
<td>Active</td>
<td>++</td>
<td>+</td>
<td>?</td>
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<tr>
<td>5</td>
<td>Apprehensive</td>
<td>++</td>
<td>+</td>
<td>?</td>
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<tr>
<td>6</td>
<td>Worried</td>
<td>++</td>
<td>+</td>
<td>?</td>
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<tr>
<td>7</td>
<td>Energetic</td>
<td>++</td>
<td>+</td>
<td>?</td>
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<tr>
<td>8</td>
<td>Drowsy</td>
<td>++</td>
<td>+</td>
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<td>9</td>
<td>Bothered</td>
<td>++</td>
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<td>10</td>
<td>Uneasy</td>
<td>++</td>
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<td>Dejected</td>
<td>++</td>
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<td>Nervous</td>
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<td>Distressed</td>
<td>++</td>
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<td>Vigorous</td>
<td>++</td>
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<td>?</td>
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<td>Tired</td>
<td>++</td>
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<td>Idle</td>
<td>++</td>
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<td>Uptight</td>
<td>++</td>
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<td>?</td>
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<td>Alert</td>
<td>++</td>
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<td>Jittery</td>
<td>++</td>
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<td>++</td>
<td>+</td>
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<td>Pleasant</td>
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<td>+</td>
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<td>++</td>
<td>+</td>
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<td>Comfortable</td>
<td>++</td>
<td>+</td>
<td>?</td>
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<td>Calm</td>
<td>++</td>
<td>+</td>
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<td>+</td>
<td>?</td>
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<td>30</td>
<td>Activated</td>
<td>++</td>
<td>+</td>
<td>?</td>
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Appendix B
REFERENCES


Green, G. (1993). Editorial review: Social support and HIV. *AIDS Care, 5*(1), 87-104.


