

## 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.

1	Tense	++	+	?	-	16	Tired	++	+	?	-
2	Relaxed	++	+	?	-	17	Idle	++	+	?	-
3	Restful	++	+	?	-	18	Uptight	++	+	?	-
4	Active	++	+	?	-	19	Alert	++	+	?	-
5	Apprehensive	++	+	?	-	20	Lively	++	+	?	-
6	Worried	++	+	?	-	21	Cheerful	++	+	?	-
7	Energetic	++	+	?	-	22	Contented	++	+	?	-
8	Drowsy	++	+	?	-	23	Jittery	++	+	?	-
9	Bothered	++	+	?	-	24	Sluggish	++	+	?	-
10	Uneasy	++	+	?	-	25	Pleasant	++	+	?	-
11	Dejected	++	+	?	-	26	Sleepy	++	+	?	-
12	Nervous	++	+	?	-	27	Comfortable	++	+	?	-
13	Distressed	++	+	?	-	28	Calm	++	+	?	-
14	Vigorous	++	+	?	-	29	Stimulated	++	+	?	-
15	Peaceful	++	+	?	-	30	Activated	++	+	?	-

## Appendix B

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