1. In the past week, how often have you gotten upset because of something that happened unexpectedly?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

2. In the past week, how often have you felt unable to control important things in your life?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

3. In the past week, how often have you felt nervous and "stressed"?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

4. In the past week, how often have you felt confident about your ability to handle your personal problems?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

5. In the past week, how often have you felt that things were going your way?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

6. In the past week, how often have you found it difficult to cope with all the things that you have to do?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

7. In the past week, how often have you been able to control irritations in your life?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

8. In the past week, how often have you felt that you were on top of things?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

9. In the past week, how often have you been angered because of things that happened outside of your control?  
   - Never  
   - Almost Never  
   - Sometimes  
   - Fairly Often  
   - Very Often

10. In the past week, how often have you felt difficulties were piling up so high that you could not overcome them?  
    - Never  
    - Almost Never  
    - Sometimes  
    - Fairly Often  
    - Very Often