

Recent PS Questionnaire

For each sentence, mark the number that describes how often it applies to you *during the last month*. Work quickly, without bothering to check your answers, and be careful to consider only the last month.

	Almost never 1	Some- times 2	Often 3	Usually 4
01 You feel rested				
02 You feel that too many demands are being made on you				
03 You are irritable or grouchy				
04 You have too many things to do				
05 You feel lonely or isolated				
06 You find yourself in situations of conflict				
07 You feel you're doing things you really like				
08 You feel tired				
09 You fear you may not manage to attain your goals				
10 You feel calm				
11 You have too many decisions to make				
12 You feel frustrated				
13 You are full of energy				
14 You feel tense				
15 Your problems seem to be piling up				
16 You feel you're in a hurry				
17 You feel safe and protected				
18 You have many worries				
19 You are under pressure from other people				
20 You feel discouraged				
21 You enjoy yourself				
22 You are afraid for the future				
23 You feel you're doing things because you have to, not because you want to				
24 You feel criticized or judged				
25 You are lighthearted				
26 You feel mentally exhausted				
27 You have trouble relaxing				
28 You feel loaded down with responsibility				
29 You have enough time for yourself				
30 You feel under pressure from deadlines				