



# STRESS PROFILE

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Report for: **John Sample**

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This report is a confidential summary of your Stress Profile, which measures a variety of factors that may affect your physical health and psychological well-being. Your Stress Profile responses have been compared to the responses given by a large racially and culturally diverse group of working adults from all over the country who also completed the inventory. Your profile is determined by scores on the Stress Profile scales. The scales are 1) Stress; 2) Health Habits (including Exercise, Sleep/Relaxation, Prevention, and Eating/Nutrition); 3) Social Support Network; 4) Type A Behavior; 5) Cognitive Hardiness; 6) Coping Style (including Positive Appraisal, Negative Appraisal, Threat Minimization, and Problem-Focused Coping); and 7) Psychological Well-Being.

Your results are summarized in the Stress Profile graph and described on the following pages. Each score can fall in one of seven ranges, from Extremely Low to Extremely High. The following list provides the meaning of each score range on your Stress Profile graph:

- **Extremely High** : At least 99% of the people who took the Stress Profile got a lower score on this scale.
- **Very High** : At least 84% of the people who took the Stress Profile got a lower score on this scale.
- **High Average** : At least 69% of the people who took the Stress Profile got a lower score on this scale.
- **Average** : At least 31% of the people who took the Stress Profile got a higher score on this scale, and at least 31% got a lower score.
- **Low Average** : At least 69% of the people who took the Stress Profile got a higher score on this scale.
- **Very Low** : At least 84% of the people who took the Stress Profile got a higher score on this scale.
- **Extremely Low** : At least 99% of the people who took the Stress Profile got a higher score on this scale.

When you are looking at your Stress Profile results, it is important to remember that for some of the Stress Profile scales, a high score points to a health resource and a low score suggests that a health risk may be present. On other scales, the opposite is true—a high score suggests the possible presence of a health risk, and a low score points to a health resource. The scales for which this is true are the Stress (STR), Type A (TYP), and Negative Appraisal (NEG) scores, and the ARC item cluster.

## Your Stress Profile Results

Your score on each Stress Profile scale is discussed here to assist you in the interpretation of your score. Remember that your profile reflects a comparison between your score and the scores of others who have also taken this instrument in a variety of work environments.

## Unusual Response Patterns

The Inconsistent Responding Index and the Response Bias Index help identify unusual patterns of answers that should be taken into consideration when you are thinking about your Stress Profile results. Your scores in these areas do not suggest that your answers fell into a very unusual pattern when you took the Stress Profile.

## Stress

Stress is defined as the experience of major and minor irritants, annoyances, and frustrations (hassles) of daily living. This scale measures your experience of daily hassles over a three-month period in six distinct areas: 1) Health; 2) Work; 3) Personal Finances; 4) Family; 5) Social Obligations; and 6) Environmental and World concerns. Compared to other people, you reported an average level of stress over the last three months. As a result, you appear no more vulnerable than most other people to stress-related illnesses and disorders. You will benefit by strengthening your practice of physical, emotional, and behavioral coping techniques to help you reduce your level of work and life stress.

You reported that you *never* or *rarely* experience stress in the following areas:

Financial

Environmental

Don't hesitate to employ the valuable resources in the relatively stress-free areas of your life to help you minimize or even eliminate the health-eroding effects of stress in other areas.

You reported that you *frequently* or *always* experience stress in the following areas:

Family

If these circumstances remain unchanged, they are likely to undermine your health in the long run. Your continued efforts to reduce this kind of stress will provide long-term health benefits.

## Health Habits

Health habits are the specific things that you do to maintain and improve both your physical health and your psychological well-being. You have an overall Health Habits score and subscores in four different areas—Exercise, Rest/Sleep, Prevention, and Eating/Nutrition. The overall Health Habits score is the most useful one for getting an idea of how you compare to others in general. The five subscores are most useful for evaluating where your health habits are strong, and where they might be strengthened.

You report a low average level of regular health maintenance habits.

In particular, you report that you may almost never:

- Exercise

You report that you are in the habit of using:

- Caffeine
- Alcohol

As a result, you may be significantly more vulnerable than others to stress-related illness. Even though it may appear in the short run that using caffeine, tobacco, alcohol, or other recreational drugs relaxes you or makes you better able to cope with stress, the overuse of these substances is frequently associated with health problems.

You will find each of your Health Habits subscores briefly discussed below.

**Physical Exercise.** The physical exercise questions on the Health Habits scale ask about the frequency and amount of exercise you engage in to enhance muscular tone and the cardiovascular system. Judging by your responses, your level of exercise is very low. You may wish to increase your exercise activity to 20-30 minutes at least three times a week. Before engaging in any strenuous exercise program, it is usually a good idea to consult a physician.

**Sleep/Relaxation.** The Sleep/Relaxation questions ask about how regularly you are able to get adequate rest, sleep, and relaxation. Your responses indicate that you regularly experience a low average level of rest, adequate sleep and physical and mental relaxation. As a result, you may often feel tired, fatigued, drained, unable to concentrate, emotionally exhausted or inappropriately sleepy. You should consider how you can take more time to physically relax, slow down, and get adequate rest and sleep, especially during those times when stress is present at work or at home.

**Prevention.** The Prevention questions on the Health Habits scale ask how regularly you use common sense health and hygiene practices, and how often you use substances that may increase your health risk. The excessive use of substances such as caffeine or alcohol and habitual or excessive recreational use of restricted drugs are associated with an overall greater risk of experiencing health problems in general and stress-related illness in particular. In fact, overreliance on substances is often the first clear sign that some source of stress is beginning to undermine your health. For this reason, your responses to the substance use items on the Prevention scale are considered separately from your overall Prevention score in this section.

The level of preventive health practices reflected in your responses is in the low average range. You may sometimes neglect to follow common sense when it comes to maintaining your health. This may increase your risk of developing chronic health problems over the long term. You will benefit by taking a more careful approach to preserving your health on a routine basis.

The ARC Item Cluster is a separate score for those items on the Prevention scale that ask about the use of Alcohol, Recreational drugs, and Cigarettes. These items are grouped together in this way because they can present similarly serious risks to your physical health. They are also grouped together because effective programs are available for reducing their use. Your ARC Item Cluster score is high. This may be a sign that there are sources of stress in your life that have begun to affect your health. You may benefit from taking a look at what kinds of circumstances make you want to drink coffee or alcohol, or use other recreational drugs. Doing so may alert you to sources of stress in your life over which you would rather have better control. Identifying such sources of stress is a key step toward freeing yourself from their negative effects on your health. It may also help you keep the use of these substances to a minimum, a benefit to your health in the long run.

**Eating/Nutrition.** The Eating/Nutrition questions on the Health Habits scale ask how often you eat well-balanced, and nutritious meals and follow sound nutritional habits. You have reported a high average level of healthy eating and nutritional practices. However, your eating and nutritional practices could still be slightly improved. This can decrease your risk of developing chronic illness and diseases such as coronary heart disease, stroke, and diabetes, and can enhance your ability to overcome their effects.

## **Social Support Network**

Your social support network is made up of the people in your life that you can count on for emotional support, advice, information, love and assistance. This network includes people at work and people away from work. A high score suggests satisfaction with both the size and quality of your social support system. People who feel satisfied with their social support networks seem to experience better physical health and psychological well-being in the face of daily work and life stress. Your responses suggest that you are quite satisfied with your social support network. This situation substantially strengthens your ability to resist stress-related illnesses and disorders. Your overall health will continue to benefit as you keep and expand your social support system by initiating friendships, remain willing to be open with others about yourself, and continue to develop trusting relationships.

## **Type A Behavior**

Type A Behavior is defined as a particular pattern of responding to the pressures of daily living and to events that are seen as challenges or threats. People who make use of this behavior pattern often talk and move quickly, attempt to do many things at once, work very long hours, and generally push themselves to the limit. They go all out on any endeavor, suppressing fatigue. They are competitive, hard-driving, impatient, and quick to anger. A high score on the Type A Behavior scale suggests that a person uses a lot of these Type A behaviors in the face of work and life stress. Those who do so appear to increase their risk of experiencing job burnout, as well as physical illness, such as coronary heart disease, and psychological distress, such as depression or anxiety.

Your Type A Behavior score is in the average range. This suggests that in the face of stress, threat, and challenge, you sometimes feel pressured, hurried, irritated, or impatient in coping with the demands of a typical day. If you can decrease the times when you feel this way, it will help you to be less vulnerable to stress-related illnesses and disorders. You will probably benefit by developing a calmer way of responding to work and life challenges. In those times when you do feel hurried, impatient, or frustrated, take time to slow down and physically relax. Also, do not underestimate the value of simply saying calming things to yourself.

## **Cognitive Hardiness**

Cognitive Hardiness refers to a specific set of attitudes or beliefs about work and life that are relatively enduring from day-to-day. These include a sense of commitment and strong interest toward work, family, hobbies, or projects that you are involved in on a day-to-day basis, and having things that you look forward to doing. A sense of belonging with friends, work, and family is a component of Cognitive Hardiness. When Cognitive Hardiness is present, daily life changes are seen as being challenging rather than threatening. This keeps you open to trying new experiences and helps you to recognize that change affords hidden opportunities rather than hindrances to work and life satisfaction. Finally, Cognitive Hardiness includes the belief that you have control over your life, that what you do is directly related to what you achieve, that success in work and life is a result of individual behavior rather than luck, fate, or chance, and that you can effectively achieve success in both work and life. This disposition appears to buffer the potentially damaging impact of stress on well-being and directly generates effective coping behaviors. Thus, high Cognitive Hardiness scores suggest the possession of the kind of generally hardy outlook on life that is associated with a lowered risk for job burnout, physical illness, and psychological distress.

Your Cognitive Hardiness score is in the low average range. According to your responses, you have more of a tendency than most people to interpret daily life events as threats to your well-being. From time to time, you may feel as though you don't fit in with your colleagues, friends, or even your family. This tends to increase your susceptibility to stress-related disorders. You will benefit if you can focus more on the positive aspects of your work and life. You should work to clarify your life goals and strengthen your commitment to things and people that are important to you. You will also benefit from finding ways to gain a stronger sense of control over the sources of your stress.

## Coping Style

Coping style is defined as the most common way you deal with work and life threats, pressures, and challenges. There is no overall Coping Style scale score, just four scores in specific areas—Positive Appraisal, Negative Appraisal, Threat Minimization, and Problem-Focused Coping. High scores suggest that you rely heavily on the related approach to coping in most situations that you perceive as challenging or threatening.

Positive appraisal, threat minimization, and problem-focused techniques may help you cope with daily work and life stress. In fact, avoidance may be a particularly powerful short-term strategy when you are faced with situations that are beyond your direct control. Problem-focused strategies may also assist you in directly modifying your own environment or behavior. Negative appraisal is usually counterproductive to coping effectively coping with stress and may even directly contribute to some types of anxiety and depression.

**Positive Appraisal.** Positive appraisal means focusing on the positive to minimize what appear to be problems, pressures, or challenges. People do this by saying and thinking positive things about the situation. Your score on this scale is in the low average range and indicates that you do not tend to use positive appraisal quite as often as other people when coping with daily work and life stress. It seems that you do not tend to minimize stressful events or situations when they occur. You may find it of benefit to discover positive things that you can say and think more often when you are dealing with both internal and external challenges.

**Negative Appraisal.** Negative appraisal is focusing or dwelling on the negative aspects of problems, pressures, or challenges. When you use negative appraisal, you expect the worst to happen, blame or criticize yourself, and describe the situation to yourself or others using the words "should," "must," or "have to" quite frequently. Your Negative Appraisal score is very high. Your responses suggest that you frequently use negative appraisal when coping with daily work and life stress. You appear very prone to blaming and criticizing yourself. It is important that you find ways to become more aware of when you are trying to deal with a situation by using these negative descriptions and self-talk. You will also benefit substantially if you can refrain from doing so when you are dealing with both internal and external challenges.

**Threat Minimization.** Threat Minimization is achieved by deliberately minimizing the significance of problems, pressures, or challenges. When you make a joke about a difficult situation, or try not to think about it excessively, or consciously regard it as something that is over and done with, you are using threat minimization as a way of coping. Your

Threat Minimization score is in the low average range. You may find that you tend to dwell on what is bothering you, going over it in your mind again and again. Increasing your use of minimizing strategies when confronted with stresses that you cannot control may help ease your mind, reduce your worry about stressful events and situations, and noticeably improve your health.

**Problem-Focused Coping.** You are using problem-focused coping when you attempt to change a situation, take action, make decisions, and solve problems, respond to pressures, or meet challenges. Seeking advice, asking for help, developing a plan, changing your behavior, figuring out a solution, and changing jobs or relationships are all examples of problem-focused coping. High Problem-Focused Coping subscores indicate that you use such strategies frequently. Your score is very low. This suggests that you are unlikely to take direct action to change or modify your environment. You may benefit by finding ways in which you can constructively alter your own behavior or the behavior of others in stressful circumstances, so that your overall level of stress is reduced.

## Psychological Well-Being

The Psychological Well-Being scale is a measure of life satisfaction in general. A high score indicates that you are satisfied with yourself and feel able to relax and enjoy life. Those with high scores feel happy with their families, work, interpersonal relationships, successes, and achievements. In general, people with a strong sense of psychological well-being report fewer stress-related illness than those without such a strong sense. You report an average level of psychological well-being compared to others. Still, your long-term physical health could benefit from any efforts you can make to pinpoint areas of your life where you are not satisfied. Commit yourself to taking effective steps to improve those situations.

## Listing of recorded information

Name: John Sample

Date tested: 1-May-2006

### ITEM RESPONSES

The scores and the interpretation in the Stress Profile Report are based on the responses listed here.

001. 3 | 002. 3 | 003. 1 | 004. 4 | 005. 3 | 006. 1 | 007. 2 | 008. 2 | 009. 2 | 010. 3 |  
011. 3 | 012. 4 | 013. 4 | 014. 2 | 015. 3 | 016. 3 | 017. 4 | 018. 5 | 019. 1 | 020. 4 |  
021. 2 | 022. 2 | 023. 4 | 024. 3 | 025. 2 | 026. 2 | 027. 2 | 028. 5 | 029. 4 | 030. 1 |  
031. 1 | 032. 4 | 033. 4 | 034. 5 | 035. 4 | 036. 5 | 037. 3 | 038. 3 | 039. 4 | 040. 4 |  
041. 4 | 042. 4 | 043. 4 | 044. 5 | 045. 5 | 046. 5 | 047. 4 | 048. 3 | 049. 4 | 050. 3 |  
051. 4 | 052. 3 | 053. 4 | 054. 3 | 055. 2 | 056. 3 | 057. 4 | 058. 2 | 059. 2 | 060. 4 |  
061. 3 | 062. 2 | 063. 3 | 064. 4 | 065. 3 | 066. 4 | 067. 2 | 068. 4 | 069. 2 | 070. 2 |  
071. 4 | 072. 2 | 073. 2 | 074. 2 | 075. 2 | 076. 2 | 077. 4 | 078. 2 | 079. 2 | 080. 3 |  
081. 3 | 082. 4 | 083. 2 | 084. 4 | 085. 4 | 086. 2 | 087. 3 | 088. 3 | 089. 3 | 090. 3 |  
091. 3 | 092. 4 | 093. 4 | 094. 4 | 095. 3 | 096. 2 | 097. 3 | 098. 3 | 099. 3 | 100. 2 |  
101. 3 | 102. 3 | 103. 3 | 104. 2 | 105. 2 | 106. 3 | 107. 4 | 108. 3 | 109. 4 | 110. 3 |  
111. 2 | 112. 4 | 113. 3 | 114. 4 | 115. 4 | 116. 4 | 117. 4 | 118. 4 | 119. 2 | 120. 1 |  
121. 2 | 122. 2 | 123. 2 |

**End of the Report**

## Using and Interpreting Your Stress Profile

Your Stress Profile provides you with important feedback about those factors that may affect your ability to cope with stress and maintain a level of both physical and psychological well-being. This information can be useful in helping you to develop a commitment to cope more effectively with stress. You may have a number of Health Risk Alerts and Health Resource areas. Your Health Resource areas are likely to offset your risks to a certain extent. More importantly, these areas may provide resources that can be used to address areas of risk for you in your efforts to strengthen your overall health status.

## Steps To Developing A Personalized Stress And Health Management Program

The following steps should help you change specific aspects of your lifestyle that may assist you in your efforts to cope with work and life stress in a healthy and productive manner.

- **Step 1: Identify areas of your lifestyle needing change.** Review the Stress Profile to determine specific health areas or behaviors that might be modified in some way.
- **Step 2: Build commitment to change your habits.** Determine how motivated you actually are to alter specific behaviors or make changes in your lifestyle. Brainstorm the potential barriers that might exist for making your stress management action plan a success. Write down and review the advantages for altering your lifestyle now!
- **Step 3: Become more aware of your behaviors on a day-to-day basis.** Before you begin any individual change program, you must be aware of how you are presently behaving. This awareness will serve as a baseline against which to compare your successful lifestyle changes later.
- **Step 4: Develop an action plan to manage your stress and health.** This plan should be realistic, measurable, concrete, and achievable within a specific time frame. Your ultimate goal is to initiate and maintain a healthy approach to daily living. Use the form on the next page to develop your action plan.
- **Step 5: Evaluate and monitor your progress on your stress and health management action plan.** View lapses as a natural part of any individual change process. Remember, a lapse does not have to lead to a relapse back to your old habits! Reward yourself for success and periodically review your action plan to maintain your lifestyle changes over time.

## Stress And Health Management Action Plan

Specific behavioral goal (include dates, times, situation, etc.):

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.....  
.....

Is this behavioral goal challenging and realistic?

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.....  
.....

Is this behavioral goal observable and measurable?

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.....

How I will identify and evaluate my progress:

.....  
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.....

I can think of the following reasons for sabotaging this goal:

.....  
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.....

I will reward myself for successfully achieving my goal by:

.....  
.....  
.....

I will do the following to maintain commitment towards my goal:

.....  
.....