

Health Behaviors And Stress Among Undergraduate Students

This survey will take approximately 15-20 minutes to complete. Your participation is voluntary. If you should come to any question that you do not wish to answer, just go on to the next question. Do not put your name or ID number anywhere on the questionnaire or scantron. Please remember to complete both sides of the questionnaire and put your answers on the scantron.

Background information

1. Are you: **A) female** **B) male**
2. What is your classification? **A) Freshman** **B) Sophomore** **C) Junior** **D) Senior**
3. Marital status: **A) single** **B) married** **C) divorced** **D) widowed** **E) cohabitating**
4. Job status: **A) part time** **B) full time** **C) unemployed** **D) retired**
5. Race: **A) Caucasian** **B) African-American** **C) Hispanic** **D) Asian** **E) other**

Locus of Control

Indicate your degree of agreement with each statement by bubbling in the appropriate letter response on your scantron.

- A = strongly agree
B = moderately agree
C = moderately disagree
D = strongly disagree

6. If I get sick, it is my own behavior that determines how soon I get well.
7. I am in control of my health.
8. When I get sick, I am to blame.
9. The main thing that affects my health is what I myself do.
10. If I take care of myself, I can avoid illness.
11. If I take the right actions, I can stay healthy.
12. Having regular contact with my physician is the best way for me to avoid illness.
13. Whenever I don't feel well, I should consult a medically trained professional.
14. My family has a lot to do with my becoming sick or staying healthy.
15. Health professionals control my health.
16. When I recover from an illness, it's usually because other people (e.g., doctors, nurses, family, and friends) have been taking good care of me.
17. Regarding my health I can only do what my doctor tells me to do.
18. No matter what I do, if I am going to get sick, I will get sick.
19. Most things that affect my health happen to me by accident.
20. Luck plays a big part in determining how soon I will recover from an illness.
21. My good health is largely a matter of good fortune.

22. No matter what I do, I'm likely to get sick.
23. If it's meant to be, I will stay healthy.

Stress and Coping

Think about a recent daily event that caused you some stress (e.g., losing your keys, preparing for an upcoming exam, etc.). Please describe that event below.

Now, for this event, we would like you to evaluate the event in the following categories. Please bubble in the letter corresponding to your chosen response, using the following scale: A = not at all, E = extremely

24. How important would the event be?
25. How much control would you feel you have over the event?
26. How expected would the event be?
27. How effectively would you cope with (or handle) the event?
28. How much would you view the event as a loss, or an event in which damage has already occurred?
29. How much would you view the event as a threat, or an event that could have negative or undesirable consequences for you?
30. How much would you view the event as a challenge, or as an event that could have positive or desirable consequences for you?

Then, using the scale below for questions 31 through 62, indicate how often you used each of the following strategies to deal with it.

- A = Fairly often
- B = Occasionally
- C = A little
- D = Not at all

31. Took things a day at a time.
32. Got away from things for a while.
33. Tried to find out more about the situation.
34. Tried to reduce tension by drinking more.
35. Talked with a professional person (e.g., doctor, lawyer, clergy).
36. Made a promise to myself that things would be different next time.
37. Prepared for the worst.
38. Let my feelings out somehow.
39. Took it out on other people when I felt angry or depressed.

40. Prayed for guidance and/or strength.
41. Accepted it; nothing could be done.
42. Talked with spouse or another relative about the problem.
43. Talked with a friend about the problem.
44. Tried to reduce tension by taking more tranquilizing drugs.
45. Told myself things that helped me feel better.
46. Kept my feelings to myself.
47. Bargained or compromised to get something positive from the situation.
48. Tried to reduce tension by exercising more.
49. Tried to reduce tension by smoking more.
50. Tried to see the positive side of the situation.
51. Considered several alternatives for handling the problem.
52. Made a plan of action and followed it.
53. Went over the situation in my mind to try to understand it.
54. Tried to reduce tension by eating more.
55. Got busy with other things to keep my mind off the problem.
56. Drew on my past experiences.
57. Avoided being with people in general.
58. I knew what had to be done and tried harder to make things work.
59. Tried to step back from the situation and be more objective.
60. Refused to believe that it happened.
61. Sought help from persons or groups with similar experiences.
62. Tried not to act too hastily or follow my first hunch.

Thinking about this same stressful event, For questions 63 through 90, indicate how often each of the following happened to you, either when you were experiencing the stressor or following exposure to the stressor. Use the following scale.

- A = Daily
- B = Weekly
- C = Monthly
- D = Once or twice a year
- E = Never

63. Heart pounding.
64. Heart racing or beating erratically.
65. Cold, sweaty hands.
66. Headaches (throbbing pain).
67. Rapid, erratic, or shallow breathing.
68. Shortness of breath.
69. Asthma attack.
70. Difficulty in speaking because of poor breathing control.
71. Upset stomach, nausea, or vomiting.
72. Constipation.
73. Diarrhea.
74. Sharp abdominal pains.

75. Headaches (steady pain).
76. Back or shoulder pains.
77. Muscle tremors or hands shaking.
78. Arthritis.
79. Acne.
80. Dandruff.
81. Perspiration.
82. Excessive dryness of skin or hair.
83. Allergy flare-up.
84. Catching colds.
85. Catching the flu.
86. Skin rash.
87. Increased appetite.
88. Increased craving for tobacco or sweets.
89. Thoughts racing or difficulty sleeping.
90. Feelings of crawling anxiety or nervousness.

Stress and Coping

Think about a recent major event that caused you some stress (e.g., getting married, death in the family, etc.). Please describe that event below.

Now, for this event, we would like you to evaluate the event in the following categories. Please bubble in the letter corresponding to your chosen response, using the following scale: A = not at all, E = extremely

91. How important would the event be?
92. How much control would you feel you have over the event?
93. How expected would the event be?
94. How effectively would you cope with (or handle) the event?
95. How much would you view the event as a loss, or an event in which damage has already occurred?
96. How much would you view the event as a threat, or an event that could have negative or undesirable consequences for you?
97. How much would you view the event as a challenge, or as an event that could have positive or desirable consequences for you?

Then, using the scale below, indicate how often you used each of the following strategies to deal with it.

- A = Fairly often
- B = Occasionally
- C = A little
- D = Not at all

- 98. Took things a day at a time.
- 99. Got away from things for a while.
- 100. Tried to find out more about the situation.
- 101. Tried to reduce tension by drinking more.
- 102. Talked with a professional person (e.g., doctor, lawyer, clergy).
- 103. Made a promise to myself that things would be different next time.
- 104. Prepared for the worst.
- 105. Let my feelings out somehow.
- 106. Took it out on other people when I felt angry or depressed.
- 107. Prayed for guidance and/or strength.
- 108. Accepted it; nothing could be done.
- 109. Talked with spouse or another relative about the problem.
- 110. Talked with a friend about the problem.
- 111. Tried to reduce tension by taking more tranquilizing drugs.
- 112. Told myself things that helped me feel better.
- 113. Kept my feelings to myself.
- 114. Bargained or compromised to get something positive from the situation.
- 115. Tried to reduce tension by exercising more.
- 116. Tried to reduce tension by smoking more.
- 117. Tried to see the positive side of the situation.
- 118. Considered several alternatives for handling the problem.
- 119. Made a plan of action and followed it.
- 120. Went over the situation in my mind to try to understand it.
- 121. Tried to reduce tension by eating more.
- 122. Got busy with other things to keep my mind off the problem.
- 123. Drew on my past experiences.
- 124. Avoided being with people in general.
- 125. I knew what had to be done and tried harder to make things work.
- 126. Tried to step back from the situation and be more objective.
- 127. Refused to believe that it happened.
- 128. Sought help from persons or groups with similar experiences.
- 129. Tried not to act too hastily or follow my first hunch.

Thinking about this same stressful event, indicate how often each of the following happened to you, either when you were experiencing the stressor or following exposure to the stressor. Use the following scale.

- A = Daily
- B = Weekly
- C = Monthly
- D = Once or twice a year

E = Never

130. Heart pounding.
131. Heart racing or beating erratically.
132. Cold, sweaty hands.
133. Headaches (throbbing pain).
134. Rapid, erratic, or shallow breathing.
135. Shortness of breath.
136. Asthma attack.
137. Difficulty in speaking because of poor breathing control.
138. Upset stomach, nausea, or vomiting.
139. Constipation.
140. Diarrhea.
141. Sharp abdominal pains.
142. Headaches (steady pain).
143. Back or shoulder pains.
144. Muscle tremors or hands shaking.
145. Arthritis.
146. Acne.
147. Dandruff.
148. Perspiration.
149. Excessive dryness of skin or hair.
150. Allergy flare-up.
151. Catching colds.
152. Catching the flu.
153. Skin rash.
154. Increased appetite.
155. Increased craving for tobacco or sweets.
156. Thoughts racing or difficulty sleeping.
157. Feelings of crawling anxiety or nervousness.

For the following questions, indicate how often each of the following happens to you, either when you are experiencing stress (daily or major event) or following exposure to a significant stressor. Use the following scale.

A = Strongly agree

B = Agree

C = Neutral

D = Disagree

E = Strongly disagree

158. I don't have much control over my emotional reactions to stressful situations.
159. When I'm in a bad mood I find it hard to snap myself out of it.
160. My feelings are usually fairly stable.
161. I can usually talk myself out of feeling bad.

162. No matter what happens to me in my life I am confident of my ability to cope emotionally.
163. I have a number of good techniques that will help me cope with any stressful situation.
164. I find it hard to stop myself from thinking about my problems.
165. If I start to worry about something I can usually distract myself and think about something nicer.
166. If I realize I am thinking silly thoughts I can usually stop myself.
167. I am usually able to keep my thoughts under control.
168. I imagine there will be many situations in the future where silly thoughts will get the better of me.
169. I have a number of techniques which I am confident will help me think clearly and rationally in any situation I might find myself.
170. Even when under pressure I can usually keep calm and relaxed.
171. I have a number of techniques or tricks that I use to stay relaxed in stressful situations.
172. When I'm anxious or uptight there does not seem to be much that I can do to help myself relax.
173. There is not much I can do to relax when I get uptight.
174. I have a number of ways of relaxing that I am confident will help me cope.
175. If my stress levels get too high I know there are things I can do to help myself.

For the following questions, indicate how often each of the following happens to you, either when you are experiencing stress or following exposure to a significant stressor. Use the following scale.

- A = Never
- B = Almost never
- C = Sometimes
- D = Fairly often
- E = Very often

176. In the last month, how often have you been upset because of something that happened unexpectedly?
177. In the last month, how often have you felt that you were unable to control the important things in your life?
178. In the last month, how often have you felt nervous and "stressed"?
179. In the last month, how often have you felt confident about your ability to handle your personal problems?
180. In the last month, how often have you felt that things were going your way?
181. In the last month, how often have you found that you could not cope with all the things that you had to do?
182. In the last month, how often have you been able to control irritations in your life?
183. In the last month, how often have you felt that you were on top of things?
184. In the last month, how often have you been angered because of things that were outside of your control?

185. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?