

**Why is this survey important?** In this survey we will ask you questions about symptoms associated with stress. Your answers to these questions are important to us because we are interested in exploring the links between stress and brain performance.

**How long will this survey take to complete?** 5 minutes or less.

Please read each item and indicate your answer according to the following scale:

0 = Never

1 = Almost Never

2 = Sometimes

3 = Fairly Often

4 = Very Often

**Note : You should answer based on your experiences during the previous month.**

1. In the last month, how often have you been upset because of something that happened unexpectedly?

2. In the last month, how often have you felt that you were unable to control the important things in your life?

3. In the last month, how often have you felt nervous and “stressed”?

4. In the last month, how often have you felt confident about your ability to handle your personal problems?

5. In the last month, how often have you felt that things were going your way?

6. In the last month, how often have you found that you could not cope with all the things that you had to do?

7. In the last month, how often have you been able to control irritations in your life?

8. In the last month, how often have you felt that you were on top of things?

9. In the last month, how often have you been angered because of things that were outside of your control?

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