



Response to Stress Questionnaire (RSQ)

Part 1: Stress Reactivity Checklist

This is a list of things about violence that children and teenagers sometimes find stressful or a problem to deal with. Please tell me how stressful the following things have been for you in the past 6 months.

	Not at all	A little	Somewhat	Very
1. Doing badly on a test or paper				
2. Getting bad grades or report cards				
3. Not understanding classes				
4. Not understanding homework				
5. Feeling pressured to do something				
6. Having bad classes or teachers				
7. Having trouble studying				
8. Not having your homework done				
9. Teachers that yell or get angry				
10. Pressure from parents or teachers to perform perfectly				
11. Other _____				

Part 2: Stress Experience Questionnaire

Below is a list of things that children and teenagers sometimes do, think, or feel when they are dealing with school problems. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

Think of all the stressful parts of school that you indicated above. For each item below, circle one number from 1 (not at all) to 4 (a lot) that shows how much you do or feel these things when you have problems with school like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

	Not at all	A little	Somewhat	A lot
When dealing with school problems, I feel sick to my stomach or get headaches	1	2	3	4
I keep remembering the school problems that happened or can't stop thinking about what might happen	1	2	3	4
I get really jumpy when I am dealing with the stress of school problems	1	2	3	4
When I am trying to sleep, I can't stop thinking about the stressful aspect of school problems that happened or I have bad dreams about them	1	2	3	4
Thoughts about school problems just pop up into my head	1	2	3	4
When I'm dealing with school problems, I feel it in my body	1	2	3	4
When something stressful happens related to school problems, I can't stop thinking about how I am feeling	1	2	3	4
When something stressful happens related to school problems, I can't always control what I do	1	2	3	4
When I am faced with school problems, right away I feel really	1	2	3	4
When I am faced with school problems, right away I feel really angry	1	2	3	4
When I am faced with school problems, right away I feel really sad	1	2	3	4
When I am faced with school problems, right away I feel really worried/anxious	1	2	3	4
When I am faced with school problems, right away I feel really scared	1	2	3	4
After something stressful happens related to school problems, I can't stop thinking about what I did or said	1	2	3	4
When something stressful happens related to school problems, I get upset by things that don't usually bother me	1	2	3	4
When stressful things happen related to school problems I sometimes act without thinking	1	2	3	4
When something stressful happens related to school problems, I can't stop thinking about why this is happening	1	2	3	4
My thoughts start racing when I am faced with school problems	1	2	3	4
When I am dealing with the stress of school problems, sometimes I can't control what I do or say	1	2	3	4