

# Response to Stress Questionnaire (RSQ)

## Enumerator training

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# What does the RSQ measure?

This version of the RSQ measures children's school-related:

1. **Stress experiences:** the level of stress experience
2. **Stress responses:** how often the respondent uses or experiences each type of stress response reaction to the specific stress experiences reported in the first part of the measure.

The types of stress response reactions include

- Rumination
- Intrusive thoughts
- Physiological arousal
- Emotional arousal
- Involuntary action

We ask questions about :

- How stressed a child is in stressful situations in school
  - How much control they think they have over these problems
- What happens when they feel stressed out



# Two parts of the RSQ

1



## Checklist of stressors

Stressful situations in school

2



## Questionnaire about stress response

How often they experience each type of  
involuntary stress response

# 1

## PART 1: Checklist of stressors

- The participant rates *how often* each stressor has occurred in the recent past.
- We ask about stressful situation students often experience in schools
- How stressful are each of the situations?

Not at all	A little	Somewhat	Very
1	2	3	4

# 1 PART 1: Checklist of Stressors

This is a list of things about school 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	1	2	3	4
2. Getting bad grades or report cards	1	2	3	4
3. Not understanding classes	1	2	3	4
4. Not understanding homework	1	2	3	4
5. Feeling pressured to do something	1	2	3	4
6. Having bad classes or teachers	1	2	3	4
7. Having trouble studying	1	2	3	4
8. Not having your homework done	1	2	3	4
9. Teachers that yell or get angry	1	2	3	4
10. Pressure from parents or teachers to perform perfectly	1	2	3	4
11. Other _____	1	2	3	4

# 1

## PART 1: Checklist of stressors

This is a list of things about school 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.

How would you explain what “stressful” or “a problem to deal with” means?  
e.g. worried/bothered about?

Not at all	A little	Somewhat	Very
1	2	3	4

How stressful each event was in the past 6 months?  
(Not GENERALLY, but asking about recent experience!)

# 1

## PART 1: Checklist of stressors

Let's talk about what each of these statements means!

This is a list of things about school 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	1	2	3	4
2. Getting bad grades or report cards	1	2	3	4
3. Not understanding classes	1	2	3	4
4. Not understanding homework	1	2	3	4
5. Feeling pressured to do something	1	2	3	4
6. Having bad classes or teachers	1	2	3	4
7. Having trouble studying	1	2	3	4
8. Not having your homework done	1	2	3	4
9. Teachers that yell or get angry	1	2	3	4
10. Pressure from parents or teachers to perform perfectly	1	2	3	4
11. Other _____	1	2	3	4

At the end, ask what else are you stressed about at school?



## 2 PART 2: Stress Response

Part 2 asks children to keep the specific stressors mentioned in Part 1 in mind and rate how often they experience each type of involuntary stress response on a scale of 1 (Not at all) to 4 (A lot).

Rumination

Intrusive  
thoughts

Physiological  
arousal

Emotional  
arousal

Involuntary  
action

# 2

## PART 2: Stress Response

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.

Let's talk about what each of these statements mean!

# PART 2: Stress Response

## 2

	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

# Remember!

- Put the child at ease by asking a few questions.
- Remind the child that there's no right or wrong answer, and no one else will know what she/he said. Just to be honest, we just want to know how they feel and think.
- Monitor the child's body language, facial expression, or behavior carefully for sign of distress.

# What to do when...

- **The child look visibly distressed?**
  - If the child looks distressed and does not answer to a specific question, move on to the next question.
  - If this continues, stop the assessment and calm him/her down, ask if the child wants to continue, or would like to do this another time.
- **The child says they are not stressed at all, for everything?**
  - Let them think about the things they are stressed about (in school, in general), and make a note in the “other” item at the end of the first set of questions. And ask the second set of questions about “when you are stressed out” or “when you are dealing with stressful things”.

**Questions?**

**Practice time!**