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**RSQ: Response to Stress Questionnaire [[1]](#footnote-1)**

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| --- | --- | --- | --- | --- | --- | --- |
| Subscale 1: School-Related Stress Experiences | | |  |  |  |  |
| 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 six months | | | | | | |
| Items | | Not at all | A little | Somewhat | A lot | Not Applicable |
| RSQ1 | Doing badly on a test or paper |  |  |  |  |  |
| RSQ2 | Getting bad grades or report cards |  |  |  |  |  |
| RSQ3 | Not understanding classes |  |  |  |  |  |
| RSQ4 | Not understanding homework |  |  |  |  |  |
| RSQ5 | Feeling pressured to do something |  |  |  |  |  |
| RSQ6 | Having bad classes or teachers |  |  |  |  |  |
| RSQ7 | Having trouble studying |  |  |  |  |  |
| RSQ8 | Not having your homework done |  |  |  |  |  |
| RSQ9 | Teachers that yell or get angry |  |  |  |  |  |
| RSQ10 | Pressure from parents or teachers to perform perfectly |  |  |  |  |  |
| Subscale 2: Stress Reactivity (Involuntary Engagement) | | | | | | |
| I’m going to read to you 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 students do a lot of the things on this list or have a bunch of feelings, other kids just do or think a few of these things. Think of all the stressful parts of school that we just talked about. For each item I read to you, tell me how much you do or feel these things when you have problems with school like the ones you indicated above. Please tell me everything you do, think, and feel, even if you don’t think it helps make things better. | | | | | | |
| Items | | Not at all | A little | Somewhat | A lot | Not Applicable |
| RSIE1 Physical arousal | When dealing with school problems, I feel sick to my stomach or get headaches |  |  |  |  |  |
| RSIE2 Intrusive thoughts | I keep remembering the school problems that happened or can’t stop thinking about what might happen |  |  |  |  |  |
| RSIE3 Physical arousal | I get really jumpy when I am dealing with the stress of school problems |  |  |  |  |  |
| RSIE4 Intrusive thoughts | 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 |  |  |  |  |  |
| RSIE5 Intrusive thoughts | Thoughts about school problems just pop up into my head |  |  |  |  |  |
| RSIE6 Physical arousal | When I’m dealing with school problems, I feel it in my body:  1. My heart races  2. I feel hot or sweat  3. My breathing speeds up  4. My muscles get tight |  |  |  |  |  |
| RSIE7 Rumination | When something stressful happens related to school problems, I can’t stop thinking about how I am feeling |  |  |  |  |  |
| RSIE8 Involuntary action | When something stressful happens related to school problems, I can’t always control what I do |  |  |  |  |  |
| RSIE9 Emotional arousal | When I am faced with school problems, right away I feel really:  1. Angry  2. Sad  3. Worried/anxious  4. Scared |  |  |  |  |  |
| RSIE10 Rumination | After something stressful happens related to school problems, I can’t stop thinking about what I did or said |  |  |  |  |  |
| RSIE11 Emotional arousal | When something stressful happens related to school problems, I  get upset by things that don’t usually bother me |  |  |  |  |  |
| RSIE12 Involuntary action | When stressful things happen related to school problems I sometimes act without thinking |  |  |  |  |  |

1. Kim, H.Y., Wu, Z., Gjicali, K., & Dolan, C.T. (2021, April). *Response to Stress Questionnaire (RSQ) – Academic Problems: Psychometric Evidence on a Measure of School-Related Stress and Stress Reactivity among Syrian Children in Lebanese Public Schools.* Technical working paper. New York, NY: New York University. [↑](#footnote-ref-1)