**Stress in Context (SIC)**

**Below are questions about how you see your life. For each question, please answer how often you feel like that statement describes your life over the past week.**

1. Having a life that is stable and predictable means that you know where you will live, where you will work, and who will be in your life, which helps you plan for the future. How often do you feel that your life is stable and predictable?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling like you have control over your life means that you can determine how you spend each day. How often do you feel like you have a lot of control over your daily life?

Never Rarely Sometimes Usually

1 2 3 4

1. Dependable people are individuals who you feel you can go to if you need help or advice. How often do you feel that you have at least one dependable person in your life?

Never Rarely Sometimes Usually

1 2 3 4

1. Dealing with the challenges of life requires resources, such as money, your own inner strength, or other people who provide some type of support. How often do you feel like you have the resources you need to deal with life’s challenges?

Never Rarely Sometimes Usually

1 2 3 4

1. Having a life that is uncertain means that bad things can happen to you at any time. How often do you feel that your life is uncertain?

Never Rarely Sometimes Usually

1 2 3 4

1. Conflict occurs when you disagree, argue, or fight with other people. How often do you experience conflict with important people in your life, such as family members, co-workers, friends, or your romantic partner?

Never Rarely Sometimes Usually

1 2 3 4

1. People are sometimes treated differently, not respected, or harassed, because of some aspect of themselves that they cannot change, like their race, age, or appearance. How often do you feel as though you are treated differently or not respected because of things that you cannot change?

Never Rarely Sometimes Usually

1 2 3 4

1. Undependable people are individuals who are important to you, but who you do not feel you can rely on for help or advice. How often do you feel that people in your life are undependable?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling lonely occurs when you do not feel emotionally close to other people. How often do you feel lonely?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling socially isolated occurs when you feel like you are not part of social groups or activities, and you don’t see other people much. How often do you feel socially isolated?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling physically unsafe means that you think about being physically hurt – for example, because of someone else’s anger or temper, or due to criminal behavior in your neighborhood or country. How often do you feel physically unsafe?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling emotionally unsafe means that you think about being criticized, socially excluded, exploited, neglected, or that someone else could hurt you emotionally. How often do you feel emotionally unsafe?

Never Rarely Sometimes Usually

1 2 3 4

1. Being sensitive to stress means that when you get stressed, you feel physical symptoms that are not due to a medical problem, such as headaches, stomach aches, muscle pain, or feeling tired. How often do you feel sensitive to stress?

Never Rarely Sometimes Usually

1 2 3 4

1. Being vigilant means that you scan the surrounding environment for possible problems or threats, and that you are always on alert. How often do you feel vigilant?

Never Rarely Sometimes Usually

1 2 3 4

1. Being easily startled means that your body reacts quickly or intensely when something unexpected happens, such as when you hear a loud noise or someone approaches you from behind. How often do you feel easily startled?

Never Rarely Sometimes Usually

1 2 3 4

1. Being overwhelmed means that you feel life your life is too hectic or busy, or that you cannot cope with a situation. How often do you feel overwhelmed by your daily life?

Never Rarely Sometimes Usually

1 2 3 4

1. Putting aside your own views, how often would a close friend or family member say that you seem overwhelmed?

Never Rarely Sometimes Usually

1 2 3 4

**For the last four questions, please focus on your childhood:**

1. Having a childhood that was stable and predictable means that you had a regular schedule, did not move around a lot, and could depend on your parents if you needed them. How often did you feel that your life was stable and predictable during childhood?

Never Rarely Sometimes Usually

1 2 3 4

1. Conflict in the household occurs when family members disagree, argue, or fight with each other or with you. How often did you experience conflict in your household during childhood?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling physically unsafe in childhood means that you worried about being physically hurt – for example, because of someone else’s anger or temper, or due to criminal behavior in your neighborhood. How often did you feel physically unsafe during childhood?

Never Rarely Sometimes Usually

1 2 3 4

1. Feeling emotionally unsafe in childhood means that you thought about being criticized, socially excluded, exploited, neglected, or that someone else could hurt you emotionally. How often did you feel emotionally unsafe during childhood?

Never Rarely Sometimes Usually

1 2 3 4