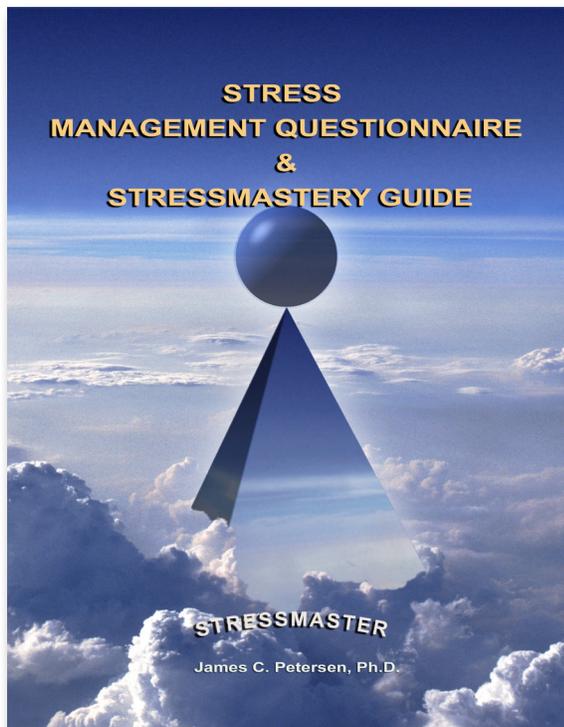


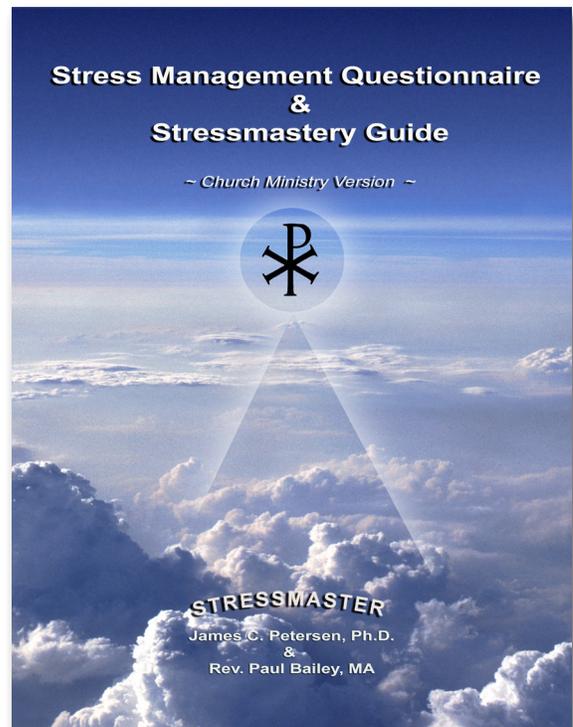
STRESSMASTER®

STRESS MANAGEMENT QUESTIONNAIRE

600,000+
Assessments
Worldwide



CORPORATE VERSION



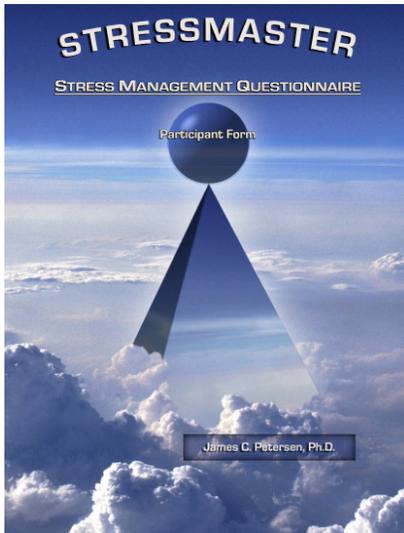
CHURCH-MINISTRY VERSION

NORWAY | CANADA | GERMANY | USA | UK | MEXICO | CHILE | SOUTH AFRICA | SLOVENIA

STRESSMASTER®

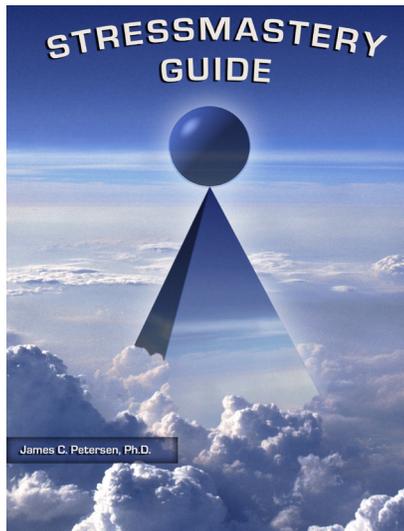
STRESS MANAGEMENT QUESTIONNAIRE (SMQ) & STRESSMASTERY GUIDE

OVERVIEW CORPORATE VERSION



There are two key components to our Stressmastery Program: The **Stress Management Questionnaire (SMQ)** and the **Stressmastery Guide**. The SMQ assesses stress risk behaviors and the Guide provides detailed suggestions for becoming more stress resilient.

The SMQ is a carefully researched, stress self-assessment tool that can be integrated into any stress management program. The SMQ provides valid and reliable information to help people under stress learn about how stress may be affecting them right now..."in real time". Specifically, the SMQ delivers detailed information about how one is handle stress in these three key areas...**Stress Warning Signs, Stress Effects and Stressors**.



After taking the SMQ, each person receives a copy of the **Stressmastery Guide** (41pp). The **Guide** is essentially a workbook that presents detailed information about the meaning of each of the 11 SMQ stress "risk" scales, What to Know and What to Do when someone scores "high" on any given scale, what are the best approaches to stress mastery, and, then, how to develop a Contract For Change in order to insure success.

The Guide can be used in a workshop, seminar or for self-help either through a counseling program or through personal self-help and development. The Guide can either be downloaded as a PDF or given to each person at the seminar, workshop or counseling/ coaching session.

*"I took the SMQ, and would be very interested in getting a full report. I love the Guide that comes with completion too!
This is all very comprehensive and well done."*

STRESSMASTER®

BACKGROUND



In 1980, the **SMQ** was created by Dr. James Petersen, an Arizona psychologist and expert on stress and stress management at his Biofeedback and Stress Management Clinic in Tucson, Arizona. Initially, the SMQ was intended for use in a counseling session to help individuals identify potential stress "risk" areas and, then, based upon the results their assessment a program to reduce stress and enhance one's stressmastery skills would be developed.

The SMQ proved to be an excellent tool as intended and was integrated into the clinic's intake assessments with excellent results. The use of the SMQ was quickly expanded to stress management workshops and training programs such as at the University of Arizona's Medical School where it was used in a wellness program funded by the Kellogg Foundation.

Since then, hundreds of companies and over 600,000 individuals have gained from the SMQ and Guide. They are now a part of stress management programs around the world, including JPMorgan, Nationwide Insurance, Speedway, LLC, (USA), Banamex (Mexico), DeBeers (So. Africa) and others.

APPLICATIONS - The **SMQ** can be used to reduce stress in...

- Any Stress Management Program
- Corporate Wellness Programs
- Mental Health Centers
- Stress Management Coaching
- Health and Medical Clinics
- Wellness Centers and Programs
- Drug/Alcohol Treatment Centers
- Corporate In-House Trainers
- EAPs

WHO CAN USE THE SMQ

- Internal & External corporate trainers
- Program facilitators
- Counselors, coaches & wellness professionals
- Management Consultants
- Health and mental health professionals
- Ministers & pastors
- And many others

STRESSMASTER®

THE SMQ SCALES



The SMQ consists of 87 psychometrically designed questions that uses a 5 point Likert type scale to determine how frequently or infrequently one engages in certain stress related behaviors. The SMQ underwent a thorough validation study funded by the National Institute of Occupational Safety and Health (NIOSH, 1982). The results demonstrated the validity and reliability of the SMQ for use in stress risk assessment.

After answering these questions, either via the paper and pencil version or online, a person's scores are compared to the norm group and a **Stress "Risk" Report** is created showing stress risk levels from Low Risk to High Risk on these 11 scales:

STRESS WARNING SIGNS

- Hostility/Anger
- Time Urgency
- Perfectionism
- Disappointment
- Burnout
- Underachievement
- Tension

STRESS EFFECTS

- Physical Stress Effects
- Life/Work Satisfaction

STRESSORS

- Life Events
- Hassles



Take a "Test Drive"

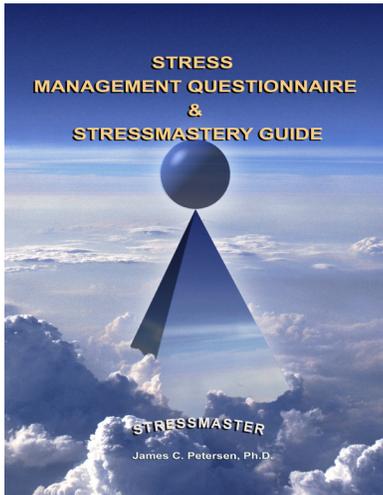
Evaluate the SMQ yourself AT NO COST.

Click the Blue Button & the SMQ will begin immediately.

STRESSMASTER®

SMQ & STRESSMASTERY GUIDE VERSIONS

PRINT VERSION



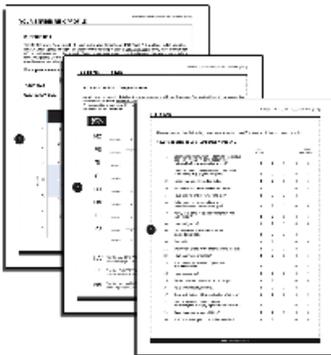
The SMQ Print Version has two components a Participant and a Companion Form.

The SMQ & Stressmastery Guide - Participant Form (48pp) is a comprehensive workbook provided to participants in a stress management training program, as part of small group stress awareness programs or to individuals in counseling or coaching sessions. Each SMQ booklet includes all that it needed to discover the sources of stress along with key tools and techniques for stress mastery. There are six areas:

- **Taking the SMQ (87 questions)**
- **Scoring the SMQ**
- **Creating a Stress Profile (Graph)**
- **Using the Stressmastery Guide**
- **Developing a Contract for Change**
- **Finding Resources**

The SMQ Companion Form (5pp)

Each SMQ Print Version booklet includes a **Companion Form** (5 pp). This "second observer" form is completed by a spouse, co-worker or friend on the Participant, thus providing another view of how well the participant is mastering stress in each area.



The Companion Form is identical to the Participant Form, but it does not include the Scoring, Graphing or Interpretive Guide. The Companion Form is scored by the Participant and integrated into his/her graph at the training or coaching session.

STRESSMASTER®

ON-LINE VERSION

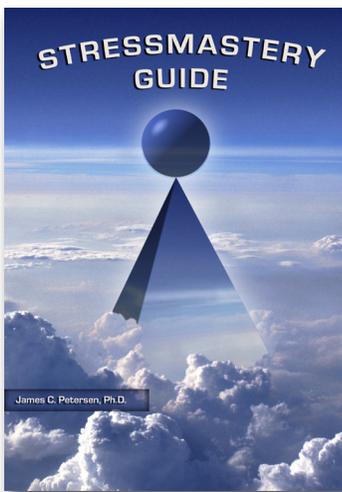


The second and most popular way to take the SMQ is via the **Online Version**, which has the same questions as the Print Version. The online version is taken via the Internet through our assessment portal. To take the **Online SMQ**, each person is provided an **Internet Link** to the assessment website and a unique **Access Code**. Once the code is entered, the assessment protocol starts immediately.

After answering the 87 SMQ questions, along with a few demographic items, the results are calculated and a one-page **Stress Risk Profile** is provided that show the participant's "risk" level on each of the 11 SMQ scales.

In order to receive the Guide, a link to download the **Stressmastery Guide** is provided; however, the link can be removed so that the Guide can be printed out and give to the participants at the workshop or counseling session.

THE STRESSMASTERY GUIDE



The SMQ identifies specific areas where change may be desired. The Guide provides the information necessary to begin the process of change. Each person who completes the SMQ also receives a copy of the **STRESSMASTERY GUIDE** to facilitate the goal of helping each person step onto the path of becoming stress resilient and psychologically hardy.

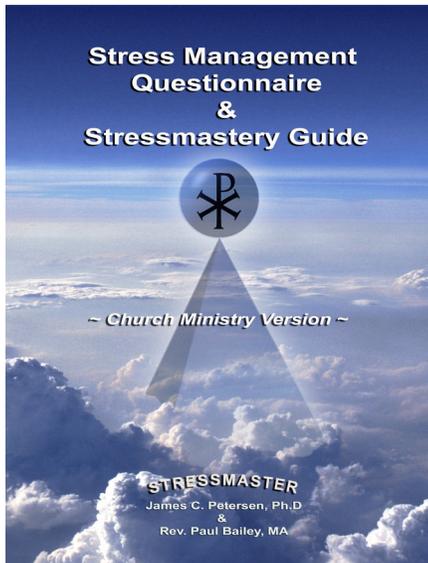
The Guide provides a comprehensive understanding of each stress risk score, along with evidence-based guides, techniques and suggestions for mastering stress on a daily basis. The Guide also comes with a Contract for Change to maximize compliance with their personal change program.

[CLICK SEE AN EXAMPLE OF THE GUIDE](#)

STRESSMASTER®

NEW THE STRESS MANAGEMENT QUESTIONNAIRE & GUIDE: CHURCH AND MINISTRY VERSION

PASTORAL STRESS: A Hidden Challenge



Being a pastor or minister brings both great satisfaction but also, for many, enormous stress. Consider that 90% of pastors report they are frequently fatigued; 80% feel unqualified and discouraged in their role as pastor; 75% report being extremely or highly stressed; and 70% constantly say they fight depression. This challenge has been met with creation of the NEW **Stress Management Questionnaire & Stressmastery Guide – Church Ministry Version (SMQ-CM)**.

To address this need, the Rev. Bailey, a minister and consultant to churches throughout Canada, and Dr. Petersen, author of the SMQ, collaborated on the development of the new Biblically-based version of the **SMQ-CM**. Rev. Bailey analyze each section of the SMQ and then integrated appropriate scriptural passages into the Guide that have relevance to the Christian community.

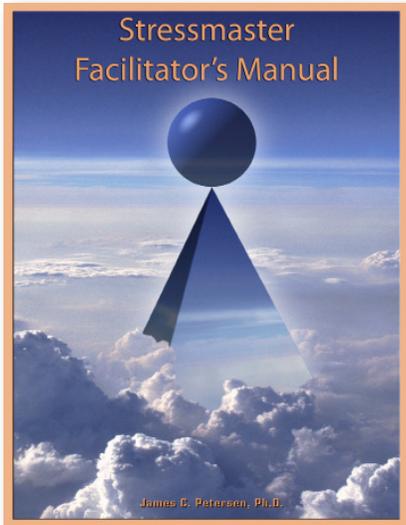
The **SMQ-CM** can be used with all church members community including pastors, lay ministers and the congregation, at large. The **SMQ-CM** provides a deeper understanding of each person's unique stress situation and, through the Guide, how to become more stress resilient and psychologically hardy. The use of carefully selected scriptural passages, combined with evidence-based, modern stress management tools and techniques, allows for the creation of a path for personal and spiritual change.

The **SMQ-CM** can be administered online or via the print version.

[CONTACT US TO LEARN MORE OR
TO USE IN YOUR CHURCH](#)

STRESSMASTER®

STRESSMASTER FACILITATORS MANUAL



With our extensive experience in the field of stress and stress management training, we have produced a manual to help both experienced and new stress management professionals design and deliver high quality and effective programs. This is a comprehensive manual that assures the success of your stress management program.

The **Facilitator's Manual** gives trainers all the information needed to implement an informative, dynamic and successful Stressmastery Program. The Manual is based on evidence based research along with our 30 years of "real world" training, consulting and experience helping individuals and companies to optimize stress and improve employee productivity, job satisfaction and morale.

The **Facilitators Manual** contains details of how to integrate the SMQ into a stress management program. For individuals new to stress management programming, the Manual provides workshop templates for your use, along with specifics on what to include in a program based upon the length of the program and other factors. For experience stress management professionals, you will find added tools, concept and programs to enhance what you are already doing.

TABLE OF CONTENTS

- Ch 1 - Designing A Stress Management Program
- Ch 2 - About Stress
- Ch 3 - Stressors, Stress Response & Stress Effects
- Ch 4 - Seven Stress Warning Signs
- Ch 5 - Stress Self-Assessment
- Ch 6 - Stressmastery Strategies
- Ch 7 - What To Do With High SMQ Scores
- Ch 8 - Managers and Stress
- Ch 9 - References
- Ch 10 - Contract for Change and Score Card

[Click to preview the
Facilitators Manual.](#)

STRESSMASTER®

POWERPOINT PRESENTATIONS



Our PowerPoint called “**STRESSMASTERY: The Art of Becoming Stress Resilient**” is available. This PowerPoint gives trainers a graphic tool to use when delivering a stress management program or seminar. There are 5 Sections:

STRESS - First, the PowerPoint presents recent research on how stress can have a direct affect on one’s health, wellness and life/work satisfaction.

WHAT IS STRESS? - Second, the PowerPoint presents current information about the nature of stress: what it is and how it affects one’s body and health. The PowerPoint illustrates the Flight or Fight concept of stress theory and provides a simple way to understand the nature of stress.

STRESSORS – Part 3 of the PowerPoint graphically shows what stressors are and what their role is in triggering a stress response. Stressors are shown as being diverse such as people, life events, things or even our own thought. Participants learn to identify personal stressors and that some stressors can be changed while others cannot.

WARNING SIGNS OF STRESS – In Part 4, participants learn about the warning signs of stress in such areas as Physically, Emotionally, Socially, Professionally and Behaviorally.

HOW TO BECOME STRESS RESILIENT – In Part 5 of the PowerPoint participants learn practical ways to reduce stress to become more stress resilient at home and at work.

A second PowerPoint is available for use with correction officers and workers. [Contact for details.](#)

STRESSMASTER®

STRESSMASTER ASSOCIATE PROGRAM



Stressmaster Associates are professionals who have the passion and experience necessary to train others to reduce stress and become psychologically hardy. We do not require Certification Training...You're already a professional, but we do require a review of your work to insure that you will be successful. Associate receives the following benefits:

- **Increased Revenues** through the resale of materials
- Purchase stress training materials at **wholesale**
- Use the **Stress Management Questionnaire (SMQ)**
- **Stressmastery Guide** for Program Participants
- Trainers and Stress Management Program Facilitators
- **Independent Status** - No need for Certification
- **Referrals** for training and consulting in your area
- **Marketing** and **Website Development** (Optional)

We provide advance tools and techniques which have been proven effective in many different stress reduction programs. You can integrate and use our tools immediately in any stress management program or resell to your corporate HR Clients. If you don't have a stress management program in place, but have training experience or experience in other fields, our **Facilitators Manual** will enable you to create a truly unique and effective program in just a short period of time.

With our Stressmaster materials you can design and deliver state-of-the art stressmastery programs, workshops or seminars in virtually any environment, company or public location.

[Join Us Today.](#)
[Become A Stressmaster Associate](#)
[Click Here For More Information](#)

STRESSMASTER®

WHAT OUR CLIENTS ARE SAYING ABOUT US...

Dear Dr. Petersen,

I would like to personally thank you for creating a great stress assessment tool. As an executive coach, trainer, and team developer, I have searched for a good stress assessment tool for use in our programs. Having scoured the internet for over 10 years, we have found your stress "risk" assessment tool, called the Stress Management Questionnaire (SMQ), to be the best tool for the programs we do with our corporate clients.

We've been using your SMQ diagnostic tool since early 2000 as part of our PEAK PERFORMANCE II program. This program focuses on how to improve personal performance through employee engagement. Decreasing stress in the workplace is essential to improving organizational performance.

Thank you for working with us and our clients, as Stressmaster and your Stress Management Questionnaire will remain as an integral part of our program going forward. I sincerely appreciate the fact that you have worked with us to translate the Stressmaster into Spanish for one of our large financial clients in Mexico. Over the next 5 years, they plan to enroll their high potential group into the Peak Performance program as part of their cultural transformation process. They are trying to reach close to 5000 people in a period of 5 years. This is a pretty aggressive target. We are currently rolling out Peak Performance II to all the graduates of our Peak I program. Currently we are targeting 3000-5000 people for Peak I and then Peak II. Thank you for being such a great partner.

Susan Robertson
Co-Founder and Managing Partner Stop At Nothing, Inc.

Dr. Petersen has developed a comprehensive stress questionnaire that provides users with a comprehensive analysis and report that enables the participant to gain a greater understanding of potential triggers of stress within their lives that can be used to develop an effective stress management action plan to improve their overall health & well being.

PB
Preventative Medicine Professional

Hi Jim,
Greetings Dr. Petersen,

I took the SMQ, and would be very interested in getting a full report. I love the Guide that comes with completion too! This is all very comprehensive and well done.

Dr. Petersen's work is devoted to helping employees in high-stress organizations do more than "cope" with stress. Instead, they are guided to the awareness and tools that allow them to thrive, achieving mastery over stress.

Inspired by this message and excited to partner with the promise of Dr. Petersen's organization, I became a Stressmaster Associate. Dr. Petersen is a wealth of knowledge on the industry, and his Stress Management Questionnaire (SMQ) is an essential stress risk assessment tool. With it, I am able to better serve my clients, and, thereby, change the world.

AT
Live A ZenLife

Hi Jim,

I just got finished looking over the materials to the SMQ and I have to say that I am quite impressed. There is a place for this on a global level for sure. At the very least for people in the health care world as a staple instrument... I just wanted you to know that you really did a great job with this. The entire package is brilliant. (Later) I took the SMQ. I am sure that you will not be surprised to know that, I was impressed on first sight.

Lawrence F. (Licensed Psychologist - NY and CA)

I would just like to recommend the Stress Management Questionnaire (SMQ) as a key organizational tool to help employers to effectively identify and help manage stress within the workplace.

STRESSMASTER®

Hello Dr. Petersen,

I just took the assessment and I think it is great! It was simple, didn't take too long, and easy to understand. I really liked the guide as well, especially the Contract For Change section, as many of the clients we work with have difficulty with follow through. I will be trying this assessment with a client next week Wednesday and will also be presenting this to the occupational therapists and social workers. Thank you very much for being prompt and providing trials for us to try to determine the need for the assessment. I will keep you posted! Thank you.

YN, OTS

Hi Jim,

What has consistently been commented on in regard to the SMQ is the participants seeing how their companions rate them, compared to their own self evaluations. Longer-term married couples tend to mirror each other on the graph, while there are often big disparities between self and companion on those in less structured relationships, or less intimate relationships (i.e. siblings, friends, coworkers). Also, many remarked that they did not know they were as affected by stress until seeing the SMQ. I think stress is a badge of honor among some--if you are not stressed, you are not working hard enough. The SMQ allows them to see the importance of balance between work/home and the need for decompression "me" time. I think the SMQ has been a great educational tool in the fact that participants realize that stress is more of an enemy of productivity (professionally and personally) than they had previously believed.

One of the key areas we focus on in our District Manager training is for the participants to not only address their stress, but also help their direct-reports (Store Managers and CSRs) with stress.

As mentioned, this remains a very popular course. Right now we are projecting about 50 participants this year, but there is a possibility we will offer this as part of a stand-alone program (as opposed to a block of instruction in a 5-day course).

Chris
Trainer at a Large Convenience Store Chain

Dear Dr. Petersen,

Following is a summary of the participant (60+ Senior Partners at a KPMG) evaluations you received as an instructor for our recent session of Managing Stress, held in Houston. This was one of the most valuable investments we have made available for our employees. Out of a possible score of 5 with 5 being most favorable...

| | |
|------------------------------------|-------------|
| <i>Prepared</i> | <i>4.50</i> |
| <i>Clarity of Information</i> | <i>4.21</i> |
| <i>Instructor Knowledge</i> | <i>4.71</i> |
| <i>Interest in Student Success</i> | <i>4.43</i> |
| <i>Response to questions</i> | <i>4.29</i> |
| <i>Desire for more</i> | <i>4.21</i> |
| <i>Overall</i> | <i>4.24</i> |

These results reveal a strong, positive view of the program.
Senior Partner - KPMG

"I've been using the SMQ for over the last 14 months and have given it to about 750 people. It has been extremely useful in our Stress Management Program and I've received much positive feedback from the Participants. Some remarks have been:

'The (SMQ) guide has helped me change my life.'

'I get better insight every time I go through the Report and Guide.'

'The SMQ helped me know myself a lot better. I'm a better manager because of that.' These remarks make me feel good about the effectiveness of the instrument as we apply it in the Stress Management Program.'

PD - Training Psychologist for State of Arizona

Dr. Petersen,

I have been reading my "HIGHS" (scores on the SMQ) and I thank you for hitting it on the head. My anger, time urgency, tension highs describe me perfectly. I will be using the info taking it to my group counseling sessions for discussion input.

BF - New Port Richey

STRESSMASTER®

Dr. Petersen

I would just like to recommend the Stress Management Questionnaire (SMQ) as a key organizational tool to help employers to effectively identify and help manage stress within the workplace. Dr. Peterson has developed a comprehensive stress questionnaire that provides users with a comprehensive analysis and report that enables the participant to gain a greater understanding of potential triggers of stress within their lives that can be used to develop an effective stress management action plan to improve their overall health & well being."

P.B Wellness Provider (UK)

The SMQ is easy to complete and a good tool for engaging individuals, raising awareness of stress/stressors and more comprehensive than for example, giving someone a Homes & Rahe Stress Scale to complete (although that does provide a quick snapshot). I think the SMQ naturally leads people on to wanting to drill-down and learn more about the issues that are flagging-up as medium-high/high stress. I imagine it is also a good tool for bringing corporate clients on board too.

M.K. (UK)

Dear Dr James,

First of all thank you so much for the SMQ. I did it just now and it is spot on. It is really good because it shows you in what area of your life you have stress and also how much the stress is. It is not time consuming at all, that is a really big plus. People don't want to sit for instance an hour or more filling in answers. I can see now why this is really successful :)

EA (U.A.E.)

Thanks James,

I have been working with an executive team the last two days providing feedback regarding StressMaster and I am loving the practicality and richness of the information. We used it in Namibia for Executive Wellness, and conducted three assessments before meeting the team. The Stressmaster gave us the authoritative stance to go in and present sanitized actual averages for the small team's stress levels and this clenched the deal.

*Cobus du Plessis
Stressmaster Associate*

Hi Jim

I have had a stress free day. After looking at your site extensively I then completed the assessment. I have been looking for some time to find a resource to use with my clients dealing with stress, really like the approach you take.

*Rev. Paul Bailey, MA
Canada*

We've been working with Jim and his Stressmaster Assessment for close to 20 years. What Jim has developed is one of the best assessments that I've seen out there for helping people understand their stress load and then being able to manage their stress and overcome their stress.

S. R. SAN

I am one of a small team of Training & Development consultants here at Capita who provide a number of stand-alone courses in addition to our more bespoke consultancy work. One of these courses is Peak Performance Under Pressure - designed to help people to understand a little more of the nature of stress, their stressors, their stress response, and exploring preventative measures and coping mechanisms. The SMQ is used within the context of this course. Delegate feedback has been universally very positive, ranging from the benefit of having one's self-awareness reinforced, through to some real epiphanies. On a personal note, I have found the SMQ to be a robust, informative tool, based on sound theory and practice. I am definitely an advocate of the Stressmaster philosophy!

JL (UK Consultancy)

The large number of advisors who turned out for the presentations (by you) and the enthusiastic response to the material presented attests to the excellent job you did! (And)...we heard nothing but compliments on the programs being conducted for the advisors."

JTN - National Law Enforcement Council