

STRESSMASTER

**STRESS MANAGEMENT QUESTIONNAIRE (SMQ)
&
STRESSMASTERY GUIDE**



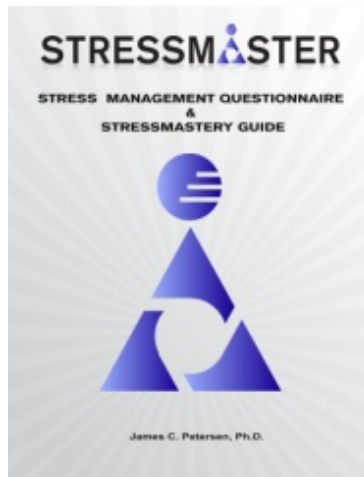
STRESS MANAGEMENT QUESTIONNAIRE (SMQ) & STRESSMASTERY GUIDE

By

James C. Petersen, Ph.D.

“We've been working with Stressmaster for close to 20 years. What [Dr. Petersen] 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.”

Susan Roberson-Managing Partner-Stop at Nothing



WHAT

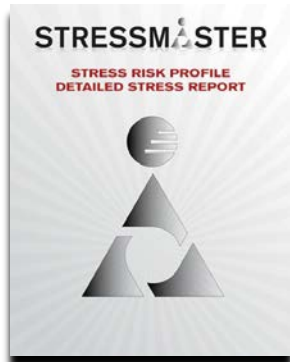
The Stressmastery Program consists of four main components. Each person who takes the SMQ receives:

- **Stress Management Questionnaire (SMQ) – Online & Print**
- **Stress “Risk” Profile**
- **Detailed Stress Report**
- **Stressmastery Guide: A Roadmap to Resilience**

A Stress Risk Assessment begins with the **Stress Management Questionnaire (SMQ)** which is one of the first scientifically developed stress risk assessment protocol created in the US (NIOSH, 1983). The SMQ has been a guide to over 600,000 people in 15 countries on how to master stress and become more stress resilient.

USA | Canada | Mexico | Norway | Slovenia | Chile | Germany | South Africa | Wales | India | Jordan | UK | Nigeria | Iran
|China | Saudi Arabia

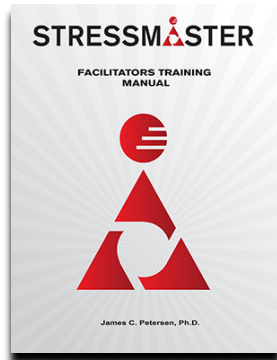
The SMQ is an 87 item scientifically created stress risk assessment tool used in company stress management training programs, organizational stress evaluations and by stress coaches and counselors with their individual clients. The SMQ is a valid and reliable measure of one's stress warning signs, the types of stressors one is exposed to and effects of stress on the body and mood. The SMQ can be taken via the Internet or by traditional paper and pencil methods.



The **Stress "Risk" Profile** is produced at the conclusion of the SMQ assessment. Low to High Risk Scores for each of the 11 scales are calculated and assigned based upon a comparison of the assessment taker's scale scores to the norm group; the higher the score the greater the stress "risk".

The **Detailed Stress Report** shows how one scored on each item so that the respondent can identify key areas on which to work. The Report provides a detailed look at how one answered each question as well as the overall "risk" for each scale. By reviewing and studying each response, specific behaviors and attitudes that affect stress can be identified.

[Click Image to See Example](#)



The **Stressmastery Guide to Resilience** is a 42 page booklet that provides a complete understanding and meaning of each SMQ scale, along with specific, evidence-based recommendation on What To Know and What to Do to reduce stress and build stress resilience. The Guide is the "interpretive" component of the [Stressmastery Program](#) and is used in training and coaching sessions.

[Click Image to See Example](#)

BENEFITS

For the Individual: The SMQ reveals information about how one is experiencing stress and how they are responding to life/work stressors, what those stressors are and how stress may be affecting them in adverse ways.

For trainers, wellness coaches and counselors: the SMQ enables them to provide structured guidance to their trainees or clients on how to master stress and become more stress resilient based upon actual responses to key questions.

SMQ SCALES

The SMQ information on 11 unique stress “risk” scales based on their responses to 87 Likert style questions. The scales are assigned to three (3) main categories:

Stress Warning Signs Scales

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

Stressors Scales

- Life Events - Major Events of Life
- Hassles - Daily Challenges

Stress Effects Scales

- Physical Effects
- Life Work Satisfaction

WHO

The SMQ was developed by Dr. James Petersen, a psychologist, author and research scientist. It is published by *Stressmaster International* and used in companies and organizations worldwide in corporate stress management programs, EAPs, counseling centers and by stress and wellness coaches.

HOW IS IT DISTRIBUTED

The SMQ is sold directly to Training, HR Departments, Wellness and Health professionals either directly from Stressmaster or through a team of over 30 **Independent Stressmaster Associates** in the USA, Canada, Mexico, Norway, Slovenia, Chile, Germany, South Africa, Wales, India, Jordan, UK, Nigeria, Iran, China and Saudi Arabia. Learn More or contact us if interested in becoming an Associate. [CONTACT](#).

HOW IS IT US

The SMQ is used...

- In stress mastery (management) training programs, seminars or workshops
- By stress coaches or counselor with individuals under stress
- By wellness professionals as a core part of corporate wellness initiatives
- By individuals under stress as a way of self-exploration and personal development

HOW WAS THE SMQ DEVELOPED

The SMQ was developed by Dr. James Petersen, a clinical and developmental psychologist, researcher, trainer and author. The SMQ evolved through his works with stress related disorders at his Biofeedback and Stress Management Clinic in Tucson, Arizona. In 1980, Dr. Petersen and his team of researchers conducted a comprehensive Validation Study of the SMQ using standard statistical and normative based approaches. This research was funded by a grant from the National Institute for Occupational Safety and Health (NIOSH).

USERS

The SMQ is used by...

- Stress Management Trainers
- Program Facilitators
- Stress Coaches
- Counselors
- Wellness Professionals
- Medical and Health Professionals
- Individuals for Personal Development

CLIENT EXAMPLES



WHAT THEY'RE SAYING...

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. Thank you for being such a great partner.

Susan Robertson
Co-Founder and Managing Partner Stop At
Nothing

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)

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...

Prepared	4.50
Clarity of Information	4.21
Instructor Knowledge	4.71
Interest in Student Success	4.43
Response to questions	4.29
Desire for more	4.21
Overall	4.24

These results reveal a strong, positive view of the program.

Senior Partner – KPMG

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

Dear Jim,

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)

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,

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
Speedway, LLC

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)
[More...](#)