

# **THE IMPACT OF STRESS (PERSONAL) STRESS TEST**

**Brief Test**



# THE IMPACT OF STRESS (PERSONAL) STRESS TEST

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**IOS Stress Test  
Produced  
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# The Impact of Stress (Personal) Stress Test

## Introduction

Stress has an impact on goal achievement by effecting perceptive ability and the capacity to respond by influencing, either positively or negatively, both cognitive (intellectual) and affective (emotional) state. Therefore stress impacts on physical, emotional and mental well-being of people.

The Impact of Stress Test can help you understand your stress levels and the importance of seeking help and/or taking action to change something for the better!

How Stress Impacts on you is determined by:

1. your natural coping abilities and
2. (personal) supports you have that help you cope.

This test is designed to help you assess the impact of stress on you so that you can take action to cope and become happier.

**Please note that whilst this test is based in theory and research it is still under development and remember this test is no substitute for professional advice!**

**A Personal Stress test and the “De-Stress Book” are available free from Kinematic at:**

[http://www.kinematic.com.au/component/option.com\\_docman/task.cat\\_view/gid.32/dir.DESC/order.date/limit.5/limitstart.5/](http://www.kinematic.com.au/component/option.com_docman/task.cat_view/gid.32/dir.DESC/order.date/limit.5/limitstart.5/)

Or go to  
<http://www.kinematic.com.au>  
then  
Free Downloads  
then  
Tests, Tools and Techniques (page 2)



# Stressors Score

Please place a tick or x in the box that indicates your level of agreement with the statement

Statement	1	2	3	4	5
	Strongly Agree	Agree	You neither agree nor disagree	Disagree	Strongly Disagree
I face heavy demands in meeting work OR client needs					
I am challenged to keep pace with change					
I am constantly required to review my work and life plans					
Bottom-line pressures is high					
Work pressures are increasing OUTPUT performance demands					
Change is ongoing					
Family financial pressures are high					
Family pressures are increasing demands on my time					
Work is difficult to manage					
The family is difficult to manage					
<b>Total Number of ticks in each column</b>	x2 =	x 1 =		x 1 =	x 2 =

To determine your context score, multiply the ticks or x's by the number indicated at the bottom of the column and then complete the Context Score equation as indicated below.

Stressors Score : \_\_\_\_\_ (Total of **FIRST** two columns)

SUBTRACT \_\_\_\_\_ (Total of **LAST** two columns) = \_\_\_\_\_  
Total Stressors Score

## Personal Support Score

Please place a tick or x in the box that indicates your level of agreement with the statement

Statement	1 Strongly Agree	2 Agree	3 You neither agree nor disagree	4 Disagree	5 Strongly Disagree
1. I have opportunities to express my feelings openly					
2. People listen to how I feel as a person					
3. Emotional expression is supported in my career life					
4. My friends and peers support the idea of mental health					
5. My friends and peers support emotional expression					
6. Emotional expression is supported in my family life					
7. My family supports the idea of mental health					
8. Emotional expression is supported in my community					
9. I do not need to hide any of my feelings from my family					
10. I do not need to hide any of my feelings from my friends					
<b>Total Number of ticks in each column</b>	x2 =	x 1 =		x 1 =	x 2 =

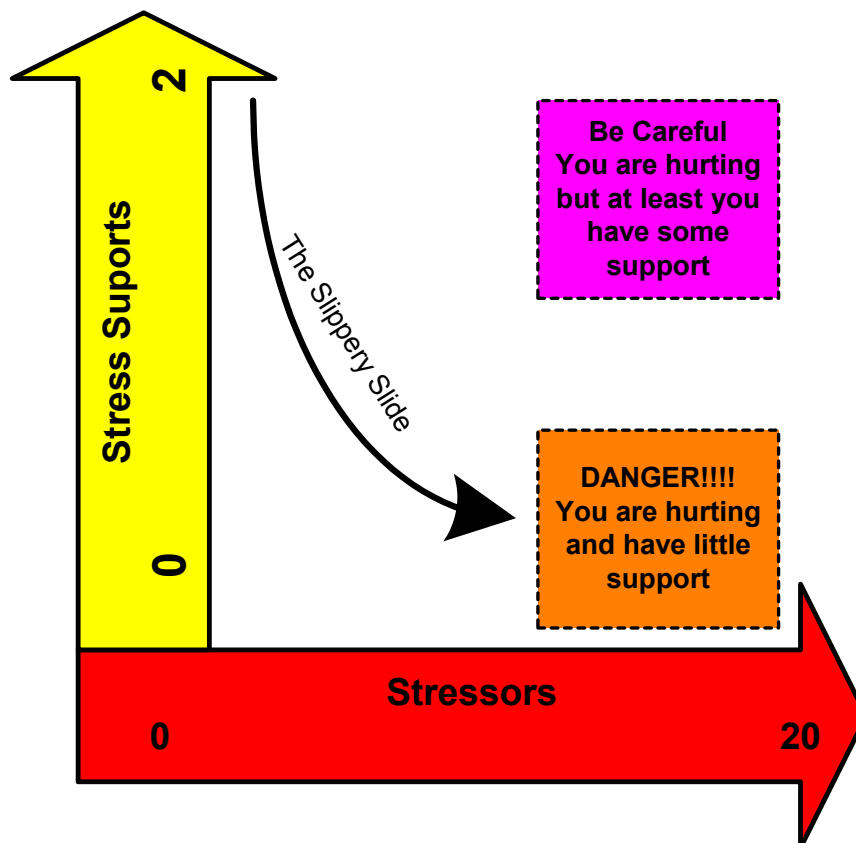
To determine your context score, multiply the ticks or x's by the number indicated at the bottom of the column and then complete the Context Score equation as indicated below.

Personal Score : \_\_\_\_\_ (Total of **FIRST** two columns)

SUBTRACT \_\_\_\_\_ (Total of **LAST** two columns) = \_\_\_\_\_  
Total Personal Support Score

## Graphing the Impact of Stress Score

Graph your score using the scoring system indicated in the coloured axis.  
For negative scores, please contact the provider of the test.



### WHAT TO DO NOW????

For guidance and consider getting professional help go to  
<http://www.kinematic.com.au>



## ***BACKGROUND - Test designer***

Dr. Leigh Kibby, PhD; Grad Dip GW; B Ed; DipT

**Dr. Kibby, known as “Dr. Leigh,” is one of the world’s truly innovative thought leaders having founded the Noetic Psychology movement and developed numerous new paradigms such as the:**

- **9 Happiness Habits**
- **the Sustainability Triangle (Psychology-Sociology-Ecology)**
- **L.E.T. (Language-Emotion-Thought) framework**
- **Affective-Cognitive Integration Model (the NEW Emotional Intelligence)**
- **“Intelligence of Emotions” and**
- **Psychological Genome.**

**Dr. Kibby is also one of Australia’s leading trainers having taught Noetic techniques to over 2500 people including General Practitioners (Family Physicians), Police, teachers, youth workers and the corporate sector. Dr. Leigh also devised some of the most successful development programs for the unemployed - Empower Plan and Making the Change. His Paradigm Shift seminar has been described by senior executives as the most personally profound and professionally uplifting programs they have attended in their entire careers.**

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### *Qualifications*

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- **PhD Thesis – Emotional Intelligence, Emotions Management and Ethical Behaviour, successfully completed 2005, Deakin University, Victoria**
- **Graduate Diploma in Group Work and Counselling, 1989, University, South Australia**
- **Bachelor of Education (double major), 1986, Deakin University, Victoria**
- **Diploma of Teaching, 1979, RMIT University, Victoria**