



Stress Inventory

For patients with diabetes

How often do you have:

	Always 1	Often 2	Sometimes 3	Rarely 4	Never 5
Upset or acid stomach	1	2	3	4	5
Lack of energy	1	2	3	4	5
Chest tightness	1	2	3	4	5
Headache	1	2	3	4	5
Teeth grinding	1	2	3	4	5
Crying	1	2	3	4	5
Forgetfulness	1	2	3	4	5
Worrying	1	2	3	4	5
Insomnia	1	2	3	4	5
Depression/anxiety	1	2	3	4	5
Eating when not hungry	1	2	3	4	5
Frustration	1	2	3	4	5
Excessive smoking	1	2	3	4	5
Anger	1	2	3	4	5
Blaming	1	2	3	4	5
Other:	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Diabetes Care Center: 206-598-4882