Stress Appraisal Measure (SAM)  

This questionnaire is concerned with your thoughts about various aspects of the situation identified previously. There are no right or wrong answers. Please respond according to how you view this situation right NOW. Please answer ALL questions. Answer each question by CIRCLING the appropriate number corresponding to the following scale.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not at All</td>
<td>Slightly</td>
<td>Moderately</td>
<td>Considerably</td>
<td>Extremely</td>
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</tbody>
</table>

1. Is this a totally hopeless situation?  
2. Does this situation create tension in me?  
3. Is the outcome of this situation uncontrollable by anyone?  
4. Is there someone or some agency I can turn to for help if I need it?  
5. Does this situation make me feel anxious?  
6. Does this situation have important consequences for me?  
7. Is this going to have a positive impact on me?  
8. How eager am I to tackle this problem?  
9. How much will I be affected by the outcome of this situation?  
10. To what extent can I become a stronger person because of this problem?  
11. Will the outcome of this situation be negative?  
12. Do I have the ability to do well in this situation?  
13. Does this situation have serious implications for me?  
14. Do I have what it takes to do well in this situation?  
15. Is there help available to me for dealing with this problem?  
16. Does this situation tax or exceed my coping resources?
17. Are there sufficient resources available to help me in dealing with this situation? 1 2 3 4 5
18. Is it beyond anyone’s power to do anything about this situation? 1 2 3 4 5
19. To what extent am I excited thinking about the outcome of this situation? 1 2 3 4 5
20. How threatening is this situation? 1 2 3 4 5
21. Is the problem unresolvable by anyone? 1 2 3 4 5
22. Will I be able to overcome the problem? 1 2 3 4 5
23. Is there anyone who can help me to manage this problem? 1 2 3 4 5
24. To what extent do I perceive this situation as stressful? 1 2 3 4 5
25. Do I have the skills necessary to achieve a successful outcome to this situation? 1 2 3 4 5
26. To what extent does this event require coping efforts on my part? 1 2 3 4 5
27. Does this situation have long-term consequences for me? 1 2 3 4 5
28. Is this going to have a negative impact on me? 1 2 3 4 5