

Stress Appraisal Measure (SAM)

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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.

	1	2	3	4	5
	Not at All	Slightly	Moderately	Considerably	Extremely
1.					1 2 3 4 5
2.					1 2 3 4 5
3.					1 2 3 4 5
4.					1 2 3 4 5
5.					1 2 3 4 5
6.					1 2 3 4 5
7.					1 2 3 4 5
8.					1 2 3 4 5
9.					1 2 3 4 5
10.					1 2 3 4 5
11.					1 2 3 4 5
12.					1 2 3 4 5
13.					1 2 3 4 5
14.					1 2 3 4 5
15.					1 2 3 4 5
16.					1 2 3 4 5

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|-----|---|---|---|---|---|---|
| 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 |

Reference: Peacock, E. J., & Wong, P. T. P. (1990). [The Stress Appraisal Measure \(SAM\): A multidimensional approach to cognitive appraisal](#). *Stress Medicine*, 6, 227-236.