() 6. Increased blood pressure
(7. Prolonged skin problems
() 8. Extreme change in appetite
() 9. Excess gas
() 10. Frequent dizziness
() 11. Gastric ulcer
() 12. Myocardial infarction
() 13. Inability to work
() 14. Nightmares
() 15. Feeling incompetent in all areas
() 16. Desire to escape everything
() 17. Apathy, depression or prolonged anger
() 18. Excessive tiredness
() 19. Thinking/Talking over and over about the
	same topic
() 20. Irritability for no apparent reason
() 21. Daily distress/anxiety
() 22. Emotional hypersensitivity
() 23. Loss of sense of humor
(24. None of the above symptoms

Source: Lipp (2000)

Campo Belo Facility

3.457, Vereador José Diniz Avenue – Campo Belo District

Zip code: 04616-003- São Paulo - SP

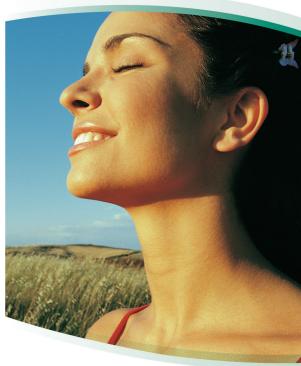
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Paraíso Facility

331, João Julião Street – Building B – 6th floor Paraíso District – Zip code: 01323-903 – São Paulo – SP Phone: (11) 3549-1000 / Fax: (11) 3549-1603 Tel.: (11) 3549-1000 / Fax.: (11) 3549-1603 checkup@haoc.com.br www.hospitalalemao.org.br

Stress Symptoms Inventory







cod. 217131

) 13. Surge of motivation) 14. Sudden enthusiasm) 15. Sudden urge to start new projects	
() 12. Change in appetite () 13. Surge of motivation () 14. Sudden enthusiasm () 15. Sudden urge to start new projects () 16. None of the above symptoms	
Mark with an X the symptoms you have been periencing in the past two weeks:	
 () 1. Memory problems () 2. General malaise without specific cause () 3. Tingling of the extremities () 4. Feeling of constant physical strain () 5. Change in appetite () 6. Skin problems () 7. Increased blood pressure () 8. Constant tiredness () 9. Gastritis/gastric ulcer 	
) 10. Dizziness/Feeling as if floating) 11. Excessive emotional sensitivity
	 () 12. Self-doubt () 13. Constant thought about the same topic () 14. Constant irritability () 15. Decreased libido () 16. None of the above symptoms C) Mark with an X the symptoms you have been experiencing over the past two months: () 1. Frequent diarrhea () 2. Sexual difficulties () 3. Insomnia () 4. Nausea () 5. Tics