

Negative Event Scale

You are asked to think about the negative events (hassles) that you have *experienced in the last month*. Negative daily events are the small day to day happenings that lead people to feel hassled. From such events people can feel distressed, upset, guilty or scared. Negative events can also lead to people feeling hostile, irritable, nervous, afraid, ashamed or frustrated.

Below are a list of items that can be negative events. For each item, consider first, if the event occurred *during the last month* and then how **hassled** you felt. Circle **0** if it did not occur, **1** if the event occurred but you did not experience any hassle, **2** if it occurred and was a little of a hassle, **3** if it occurred and was somewhat of a hassle, **4** if it occurred and was a lot of a hassle, and circle **5** if the event occurred and was an extreme hassle.

Please remember that it is important that you:

- * circle one number for *each item even if there was no hassle*
- * consider each item with only *the last month in mind*.

How much of a <u>hassle</u> was this negative event?	0 = Did not occur 1 = Event occurred but there was no hassle 2 = Event occurred and a little of a hassle 3 = Event occurred and somewhat of a hassle 4 = Event occurred and a lot of a hassle 5 = Event occurred and an extreme hassle
In the last month	

Problems with Friends

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. Negative feedback from your friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Negative communication with friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Conflict with a friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Disagreement (including arguments) with a friend/s | 0 | 1 | 2 | 3 | 4 | 5 |

Problems with your Spouse/partner (boy/girl friend)

- | | | | | | | |
|---|---|---|---|---|---|---|
| 5. Negative communication with your spouse/partner (boy/girl friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Conflict with spouse/partner (boy/girl friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Disagreement (including arguments) with spouse/partner (boy/girl friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Rejection by your spouse/partner (boy/girl friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. Your spouse/partner (boy/girl friend) let you down | 0 | 1 | 2 | 3 | 4 | 5 |

Work

- | | | | | | | |
|---|---|---|---|---|---|---|
| 10. The nature of your job/work (if employed) | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. Your work load | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. Meeting deadlines or goals on the job | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. Use of your skills at work | 0 | 1 | 2 | 3 | 4 | 5 |

How much of a hassle was this negative event?

0= Did not occur

1= Event occurred but there was no hassle

2= Event occurred and a little of a hassle

3= Event occurred and somewhat of a hassle

4= Event occurred and a lot of a hassle

5= Event occurred and an extreme hassle

In the last month

Money

- | | | | | | | |
|---|---|---|---|---|---|---|
| 14. Not enough money for necessities (e.g. food, clothing, housing, health care, taxes, insurance, etc) | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. Not enough money for education | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. Not enough money for emergencies | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. Not enough money for extras (e.g. entertainment, recreation, vacations, etc). | 0 | 1 | 2 | 3 | 4 | 5 |

Problems with Children

- | | | | | | | |
|---|---|---|---|---|---|---|
| 18. Negative communication with your child(ren) | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. Conflict with your child(ren) | 0 | 1 | 2 | 3 | 4 | 5 |
| 20. Disagreement (including arguments) with your child(ren) | 0 | 1 | 2 | 3 | 4 | 5 |

Course

- | | | | | | | |
|--|---|---|---|---|---|---|
| 21. Your study load | 0 | 1 | 2 | 3 | 4 | 5 |
| 22. Study/course deadlines | 0 | 1 | 2 | 3 | 4 | 5 |
| 23. Time pressures | 0 | 1 | 2 | 3 | 4 | 5 |
| 24. Problems getting assignments/essays finished | 0 | 1 | 2 | 3 | 4 | 5 |

Problems with Teachers/Lecturers

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|--|---|---|---|---|---|---|
| 25. Negative communication with teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 26. Negative feedback from teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 27. Conflict with teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 28. Disagreement (including arguments) with your teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |

Problems with Parents or Parents-in-law

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|---|---|---|---|---|---|---|
| 29. Negative communication with your parents or parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 30. Conflict with your parents or parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 31. Disagreement (including arguments) with parents or parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 32. Negative feedback from your parents or parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |

Problems with other Students

- | | | | | | | |
|---|---|---|---|---|---|---|
| 33. Negative communication with other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 34. Conflict with other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 35. Disagreement (including arguments) with other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 36. Doing things with other student/s | 0 | 1 | 2 | 3 | 4 | 5 |

How much of a hassle was this negative event?

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5= Event occurred and an extreme hassle

In the last month

Problems with relative/s

37. Conflict with other relative	0	1	2	3	4	5
38. Disagreement (including arguments) with other relative	0	1	2	3	4	5
39. Negative feedback from other relative	0	1	2	3	4	5
40. Doing things with other relative	0	1	2	3	4	5

Health Problems

41. Your health	0	1	2	3	4	5
42. Your physical abilities	0	1	2	3	4	5
43. Your medical care	0	1	2	3	4	5
44. Getting sick (e.g. flu, colds)	0	1	2	3	4	5

Problems with your Work supervisor/employer

45. Negative feedback from your supervisor/employer	0	1	2	3	4	5
46. Negative communication with your supervisor/employer	0	1	2	3	4	5
47. Conflict with your supervisor/employer	0	1	2	3	4	5
48. Disagreement (including arguments) with your supervisor/employer	0	1	2	3	4	5

Hassles Getting a Job

49. Finding a job (e.g. interviews, placements)	0	1	2	3	4	5
50. Finding Work	0	1	2	3	4	5
51. Problems with finding a job	0	1	2	3	4	5
52. Employment problems (e.g. finding, losing a job)	0	1	2	3	4	5

Academic Limitations

53. Not getting the marks (results) you expected	0	1	2	3	4	5
54. Your academic ability not as good as you thought	0	1	2	3	4	5
55. Not understanding some subjects	0	1	2	3	4	5

Course Interest

56. Course not relevant to your future career	0	1	2	3	4	5
57. Your course is boring	0	1	2	3	4	5