

Negative Event (Hassle) Scale

This scale asks you to think about the negative events (hassles) that you *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 some events that can be a hassle.

For each item, circle in the *left column* how often that event occurred (for example, circle **1-3** if the **event happened 1 to 3 times**). It is important that you try to remember the number of times the event occurred during the last month. Then in the *right column*, indicate how much of a hassle each of those events were (on average) during the same period (for example circle **1** if it was **a little of a hassle** or **4** if it was **an extreme hassle**). If the event did not occur, circle 0 in the left column and then move on to the next item without scoring a number in the right column. Please consider each item only with *the last 4 weeks (previous month) in mind*.

How Often?

- 0 = did not happen
- 1-3 = happened 1 to 3 times
- 4-6 = happened 4 to 6 times
- 7-9 = happened 7 to 9 times
- 10+ = happened 10 times or more

How much of a Hassle (average)?

- 0 = no hassle
- 1 = a little of a hassle
- 2 = somewhat of a hassle
- 3 = a lot of a hassle
- 4 = extreme hassle

Type of Negative Event

Problems with Friends

0	1-3	4-6	7-9	10+	1. Negative feedback from your friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	2. Negative communication with friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	3. Conflict with a friend/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	4. Disagreement (including arguments) with a friend/s	0	1	2	3	4

Problems with your Spouse/partner (include boy/girlfriend)

0	1-3	4-6	7-9	10+	5. Negative communication with your spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	6. Conflict with your spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	7. Disagreement (including arguments) with spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	8. Rejection by your spouse or partner	0	1	2	3	4
0	1-3	4-6	7-9	10+	9. Your spouse or partner let you down	0	1	2	3	4

Work (if in paid employment)

0	1-3	4-6	7-9	10+	10. The nature of your job/work	0	1	2	3	4
0	1-3	4-6	7-9	10+	11. Your work load	0	1	2	3	4
0	1-3	4-6	7-9	10+	12. Meeting deadlines or goals on the job	0	1	2	3	4
0	1-3	4-6	7-9	10+	13. Use of your skills at work	0	1	2	3	4

Problems with your Work supervisor/employer

0	1-3	4-6	7-9	10+	14. Negative feedback from your supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	15. Negative communication with your supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	16. Conflict with your supervisor/employer	0	1	2	3	4
0	1-3	4-6	7-9	10+	17. Disagreement (including arguments) with your supervisor/employer	0	1	2	3	4

Money

0	1-3	4-6	7-9	10+	18. Not enough money for food, clothing, housing etc.	0	1	2	3	4
0	1-3	4-6	7-9	10+	19. Not enough money for education	0	1	2	3	4
0	1-3	4-6	7-9	10+	20. Not enough money for emergencies	0	1	2	3	4
0	1-3	4-6	7-9	10+	21. Not enough money for extras such as entertainment/holiday	0	1	2	3	4

How Often?

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How much of a Hassle (average)?

0 = no hassle
 1 = a little of a hassle
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 4 = extreme hassle

Type of Negative Event***Problems with Children***

0	1-3	4-6	7-9	10+	22. Negative communication with your child(ren)	0	1	2	3	4
0	1-3	4-6	7-9	10+	23. Conflict with your child(ren)	0	1	2	3	4
0	1-3	4-6	7-9	10+	24. Disagreement (including arguments) with your child(ren)	0	1	2	3	4

Problems with Parents (or Parents-in-law)

0	1-3	4-6	7-9	10+	25. Negative communication with your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	26. Conflict with your parents/-in-law	0	1	2	3	4
0	1-3	4-6	7-9	10+	27. Disagreement (including arguments) with parents/-in-law					
0	1-3	4-6	7-9	10+	28. Negative feedback from your parents/-in-law	0	1	2	3	4

Problems with other Workers

0	1-3	4-6	7-9	10+	29. Negative communication with other worker/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	30. Conflict with other worker/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	31. Disagreement (including arguments) with other worker/s	0	1	2	3	4
0	1-3	4-6	7-9	10+	32. Doing things with other worker/s	0	1	2	3	4

Problems with other relative/s

0	1-3	4-6	7-9	10+	33. Conflict with other relative	0	1	2	3	4
0	1-3	4-6	7-9	10+	34. Disagreement (including arguments) with other relative	0	1	2	3	4
0	1-3	4-6	7-9	10+	35. Negative feedback from other relative	0	1	2	3	4
0	1-3	4-6	7-9	10+	36. Doing things with other relative	0	1	2	3	4

Health Problems

0	1-3	4-6	7-9	10+	37. Your health	0	1	2	3	4
0	1-3	4-6	7-9	10+	38. Your physical abilities	0	1	2	3	4
0	1-3	4-6	7-9	10+	39. Your medical care	0	1	2	3	4
0	1-3	4-6	7-9	10+	40. Getting sick (e.g. flu, colds)	0	1	2	3	4

Household

0	1-3	4-6	7-9	10+	41. Cooking and food preparation	0	1	2	3	4
0	1-3	4-6	7-9	10+	42. Doing cleaning and other housework	0	1	2	3	4
0	1-3	4-6	7-9	10+	43. Eating at home	0	1	2	3	4
0	1-3	4-6	7-9	10+	44. Being organized	0	1	2	3	4
0	1-3	4-6	7-9	10+	45. Doing gardening (such as mowing, weeding)	0	1	2	3	4
0	1-3	4-6	7-9	10+	46. Doing home maintenance or repairs	0	1	2	3	4