

stressSCANSM



HERE IS A QUICK, RELIABLE WAY TO IDENTIFY THE LIFESTYLE, COPING, AND PSYCHOSOCIAL FACTORS THAT HELP INDIVIDUALS WITHSTAND THE ADVERSE EFFECTS OF DAILY STRESS

StressScan is an adaptation of the Stress Profile published by Western Psychological Services, and provides targeted information about specific lifestyle and health behaviours that might be contributing to stress related illnesses for particular individuals.

StressScan has over fifteen years of published research. This shows significant connections to a wide range of health and organisational issues such as absenteeism, job satisfaction, physical illness, job burnout, depression, anxiety, and psychological distress in working adults. A large international normative database is used to compare lifestyle practices, health habits, and wellness practices in workers.

This validated self-report inventory measures critical stress, lifestyle management, and coping scales. It generates a comprehensive feedback report summarising results and providing information for optimising wellness. StressScan is particularly useful in organisational settings as part of executive/management coaching, stress management training, wellness/health promotion programs, employee assistance, and research.

StressScan scales

- Work/Life Stress
- Health Habits
 - Physical Activity/Exercise
 - Sleep/Relaxation
 - Eating/Nutrition
 - Preventive Practices
- Social Support Network
- Psychological Well-Being
- Type A Behaviour
- Cognitive Hardiness
- Coping Style
 - Positive Appraisal
 - Negative Appraisal
 - Threat Minimisation
 - Problem Focused Coping