

Student Stressor Interview for Proactive Planning

Student: _____ **Date:** _____

Teacher/Case Manager: _____

Interviewer: _____

School Program: _____

Directions: Introduce the 1-5 point scale to the student. Explain that you are going to mention some things that may or may not make him nervous, stressed, anxious or even excited. Tell the student that you will read each situation and he should answer using the numbers 1-5 depending on how it makes him feel.

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|--|---|---|---|---|---|
| 1. Getting up in the morning | 1 | 2 | 3 | 4 | 5 |
| 2. Taking tests | 1 | 2 | 3 | 4 | 5 |
| 3. Bright lights | 1 | 2 | 3 | 4 | 5 |
| 4. Someone touching your stuff | 1 | 2 | 3 | 4 | 5 |
| 5. Having to wait to talk about your favorite thing | 1 | 2 | 3 | 4 | 5 |
| 6. Hearing about a change in the schedule | 1 | 2 | 3 | 4 | 5 |
| 7. Being around a lot of noise | 1 | 2 | 3 | 4 | 5 |
| 8. Being around a lot of rowdy people | 1 | 2 | 3 | 4 | 5 |
| 9. Riding the bus | 1 | 2 | 3 | 4 | 5 |
| 10. Being sick | 1 | 2 | 3 | 4 | 5 |
| 11. Having to wait to do something you really want to do | 1 | 2 | 3 | 4 | 5 |
| 12. Being touched | 1 | 2 | 3 | 4 | 5 |
| 13. Going to the mall | 1 | 2 | 3 | 4 | 5 |
| 14. Having someone stand to close to you | 1 | 2 | 3 | 4 | 5 |
| 15. Smelling someone's breath | 1 | 2 | 3 | 4 | 5 |

16. Having to stop doing one thing and starting another	1	2	3	4	5
17. Having someone take your stuff	1	2	3	4	5
18. Being around a lot of people	1	2	3	4	5
19. Having to figure out how another person feels about you	1	2	3	4	5
20. Playing sports	1	2	3	4	5
21. Handwriting	1	2	3	4	5
22. Listening to directions	1	2	3	4	5
23. Being yelled at	1	2	3	4	5
24. Getting into trouble	1	2	3	4	5
25. Having a conversation	1	2	3	4	5
26. Being around animals	1	2	3	4	5
27. Being in the cafeteria at school	1	2	3	4	5
28. Reading	1	2	3	4	5
29. Math	1	2	3	4	5
30. Losing a game	1	2	3	4	5
31. Having a substitute teacher	1	2	3	4	5
32. Asking for help	1	2	3	4	5
33. You are not picked to be on a team	1	2	3	4	5
34. You think someone has ignored you	1	2	3	4	5
35. Having homework	1	2	3	4	5
36. Your friends are playing a game and they won't let you play	1	2	3	4	5
37. You lose money in a pop machine	1	2	3	4	5

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|--|---|---|---|---|---|
| 38. Being late for school | 1 | 2 | 3 | 4 | 5 |
| 39. Walking past groups of students in the hallway | 1 | 2 | 3 | 4 | 5 |
| 40. Coming back to school after a vacation | 1 | 2 | 3 | 4 | 5 |
| 41. Meeting new people | 1 | 2 | 3 | 4 | 5 |
| 42. Being teased | 1 | 2 | 3 | 4 | 5 |
| 43. Having to look at someone in their eyes | 1 | 2 | 3 | 4 | 5 |
| 44. Being hugged | 1 | 2 | 3 | 4 | 5 |
| 45. Wearing uncomfortable clothes | 1 | 2 | 3 | 4 | 5 |
| 46. Someone cuts in front of you in line | 1 | 2 | 3 | 4 | 5 |

Interviewer's notes:

References:

Dunn, K. & Curtis, M. (2003). The Incredible 5-Point Scale. AAPC.

Groden, Cautela, Diller, Velicer & Norman. (1999). The Stress Survey Schedule for Individuals with Autism and Other Pervasive Developmental Disabilities. The Groden Center.

Nelson, W. M. & Finch, A. J. (2000). Children's Inventory of Anger. wps.

Schopler, Reichler & Renner. (1988). The Childhood Autism Rating Scale. wps.

Simpson, R & Smith Myles, B. (2001). Asperger Syndrome Diagnostic Scale. Pro-ed.

Are you ever nervous, angry
or stressed out?

5 can make me lose
Control!

4 can *really* upset me.

3 can really make me
nervous or excited.

2 sometimes bothers
me.

1 never bothers me.

