

## Adaptation of Groden Stress Survey Schedule

Child's Name:	Age:				
Rater:	Today's Date:				
Please rate the intensity of stress reaction to the following events by checking (✓) the appropriate column.					
	None to Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
1. Receiving a present or surprise					
2. Having personal objects or materials out of order					
3. Being given too much information or having too much information around him/her					
4. Having a change in his/her schedule or plans					
5. Being near noise or disruptions					
6. Waiting for preferred events					
7. Not feeling well					
8. Being touched					
9. Having personal objects or materials missing					
10. Having a change in task to a new task with new directions					
11. Being asked to do something without clear directions or guidance					
12. Being prevented from completing a ritual					
13. Being pressured to work below own standards					
14. Being prevented from carrying out a ritual					
15. Moving from one location to another					
16. Being expected to do a group activity					
17. Having a change in environment from familiar to unfamiliar					
18. Being in a disorganized environment					
19. Being asked to do something in a different way from usual					
20. Being in the vicinity of bright lights					

	None to Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
21. Having food restricted, such as by following a diet					
22. Having unstructured time					
23. Attending a party or favored event					
24. Receiving a reprimand					
25. Transitioning from a preferred to non-preferred activity					
26. Being told "no"					
27. Receiving criticism					
28. Having something marked incorrect					
29. Being interrupted while engaging in a ritual					
30. Receiving hugs and affection					
31. Having to engage in an activity he/she doesn't like					
32. Being unable to communicate his/her needs					
33. Waiting at a restaurant					
34. Going home from school or work					
35. Waiting to go some place					
36. Needing to ask for help					
37. Participating in group activities					
38. Having a change in staff, teacher, assistant, etc.					
39. Losing at a game					
40. Waiting for a reward or present					
41. Feeling crowded					
42. Working in a way that seems sloppy to him/her					
43. Being treated in a way that seems unfair to him/her					
44. Waiting for something to begin					

	None to Mild	Mild to Moderate	Moderate	Moderate to Severe	Severe
45. Having to engage in back and forth conversation					
46. Being praised					
47. Spending too little time alone					
48. Being pressured to work or finish a task quickly					
49. Being given vague or unclear directions					
50. Failure of other people to do what they said they'd do					
51. Being pressured to meet a deadline					
52. Being asked to do something for no apparently good reason					
53. Having someone disagree about something s/he is certain of					
54. Being asked to do something when instructions are not clear					
<b>Fears</b>					
1. Of animals					
2. Of water in a pool, lake, ocean, etc.					
3. Of crowds					
4. Of closed spaces					
5. Of the dark					
6. Of being left alone					
<b>Life Stressors</b>					
1. Going to the doctor or dentist					
2. Having seizures					
3. Having a new sibling					
4. Moving to a new house					
5. Moving to a new school					
6. Parents getting divorces					
7. Parent getting re-married					