(170) Interpersonal Reactivity Index: Personal Stress

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| --- | --- | --- | --- | --- | --- | --- |
|  | For each statement below, please indicate your agreement or disagreement. Do so by selecting the appropriate number from the following rating scale: | Does not describe me very well | Does not describe me well | Neutral | Does describe me well | Does describe me very well |
| 1. | In emergency situations, I feel apprehensive and ill-at-ease. | 0 | 1 | 2 | 3 | 4 |
| 2. | I sometimes feel helpless when I am in the middle of a very emotional situation. | 0 | 1 | 2 | 3 | 4 |
| 3. | When I see someone get hurt, I tend to remain calm. | 0 | 1 | 2 | 3 | 4 |
| 4. | Being in a tense emotional situation scares me. | 0 | 1 | 2 | 3 | 4 |
| 5. | I am often quite touched by things that I see happen. | 0 | 1 | 2 | 3 | 4 |
| 6. | I tend to lose control during emergencies. | 0 | 1 | 2 | 3 | 4 |
| 7. | When I see someone who badly needs help in an emergency, I go to pieces. | 0 | 1 | 2 | 3 | 4 |