

# **The Stress Survey Schedule for Individuals with Autism and Other Pervasive Developmental Disabilities**

## Purpose

The purpose of the Stress Survey Schedule for Individuals with Autism and Other Pervasive Developmental Disabilities is to provide educators, therapists and parents with a tool to increase awareness of environmental stressors that affect the lives of persons with autism. Such a tool can be used to create programming aimed at modifying stress reactions in the population of persons with autism and in similar populations, thereby enhancing the quality of their lives and their overall physical and emotional well being.

## Advantages

Some of the possible advantages of the Stress Survey Schedule include:

Use as a clinical tool to determine a student's needs in order to create programs geared toward modifying stress reactions.

Communication tool for direct care staff to increase their awareness of stressful situations and indicator's of stress so that they can more accurately and consistently implement programs for stress reaction modification.

Use in research concerning the cause and nature of stress reactions in persons with autism.

Proactive planning tool.

Communication tool for parents to increase their awareness and empathy that can serve as a motivator to be persistent in their attempts to stress reaction modification in the home setting.

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# THE STRESS SURVEY SCHEDULE FOR PERSONS WITH AUTISM AND DEVELOPMENTAL DISABILITIES

The Groden Center, Inc.

Please rate the intensity of the stress reaction to the following events by filling in the appropriate circle:

		None to mild	Mild to Moderate	Moderate	Moderate to severe	Severe
1. Receiving a present.....	①	②	③	④	⑤	
2. Having personal objects or materials out of order.....	①	②	③	④	⑤	
3. Waiting to talk about desired topic.....	①	②	③	④	⑤	
4. Having a change in schedule or plans.....	①	②	③	④	⑤	
5. Being in the vicinity of noise or disruption by others.....	①	②	③	④	⑤	
6. Waiting for preferred events.....	①	②	③	④	⑤	
7. Having a cold.....	①	②	③	④	⑤	
8. Being touched.....	①	②	③	④	⑤	
9. Having personal objects or materials missing.....	①	②	③	④	⑤	
10. Having a change in task to a new task with new directions.....	①	②	③	④	⑤	
11. Going to the store.....	①	②	③	④	⑤	
12. Being prevented from completing a ritual.....	①	②	③	④	⑤	
13. Having a change in environment from comfortable to uncomfortable.....	①	②	③	④	⑤	
14. Being prevented from carrying out a ritual.....	①	②	③	④	⑤	
15. Moving from one location to the next.....	①	②	③	④	⑤	
16. Playing with others.....	①	②	③	④	⑤	
17. Having a change in environment from familiar to unfamiliar	①	②	③	④	⑤	
18. Receiving activity reinforcement.....	①	②	③	④	⑤	
19. Having something marked as correct.....	①	②	③	④	⑤	
20. Being in the vicinity of bright lights.....	①	②	③	④	⑤	
21. Following a diet.....	①	②	③	④	⑤	
22. Having unstructured time.....	①	②	③	④	⑤	
23. Being allowed to attend a party or favored event.....	①	②	③	④	⑤	

Please rate the intensity of the stress reaction to the following events by filling in the appropriate circle:

	None to mild	Mild to Moderate	Moderate	Moderate to severe	Severe
24. Receiving a reprimand.....	①	②	③	④	⑤
25. Transitioning from preferred to non-preferred activity.....	①	②	③	④	⑤
26. Being told "no".....	①	②	③	④	⑤
27. Receiving criticism.....	①	②	③	④	⑤
28. Having something marked incorrect.....	①	②	③	④	⑤
29. Being interrupted while engaging in a ritual.....	①	②	③	④	⑤
30. Receiving hugs and affection.....	①	②	③	④	⑤
31. Having to engage in not-liked activity.....	①	②	③	④	⑤
32. Waiting in line.....	①	②	③	④	⑤
33. Being unable to communicate needs.....	①	②	③	④	⑤
34. Waiting at a restaurant.....	①	②	③	④	⑤
35. Going home (from school, to visit parents).....	①	②	③	④	⑤
36. Waiting for transportation.....	①	②	③	④	⑤
37. Being unable to assert oneself with others.....	①	②	③	④	⑤
38. Needing to ask for help.....	①	②	③	④	⑤
39. Participating in group activity.....	①	②	③	④	⑤
40. Having a change in staff, teacher or supervisor.....	①	②	③	④	⑤
41. Losing at a game.....	①	②	③	④	⑤
42. Waiting for reinforcement.....	①	②	③	④	⑤
43. Feeling crowded.....	①	②	③	④	⑤
44. Someone else making a mistake.....	①	②	③	④	⑤
45. Receiving tangible reinforcement.....	①	②	③	④	⑤
46. Waiting for food.....	①	②	③	④	⑤
47. Waiting for routine to begin.....	①	②	③	④	⑤
48. Having a conversation.....	①	②	③	④	⑤
49. Receiving verbal reinforcement.....	①	②	③	④	⑤

Please rate the intensity of the stress reaction to the following events by filling in the appropriate circle:

	None to mild	Mild to Moderate	Moderate	Moderate to severe	Severe
<b>FEARS</b>					
1. Fear of animals.....	①	②	③	④	⑤
2. Fear of water (pool, lake, ocean, etc).....	①	②	③	④	⑤
3. Fear of crowds.....	①	②	③	④	⑤
4. Fear of closed spaces.....	①	②	③	④	⑤
5. Fear of the dark.....	①	②	③	④	⑤
6. Fear of being left alone.....	①	②	③	④	⑤
<b>LIFE STRESSORS</b>					
1. Going to the doctor or dentist.....	①	②	③	④	⑤
2. Having seizures.....	①	②	③	④	⑤
3. Having a new sibling.....	①	②	③	④	⑤
4. Moving to a new house.....	①	②	③	④	⑤
5. Moving to a new school.....	①	②	③	④	⑤
6. Having parents get divorced.....	①	②	③	④	⑤
7. Having a parent re-marry.....	①	②	③	④	⑤

Please list any other stressors on the lines below:

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Please transfer the intensity rating score of each item to the appropriate line below. The totals from each category will give an indication of problematic areas.

**CHANGES**

- 7. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 13. \_\_\_\_\_
- 15. \_\_\_\_\_
- 17. \_\_\_\_\_
- 25. \_\_\_\_\_
- 31. \_\_\_\_\_
- 33. \_\_\_\_\_
- 38. \_\_\_\_\_
- 39. \_\_\_\_\_

Changes Total

\_\_\_\_\_

**POSITIVE**

- 1. \_\_\_\_\_
- 16. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 23. \_\_\_\_\_
- 45. \_\_\_\_\_
- 48. \_\_\_\_\_
- 49. \_\_\_\_\_

Positive Total

\_\_\_\_\_

**ANTICIPATION**

- 4. \_\_\_\_\_
- 6. \_\_\_\_\_
- 22. \_\_\_\_\_
- 32. \_\_\_\_\_
- 35. \_\_\_\_\_
- 36. \_\_\_\_\_
- 47. \_\_\_\_\_

Anticipation Total

\_\_\_\_\_

**SENSORY/PERSONAL**

- 5. \_\_\_\_\_
- 8. \_\_\_\_\_
- 30. \_\_\_\_\_
- 43. \_\_\_\_\_

Sensory/Personal Total

\_\_\_\_\_

**SOCIAL/ENVIR**

- 20. \_\_\_\_\_
- 37. \_\_\_\_\_
- 44. \_\_\_\_\_

Social/Environmental Total

\_\_\_\_\_

**UNPLEASANT**

- 3. \_\_\_\_\_
- 9. \_\_\_\_\_
- 21. \_\_\_\_\_
- 24. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_
- 40. \_\_\_\_\_
- 41. \_\_\_\_\_

Unpleasant Total

\_\_\_\_\_

**FOOD RELATED**

- 34. \_\_\_\_\_
- 42. \_\_\_\_\_
- 46. \_\_\_\_\_

Food Related Total

\_\_\_\_\_

**RITUALS**

- 2. \_\_\_\_\_
- 12. \_\_\_\_\_
- 14. \_\_\_\_\_
- 29. \_\_\_\_\_

Rituals Total

\_\_\_\_\_