

Managing Stress – Questions by Topic

Q1.

The Social Readjustment Rating Scale is widely used to measure stress.

Explain **one** limitation of the Social Readjustment Rating Scale.

(Total 2 marks)

Q2.

Explain **one** limitation of the Hassles and Uplifts Scale as a method of measuring stress.

(Total 2 marks)

Q3.

Questionnaires have been used by psychologists to investigate stress.

Explain **one** possible ethical issue that might arise when using questionnaires in this area of psychology.

(Total 2 marks)

Q4.

Outline and evaluate **one or more** self-report scales that have been used by psychologists to measure stress.

(Total 8 marks)