

Stress and Pain Self-discovery Project

This document shows you what you will see when you click on this assignment in Canvas. I strongly recommend you type out all your answers in a document and store it someplace safe. If anything goes wrong in Canvas, you will have a backup of your answers.

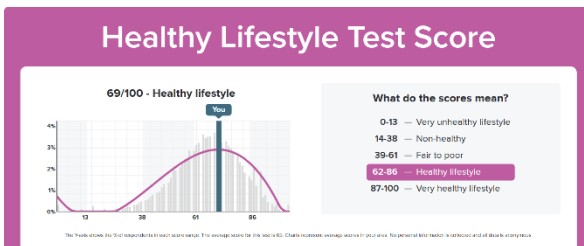
Important

Wherever it says to cite the module # and slide/video seg #, you must do so. If you skip this step, or if you cite the wrong source, you will not receive any points for that question. Also, do not simply copy and paste from my slides. You need to explain/describe things using your own words – in complete sentences.

PART A

The Healthy Lifestyle Test

After you complete the test, you will be shown your score on a graph like the one below. Take a "snippit" of your graph, then copy and paste it in the box below. (1.5 points)



What THREE recommendations were you given to improve your overall health? Copy and paste them here. (1.5 points)

Perceived (Dimensional) Wellness Scale

Note that the authors deliberately did not provide average scores or "norms". Whether you think your score is "good, bad, or ugly" (my words, not theirs) depends on **your perception**. When you are asked in what ways you demonstrate this wellness or a lack of it, you must provide a **concrete example**.

Psychological wellness scale

What was your score? (1)

What does psychological wellness mean according to the test developers (1 point)

In which ways do you demonstrate psychological wellness or a lack of in your life? (1.5 point)

Emotional wellness scale

What was your score? (1)

What does emotional wellness mean according to the test developers (1 point)

In which ways do you demonstrate emotional wellness or a lack of in your life? (1.5 point)

Social wellness scale

What was your score? (1)

What does social wellness mean according to the test developers (1 point)

In which ways do you demonstrate social wellness or a lack of in your life? (1.5 point)

Physical wellness scale

What was your score? (1)

What does physical wellness mean according to the test developers (1 point)

In which ways do you demonstrate physical wellness or a lack of in your life? (1.5 point)

Spiritual wellness scale

What was your score? (1 point)

What does spiritual wellness mean according to the test developers (1 point)

In which ways do you demonstrate spiritual wellness or a lack of in your life? (1.5 point)

Intellectual wellness scale

What was your score? (1 point)

What does intellectual wellness mean according to the test developers (1 point)

In which ways do you demonstrate intellectual wellness or a lack of in your life? (1.5 point)

Mean wellness magnitude

What was your score? (1 point)

Based on your score for each dimension of wellness, identify where you are strongest and where you are weakest.

Strongest dimension: identified (1 point)

Weakest dimension: identified (1 point)

Some advice: Use your strengths (areas you scored high in) to help you improve in areas you are weak. Guard against your weak areas spilling over and bringing down areas where you are strong.

The Perceived Stress Scale

What was your score? (1)

According to the test developers, is your score low, moderate, or high? (1 point)

Hassles and Uplifts

How many total hassles did you have? (1)

What was the mean severity of the hassles? (1)

How many total uplifts did you have? (1)

What was the mean frequency for the uplifts? (1)

Use the space below to:

1. Compare the number of hassles to the number of uplifts (1)
2. Compare the mean severity of your hassles to the mean frequency of your uplifts. (1 point)
3. What does all this tell you about your well-being? Your response should be between 100-150 words. (2 points)

Ways of Coping Scale – revised

In the space below, copy and paste the text below. To the right of each score category, type in your corresponding score. (1 point each)

Problem-focused score?

Wishful thinking score?

Detachment score?

Seeking social support score?

Focusing on the positive score?

Self-blame score?

Tension reduction score?

Keep to self score?

Identify your most used and least used strategy. If there are ties for the most and/or least used strategies, report all of them that are tied. (1.5)

Is your most used strategy healthy or unhealthy? (1 point)

Explain. Be sure to reference specific facts, findings, and theories you learned in the class!!!

cite the module #s and slide/video seg #s (3 points)

0 = no/incorrect explanation

2 = explained with some science

1 = explained with no science

3 = explained with lots of science

The Big 5 Personality Test

Openness to experience: What percentile are you in? (1)

What does openness to experience mean according to the test developers (1)

In which ways do you demonstrate this trait or lack of in your life? Provide a concrete example. (1.5)

Conscientiousness: What percentile are you in? (1)

What does conscientiousness mean according to the test developers (1)
In which ways do you demonstrate this trait or lack of in your life? Provide a concrete example. (1.5)

Extraversion: What percentile are you in? (1)

What does extraversion mean according to the test developers (1)
In which ways do you demonstrate this trait or lack of in your life? Provide a concrete example. (1.5)

Agreeableness: What percentile are you in? (1)

What does agreeableness mean according to the test developers (1)
In which ways do you demonstrate this trait or lack of in your life? Provide a concrete example. (1.5)

Emotional stability What percentile are you in? (1)

What does neuroticism mean according to the test developers (1)
In which ways do you demonstrate this trait or lack of in your life? Provide a concrete example. (1.5)

Type A vs Type B

What was your score? (1)

According to the test developers, what does your score mean? Do not just say "I am type ____". You need to elaborate. (1)

In which ways do you demonstrate this behavior? Provide a concrete example. (1.5 point)

Aggression Questionnaire

What was your **physical aggression** score? (1)
Are you above, at, or below the midpoint? (1)

What was your **verbal aggression** score? (1)
Are you above, at, or below the midpoint? (1)

What was your **anger** score? (1)
Are you above, at, or below the midpoint? (1)

What was your **hostility** score? (1)
Are you above, at, or below the midpoint? (1)

What was your **TOTAL** score? (1)
Are you above, at, or below the midpoint? (1)

Rosenberg Self-Esteem Scale

What was your score? (1) According to the test developers, what does your score mean? (1)
In which ways do you demonstrate high (or low) self-esteem in your life? Provide a concrete example.
(1.5 point)

Locus of Control

What was your score? (1) According to the test developers, what does your score mean? (1)
In which ways do you demonstrate high (or low) locus of control in your life? Provide a concrete example. (1.5 point)