

C: English translation of the Brief Daily Stressors Screening Tool

There are occasional minor and major challenges in daily life that can constantly reoccur, to which one can sometimes not get used to, and which can be more or less burdensome. Please tick whether and how strongly you have been affected by the following annoyances or inconveniences OVER THE PAST 12 MONTHS.

<i>My exposure to:</i>		Not at all				Very much
1	Difficulties with social obligations (e.g., associations, organizations)	0	1	2	3	4
2	Difficulties with family responsibilities (e.g., household, care services, parenting, school)	0	1	2	3	4
3	Health problems (e.g., diseases, chronic sufferings)	0	1	2	3	4
4	Financial restrictions (e.g. low income, installments)	0	1	2	3	4
5	Dissatisfaction with education/occupation (e.g. examinations, work overload)	0	1	2	3	4
6	Difficulties with (secondary) employment (e.g. compatibility with school/college, high responsibility, noise pollution)	0	1	2	3	4
7	Dissatisfaction with housing situation (e.g., noise, small flat)	0	1	2	3	4
<i>Frequent contradictions, conflicts, tensions with:</i>						
8	Close persons (e.g., family, household, friends, partner)	0	1	2	3	4
9	Other persons (e.g., colleagues, fellow - students, neighbors, tenants, landlords)	0	1	2	3	4
10	Another burden/stressor not yet mentioned	0	1	2	3	4