

Name of the Test	Self-Rating Questionnaire for Stress
Author	Vinod Rujuta and Khire Usha
Availability	Jnana Prabodhini's Institute of Psychology, Pune For Research
Training Levels	Level A (No Specific Training)
Uses	For stress management training
Year of standardization/adaptation	1992
Year of revised edition	-----
Description of the test	
Language	English
Level	College going youth and graduate adults
What is measured?	The kind and level of the present stress
Type of Test	Paper-pencil, forced choice, verbal
Total no. of Items with parts if any	Total 70 items
Item type	Rating
Kind of Response	Five point rating
Areas	Intellectual and social related to work life
Time	Approx. 20 min.
Scoring procedure	Manual scoring. objective
Statistics studied while standardizing the test	
Sample (for standardization and norms)	----
Reliability	----
Validity	Content validity ascertained
Norms	----
Standardization category	Teacher made
More about the test	The original source of the questionnaire can not be traced.
References	-----