


# Stress and Overload Inventory

This exploratory questionnaire distinguishes how stress shows up (overload, physical, emotional, and cognitive signs, difficulty recovering) from what fuels it (work or school, family and relationship, money, health, daily hassles). It helps identify where to act first and which source of stress to look into further.

| | |
|---|---|
| Number of questions | 25 questions |
| Estimated duration | 6 minutes |
| Language | English |
| Original name | Stress and Overload Inventory |
| Target audience | Adults |
| Category | Stress |

## Preview of the 25 questions

Over the past month, how often has this been true for you?

I feel like I have too many things to handle at once.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I feel tension in my body (neck, shoulders, back, jaw).

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I get irritated over little things.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I have trouble focusing on one thing at a time.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

In my free time, I keep thinking about what I have to do.

Never | Rarely | Sometimes | Often | Very often

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

**Scoring**

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past month. Each domain in the signs block combines 4 statements spread throughout the questionnaire, giving a score from 0 to 16. The five sources of stress (work or school, family and relationship, money, health, daily hassles) are each assessed by a single statement, scored from 0 to 4, at the end of the questionnaire.

**Reading the profile**

There is no total score. Within each block, domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The results show two blocks: the signs of stress, then its sources. Looking at both together shows what to work on first: the source that weighs most heavily, or the difficulty recovering when there are multiple sources.

**Limitations**

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

**Scoring**

SIGNS

### Difficulty recovering 11 / 16

Difficulty relaxing, switching off from worries, and enjoying downtime.

**Areas to explore:** the breaks actually taken, restorative activities that have been dropped, sleep quality, the boundary between work and personal life.

## Overload 10 / 16

The feeling of having too much to do and not enough time, mental load, demands that exceed what one can give.

**Areas to explore:** how tasks and responsibilities are divided, what could be delegated or dropped, how priorities are set.

## Cognitive signs 7 / 16

Difficulty concentrating, forgetfulness, mistakes, thoughts going around in circles.

**Areas to explore:** recent lapses and mistakes, mental load, thoughts that come back in the evening.

**See also:** Rumination and Worry Inventory.

## Physical signs 6 / 16

Muscle tension, headaches or stomachaches, racing heart, stress-related fatigue.

**Areas to explore:** the body signals that warn of overload, how they vary over the week, a medical opinion if symptoms persist.

## Emotional signs 1 / 16

Irritability, nervousness, impatience, feeling at the end of one's rope or on the verge of tears.

**Areas to explore:** the situations that push the person over the edge, the effect on family and friends, moments of respite.

SOURCES OF STRESS

## Daily hassles 4 / 4

Paperwork, housing, transportation, unexpected problems that pile up.

## Family and relationship 1 / 4

Tension, conflict, or responsibilities within the couple or the family.

**See also:** Couple Relationship Inventory.

## Money 1 / 4

Financial difficulties, debt, fear of not having enough.

## Work or school 0 / 4

Workload, demands, relationships, or uncertainty related to work or school.

**See also:** Work Exhaustion and Distress Inventory.

## Health 0 / 4

Illness, pain, disability, or loss of independence, in oneself or a loved one.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.


## Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free

See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist