TICS

Trier Inventory for Chronic Stress (TICS)

The TICS (Trier Inventory for Chronic Stress) is a self-report questionnaire used to measure various aspects of chronic stress over the past three months. It covers several domains such as work demands, overload, lack of recognition and chronic worrying. This tool is commonly used in research and clinical practice to assess prolonged exposure to stress as well as the risks to mental and physical health.

Number of questions	57 questions
Estimated duration	15 minutes
Language	English
Original name	Trier Inventory for Chronic Stress
Target audience	Adults
Authors	Peter Schulz, Matthias Schlotz (2004)
Category	Stress

Preview of the 57 questions

How often have you experienced the following situations in the past 3 months?

Sometimes I am consumed by my worries.

Never | Rarely | Sometimes | Frequently | Always

How often have you experienced the following situations in the past 3 months?

I must meet responsibilities which I am adamantly opposed to.

Never | Rarely | Sometimes | Frequently | Always

How often have you experienced the following situations in the past 3 months?

There are situations in which I find it difficult to be obliging.

Never | Rarely | Sometimes | Frequently | Always

How often have you experienced the following situations in the past 3 months?

Arguments I get involved in frequently become lasting conflicts.

Never | Rarely | Sometimes | Frequently | Always

How often have you experienced the following situations in the past 3 months?

I feel that my performance is not recognized enough.

Never | Rarely | Sometimes | Frequently | Always

Scoring & interpretation

Each item is rated on a 5-point Likert scale ranging from 'never' to 'very often'. There are 9 subscales corresponding to different domains of chronic stress. The scores of each subscale can be added up to obtain an overall score, or analyzed separately to identify specific sources of chronic stress.