# **Managing Stress – Questions by Topic**

### Q1.

The Social Readjustment Rating Scale is widely used to measure stress.

Explain one limitation of the Social Readjustment Rating Scale.

(Total 2 marks)

## Q2.

Explain one limitation of the Hassles and Uplifts Scale as a method of measuring stress.

(Total 2 marks)

### Q3.

Questionnaires have been used by psychologists to investigate stress.

Explain **one** possible ethical issue that might arise when using questionnaires in this area of psychology.

(Total 2 marks)

## Q4.

Outline and evaluate **one or more** self-report scales that have been used by psychologists to measure stress.

(Total 8 marks)