

**INSTRUCTIONS:** We are interested in learning about how much effort people put into dealing with things that go on in their lives. The amount of effort required for different tasks varies over time, so you might have had different answers to these same questions a month ago than you have now. There are no right or wrong answers to these questions. They just measure how much effort you've put into different life tasks during the last month. Even though some of the questions are similar to one another, think carefully about each one and answer it as a separate question.

*For each statement, please check the response that best indicates how accurately the statement describes your life during the last week.*

**1. I didn't work very hard this week.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**2. Dealing with work and household demands consumed great deal of my energy.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**3. This week was more demanding than most.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**4. Little effort was required in dealing with everyday problems at home and work.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**5. Much of my time and energy was spent coping with problems.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**6. Dealing with daily demands required considerable effort.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**7. I found this a pretty easy week.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**8. I worked hard to prevent potential problems at home or work.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**9. Demands placed on me interfered with doing the things I wanted.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate

**10. I put relatively little energy into things that needed to be done at home and work.**

0=Not at all accurate       1=A little accurate       2=Moderately accurate       3=Quite a bit accurate       4=Extremely accurate