

# CHOPS Stress Inventory©

The following 10 categories list areas of stress that are often experienced by humanitarian, mission, and development workers. Using the scales below please rate how stressful each of the following areas were/are during the past month. Consider the examples of possible experiences to guide your responses. Note that many of these stressors can be both a source of stress and/or a symptom of stress.

Area	Possible Experiences	Level of Stress During Past Month				
<b>1. Cultural</b>	<b>Getting needs met in unfamiliar ways:</b> Housing, food, transportation, etc. language learning, culture shock, reentry, feeling rejected, overlooked, or undervalued by the dominant international culture, gender bias, prejudice, lack of opportunity/freedom...	Minimal <input type="checkbox"/>	Low <input type="checkbox"/>	Moderate <input type="checkbox"/>	High <input type="checkbox"/>	Extreme <input type="checkbox"/>
<b>2. Crises</b>	<b>Potentially traumatic events:</b> Natural disasters, wars, accidents, evacuations, disease outbreaks, death of someone close to you, political instability, protracted armed conflicts and physical threats, one's own community and/or country affected...	Minimal <input type="checkbox"/>	Low <input type="checkbox"/>	Moderate <input type="checkbox"/>	High <input type="checkbox"/>	Extreme <input type="checkbox"/>
<b>3. Historical</b>	<b>Unresolved past areas of personal and social struggle:</b> Family of origin issues, personal weaknesses, lack of educational, health, economic opportunities...	Minimal <input type="checkbox"/>	Low <input type="checkbox"/>	Moderate <input type="checkbox"/>	High <input type="checkbox"/>	Extreme <input type="checkbox"/>
<b>4. Human</b>	<b>Relationships:</b> With family members, colleagues, nationals, raising children, couple conflict, struggles with team members, social opposition, caring for aging parents, few school options, human rights violations, harassment, persecution, discrimination, stigma...	Minimal <input type="checkbox"/>	Low <input type="checkbox"/>	Moderate <input type="checkbox"/>	High <input type="checkbox"/>	Extreme <input type="checkbox"/>
<b>5. Occupational</b>	<b>Job-specific challenges and pressures:</b> Work load, travel schedule, exposure to people with problems, job satisfaction, more training, government "red tape", job insecurity, short-term contracts, work not understood or respected, seeing problems that are complex/that I can't help...	Minimal <input type="checkbox"/>	Low <input type="checkbox"/>	Moderate <input type="checkbox"/>	High <input type="checkbox"/>	Extreme <input type="checkbox"/>

<b>6. Organizational</b>	<b>Governance and management:</b> Incongruence between one's background and the organizational ethos, policies, work style, management practices, expectations, incompetence, corruption, abusive leadership, dysfunction, disability practices, legal protection, training...	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7. Physical</b>	<b>Overall health and factors that affect it:</b> Nutrition, climate, illness, aging, environment, no medical resources/insurance and inadequate nutritional options, injuries/road traffic accidents...	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8. Psychological</b>	<b>Overall emotional stability and self-esteem:</b> Loneliness, frustration, depression, unwanted habits, developmental issues/stage of life issues, transition, grief, loss, cumulative impact of "adverse life events"...	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>9. Support</b>	<b>Resources to sustain one's work:</b> Finances, housing, clerical/technical help, donor contact, minimum pay and/or financial support, finances used for survival and not just for one's work...	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>10. Spiritual</b>	<b>Relationship with the Lord:</b> Devotional life, temptations, time with other believers, spiritual warfare, finding meaning, evil, inner growth, practices/disciplines, lack of trust/respect for spiritual leaders...	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Summary</b>	How would you rate your overall level of stress over the past month?	<b>Minimal</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Extreme</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Please mark the 3 categories that were/are the most stress producing over the last month.	<input type="checkbox"/>	<b>Cultural</b>	<input type="checkbox"/>	<b>Organizational</b>	<input type="checkbox"/>
		<input type="checkbox"/>	<b>Crises</b>	<input type="checkbox"/>	<b>Physical</b>	<input type="checkbox"/>
		<input type="checkbox"/>	<b>Historical</b>	<input type="checkbox"/>	<b>Psychological</b>	<input type="checkbox"/>
		<input type="checkbox"/>	<b>Human</b>	<input type="checkbox"/>	<b>Support</b>	<input type="checkbox"/>
		<input type="checkbox"/>	<b>Occupational</b>	<input type="checkbox"/>	<b>Spiritual</b>	<input type="checkbox"/>
	Please identify 3-5 specific stressors that caused distress over the past month. They may or may not be listed in the possible experiences or 10 categories.	<b>1.</b>				
		<b>2.</b>				
		<b>3.</b>				
		<b>4.</b>				
		<b>5.</b>				

Reference: CHOPS Stress Inventory ©Adapted from O'Donnell, K. & Lewis O'Donnell, M. (2012) CHOPS.

Retrieved from: <http://coremembercare.blogspot.fr/search/label/CHOPS>.

Used with permission and adapted in consultation with the O'Donnells by Dr. Laurie A. Tone, 2015.

Note: You can also use the results of this inventory to discuss how you are successfully managing stress now and your strategies for dealing with stress in the future. It can thus be a tool to explore struggles, successes, and strategies related to your adjustment/growth.