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Stress Mindset Measure

Crum, A. J., Salovey, P., & Achor, S. (2013). Rethinking stress: The role of mindsets in determining the stress response. *Journal of personality and social psychology*, 104(4), 716.

一般压力心态测量

General Measurements of Attitude towards Stress

请根据您的同意/不同意的程度为下列陈述评分。对于每个问题，请从下列选项中选择。

Please rate the following statements according to the extent you agree/disagree with them. As to each question, please select from the following choices.

0 _ 非常不同意 strongly disagree

1 _ 不同意 disagree

2 _ 既不同意也不反对 neither agree nor object

3 _ 同意 agree

4 _ 非常同意 strongly agree

1. 压力的影响是负面的，应被避免。The influence of stress is negative and should be avoided.
2. 经受压力帮助我学习和成长。Undergoing stress helps with my study and growth.
3. 经受压力损耗我的健康和活力。Undergoing stress consumes my health and energy.
4. 经受压力提高我的表现和生产率。Undergoing stress enhances my performance and productivity.
5. 经受压力阻碍我学习和成长。Undergoing stress hinders my study and growth.
6. 经受压力提高我的健康和活力。Undergoing stress raises my health and energy.

7. 经受压力降低我的表现和生产率。Undergoing stress reduces my performance and productivity.
8. 压力的影响是积极的，应被利用。The influence of stress is positive and should be utilized.

具体压力心态量表

Specific Measurement of Attitudes towards Stress

在您现在的生活中，最主要的压力 源自哪里？

In your current life, what is the source of the main stress?

就这个特定的压力，请根据您同意/不同意的程度为下列陈述评分。

As to this particular stress, please rate the following statements according to the extent you agree/disagree with them.

对于每个问题，请从下列选项中选择。

As to each question, please select from the following choices.

0 _ 非常不同意 strongly disagree

1 _ 不同意 disagree

2 _ 既不同意也不反对 neither agree nor object

3 _ 同意 agree

4 _ 非常同意 strongly agree

1. 此压力的影响是负面的，应被避免。The influence of the stress is negative and should be avoided.
2. 经受此压力帮助我学习和成长。Undergoing the stress helps with my study and growth.
3. 经受此压力损耗我的健康和活力。Undergoing the stress consumes my health and energy.
4. 经受此压力提高我的表现和生产率。Undergoing the stress enhances my performance and productivity.
5. 受此压力阻碍我学习和成长。Undergoing the stress hinders my study and growth.
6. 经受此压力提高我的健康和活力。Undergoing the stress raises my health and energy

7. 经受此压力降低我的表现和生产率。Undergoing the stress reduces my performance and productivity.
8. 此压力的影响是积极的，应被利用。The influence of stress is positive and should be utilized.