The Hassles and Uplifts Scale

HA**SSLES** are irritants—things that annoy or bother you; they can make you upset or angry. U**PLIFTS** are events that make you feel good; they can make you joyful, glad, or satisfied. Some hassles and uplifts occur on a fairly regular basis and others are relatively rare. Some have only a slight effect, others have a strong effect.

This questionnaire lists things that can be hassles and uplifts in day-to-day life. You will find that during the course of a day some of these things will have been only a hassle for you and some will have been only an uplift. *Others will have been both a hassle AND an uplift.*

DIRECTIONS: Please think about how much of a hassle and how much of an uplift each item was for you today. Please indicate on the left-hand side of the page (under “HA**SSLES**”) how much of a hassle the item was by circling the appropriate number. Then indicate on the right-hand side of the page (under “U**PLIFTS**”) how much of an uplift it was for you by circling the appropriate number.

Remember, circle one number on the left-hand side of the page and one number on the right-hand side of the page for each item.

**PLEASE FILL OUT THIS QUESTIONNAIRE JUST BEFORE YOU GO TO BED.**

<table>
<thead>
<tr>
<th>HASSLES</th>
<th>UPLIFTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = None or not applicable</td>
<td>0 = None or not applicable</td>
</tr>
<tr>
<td>1 = Somewhat</td>
<td>1 = Somewhat</td>
</tr>
<tr>
<td>2 = Quite a bit</td>
<td>2 = Quite a bit</td>
</tr>
<tr>
<td>3 = A great deal</td>
<td>3 = A great deal</td>
</tr>
</tbody>
</table>

DIRECTIONS: Please circle one number on the left-hand side and one number on the right-hand side for each item.

0 1 2 3  1. Your child(ren) 0 1 2 3  
0 1 2 3  2. Your parents or parents-in-law 0 1 2 3  
0 1 2 3  3. Other relative(s) 0 1 2 3  
0 1 2 3  4. Your spouse 0 1 2 3  
0 1 2 3  5. Time spent with family 0 1 2 3  
0 1 2 3  6. Health or well-being of a family member 0 1 2 3  
0 1 2 3  7. Sex 0 1 2 3  
0 1 2 3  8. Intimacy 0 1 2 3  
0 1 2 3  9. Family-related obligations 0 1 2 3  
0 1 2 3  10. Your friend(s) 0 1 2 3  
0 1 2 3  11. Fellow workers 0 1 2 3  
0 1 2 3  12. Clients, customers, patients, etc. 0 1 2 3  
0 1 2 3  13. Your supervisor or employer 0 1 2 3  
0 1 2 3  14. The nature of your work 0 1 2 3  
0 1 2 3  15. Your work load 0 1 2 3  
0 1 2 3  16. Your job security 0 1 2 3  
0 1 2 3  17. Meeting deadlines or goals on the job 0 1 2 3  
0 1 2 3  18. Enough money for necessities (e.g., food, clothing, housing, health care, 0 1 2 3
19. Enough money for education
20. Enough money for emergencies
21. Enough money for extras (e.g., entertainment, recreation, vacations)
22. Financial care for someone who doesn't live with you
23. Investments
24. Your smoking
25. Your drinking
26. Mood-altering drugs
27. Your physical appearance
28. Contraception
29. Exercise(s)
30. Your medical care
31. Your health
32. Your physical abilities
33. The weather
34. News events
35. Your environment (e.g., quality of air, noise level, greenery)
36. Political or social issues
37. Your neighbourhood (e.g., neighbours, setting)
38. Conserving (gas, electricity, water, gasoline, etc.)
39. Pets
40. Cooking
41. Housework
42. Home repairs
43. Yardwork
44. Car maintenance
45. Taking care of paperwork (e.g., paying bills, filling out forms)
46. Home entertainment (e.g., TV, music, reading)
47. Amount of free time
48. Recreation and entertainment outside the home (e.g., movies, sports, eating out, walking)
49. Eating (at home)
50. Church or community organizations
51. Legal matters
52. Being organized
53. Social commitments

### Middle-Aged Sample

<table>
<thead>
<tr>
<th>Top 10 Hassles</th>
<th>Top 10 Uplifts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Concern about weight</td>
<td>1. Relating well with spouse or lover</td>
</tr>
<tr>
<td>2. Health of family member</td>
<td>2. Relating well with friends</td>
</tr>
<tr>
<td>3. Rising costs of common goods</td>
<td>3. Completing a task</td>
</tr>
<tr>
<td>5. Too many things to do</td>
<td>5. Getting enough sleep</td>
</tr>
<tr>
<td>6. Misplacing or losing things</td>
<td>6. Eating out</td>
</tr>
<tr>
<td>7. Yardwork or outside home maintenance</td>
<td>7. Meeting responsibilities</td>
</tr>
<tr>
<td>8. Property, investment, or taxes</td>
<td>8. Visiting, phoning, or writing someone</td>
</tr>
</tbody>
</table>

### Undergraduate Sample

#### Top 10 Hassles

1. Troubling thoughts about the future
2. Not getting enough sleep
3. Wasting time
4. Inconsiderate smokers
5. Physical appearance
6. Too many things to do
7. Misplacing or losing things
8. Not enough time to do the things you need to do
9. Entertainment
10. Being lonely

#### Top 10 Uplifts

1. Completing a task
2. Relating well with friends
3. Giving a present
4. Having fun
5. Getting love
6. Giving love
7. Being visited, phoned, or sent a letter
8. Laughing
9. Concerns about meeting high standards
10. Music