

The Hassles and Uplifts Scale

HASSLES are irritants—things that annoy or bother you; they can make you upset or angry. UPLIFTS 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 "HASSLES") how much of a hassle the item was by circling the appropriate number. Then indicate on the right-hand side of the page (under "UPLIFTS") 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.

How much of a hassle was
this item for you today?

HASSLES

0 = None or not applicable

1 = Somewhat

2 = Quite a bit

3 = A great deal

How much of an uplift was
this item for you today?

UPLIFTS

0 = None or not applicable

1 = Somewhat

2 = Quite a bit

3 = A great deal

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

		taxes, insurance)	
0 1 2 3	19.	Enough money for education	0 1 2 3
0 1 2 3	20.	Enough money for emergencies	0 1 2 3
0 1 2 3	21.	Enough money for extras (e.g., entertainment, recreation, vacations)	0 1 2 3
0 1 2 3	22.	Financial care for someone who doesn't live with you	0 1 2 3
0 1 2 3	23.	Investments	0 1 2 3
0 1 2 3	24.	Your smoking	0 1 2 3
0 1 2 3	25.	Your drinking	0 1 2 3
0 1 2 3	26.	Mood-altering drugs	0 1 2 3
0 1 2 3	27.	Your physical appearance	0 1 2 3
0 1 2 3	28.	Contraception	0 1 2 3
0 1 2 3	29.	Exercise(s)	0 1 2 3
0 1 2 3	30.	Your medical care	0 1 2 3
0 1 2 3	31.	Your health	0 1 2 3
0 1 2 3	32.	Your physical abilities	0 1 2 3
0 1 2 3	33.	The weather	0 1 2 3
0 1 2 3	34.	News events	0 1 2 3
0 1 2 3	35.	Your environment (e.g., quality of air, noise level, greenery)	0 1 2 3
0 1 2 3	36.	Political or social issues	0 1 2 3
0 1 2 3	37.	Your neighbourhood (e.g., neighbours, setting)	0 1 2 3
0 1 2 3	38.	Conserving (gas, electricity, water, gasoline, etc.)	0 1 2 3
0 1 2 3	39.	Pets	0 1 2 3
0 1 2 3	40.	Cooking	0 1 2 3
0 1 2 3	41.	Housework	0 1 2 3
0 1 2 3	42.	Home repairs	0 1 2 3
0 1 2 3	43.	Yardwork	0 1 2 3
0 1 2 3	44.	Car maintenance	0 1 2 3
0 1 2 3	45.	Taking care of paperwork (e.g., paying bills, filling out forms)	0 1 2 3
0 1 2 3	46.	Home entertainment (e.g., TV, music, reading)	0 1 2 3
0 1 2 3	47.	Amount of free time	0 1 2 3
0 1 2 3	48.	Recreation and entertainment outside the home (e.g., movies, sports, eating out, walking)	0 1 2 3
0 1 2 3	49.	Eating (at home)	0 1 2 3
0 1 2 3	50.	Church or community organizations	0 1 2 3
0 1 2 3	51.	Legal matters	0 1 2 3
0 1 2 3	52.	Being organized	0 1 2 3
0 1 2 3	53.	Social commitments	0 1 2 3

Source: DeLongis, A., Folkman, S., & Lazarus, R. (1988). The impact of daily stress on health and mood: Psychological social resources as mediators. *Journal of Personality and Social Psychology*, 54, 486–495. Copyright © 1988 by the American Psychological Association. Reprinted with permission.

Middle-Aged Sample

Top 10 Hassles

1. Concern about weight
2. Health of family member
3. Rising costs of common goods
4. Home maintenance
5. Too many things to do
6. Misplacing or losing things
7. Yardwork or outside home maintenance
8. Property, investment, or taxes
9. Crime
10. Physical appearance

Top 10 Uplifts

1. Relating well with spouse or lover
2. Relating well with friends
3. Completing a task
4. Feeling healthy
5. Getting enough sleep
6. Eating out
7. Meeting responsibilities
8. Visiting, phoning, or writing someone
9. Spending time with family
10. Home pleasing to you

DeLongis, A., Folkman, S., and Lazarus, R. (1988). The impact of daily stress on health and mood: Psychological and social resources as mediators. *Journal of Personality and Social Psychology*, 54, 486–495.

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

Bolt, M. (2001). *Instructor's resources for Psychology by D. G. Myers (6th ed.)*. New York: Worth Publishers.