

Hassles and Uplifts Scale for Adults - Instructions

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 glad, happy, and satisfied.

Some hassles and uplifts occur on a fairly regular basis while others are rare. Some have a big effect on you and other have a small effect. This questionnaire lists things that can be hassles or 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 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. The AM time period is from midnight to noon and the PM time period is noon to midnight. Indicate on the left-hand side of the page (under HASSLES) how much of a hassle the item was by circling the appropriate number for both AM and PM. 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 for both AM and PM. Please remember to circle two numbers on the left hand side of the page and two numbers on the right hand side of the page.

PLEASE FILL OUT THIS SECTION OF THE *MATERNAL DAILY SALIVA COLLECTION LOG* EACH DAY THAT YOU COLLECT YOUR SALIVA JUST BEFORE YOU GO TO BED.

How much of a hassle or upset were each of these for you today?

HASSLES

0= none or not applicable

1= somewhat

2= quite a bit

3= a great deal

How much of an uplift or enjoyment were each of these for you today?

UPLIFTS

0= none or not applicable

1= somewhat

2= quite a bit

3= a great deal