

## Primary Care Provider Stress Checklist (PCP-SC)

NAME: \_\_\_\_\_ Date: \_\_\_\_\_ Years in practice: \_\_\_\_\_

Below you will find a list of specific situations that may cause stress for people who work in medical settings. Please rate the extent to which each of the situations is stressful for you *at this moment in time*. Use the scale below to choose your response. For example, if you believe a situation is highly stressful for you “Highly Stressful,” you would record a 5 in the Response column and if it is “Not Stressful” for you, you would record a 0.

Specifically in referring to “stressful” consider “why” to be filed in at the end of the items.

0	1	2	3	4	5	6
Not Stressful	Very Mild Stress	Mild Stress	Moderate Stress	Greater than Moderate	Highly Stressful	Extremely Stressful
<b>I. INTERACTIONS WITH PATIENTS</b>						
Response	Stressful Situation					
	1. Patients who don't manage their chronic diseases					
	3. Patients who complain of chronic pain					
	4. Patients who are angry and demanding.					
	5. Patients complaining of depression, anxiety and other common psychological problems.					
	6. Patients with physical, behavioral, or emotional problems stemming from PTSD					
	7. Patients who have unhealthy lifestyles (overeat, under-exercise, over-work)					
	8. Patients who are non-adherent to medical advice					
	9. Patients with medically unexplained symptoms					
	Total (Sum of 1-7)					
<b>II. PRACTICE MANAGEMENT</b>						
Response	Stressful Situation					
	10. My schedule is too tight to address more than one or two problems					
	12. Not enough time to address multiple medical and mental health problems in complex patients					
	Total (Sum of 8-13)					
<b>IV. EDUCATION / LEARNING</b>						
Response	Stressful Situation					
	13. Learning new procedures or treatment modalities					

Self-Reflection: **Why** are these situations stressful?