



Stress Mastery Questionnaire (Paperback)

By Dr James C Petersen Ph D

Stressmaster, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE STRESS MASTERY QUESTIONNAIRE (SMQ) The Stress Mastery Questionnaire (SMQ) was created by Dr. James Petersen, an internationally recognized psychologists and stress mastery expert, through careful research using standard psychometric techniques. The SMQ was created in Dr. Peteren s Biofeedback and Stress Management Clinic to help his clients gain a better understanding of how stress was affecting them at a physical and emotional level. In 1980, Dr. Petersen and his team conducted a validation study of the SMQ funded by the National Institute of Occupational Safety and Health. The result of this research is the Stress Mastery Questionnaire which is one of the few valid and reliable stress self-assessment and educational tools available. The name of the original assessment was the Stress Management Questionnaire (SMQ) but was recently changed to the Stress Mastery Questionnaire. This reflects the philosophy that stress can be mastered with a solid stress assessment couples with expert counseling, coaching or training The SMQ is essentially a personal stress assessment tool that provides each person who takes it with precise information about thier stress and how stress may be affecting them at..



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