Roop Stress Inventories:

Traditional College Student Stress Score = 1004 (lower than the mean score of 1247)

Susceptibility to Stress = 25 (under 32 so not susceptible to stress)

Holmes-Rahe = 345 (80% chance of stress related illness in next 2 years)

Although I am working on my PhD, I still do not relate to the Traditional College Student Stress Inventory as much as the Holmes-Rahe and I believe for me the latter is more accurate as to the amount of stressors I have experienced over the past year. The fact that the stress level can have such a potential negative impact on my health is certainly a concern. The fact that my susceptibility to stress score is low, tells me that I apparently have some good stress relievers in place. I cannot be complacent though and assume that is the case though and need to strengthen my support and social system, and my personal health habits such as exercise and diet.