

APPENDIX 1.
Farm/Ranch Stress Inventory

DIRECTIONS: Listed below are some of the things that can contribute to farming/ranching related stress. Please rate each item according to how much stress it causes you where (1) = NO STRESS, (2) = A LITTLE STRESSFUL, (3) = MODERATELY STRESSFUL, and (4) = VERY STRESSFUL.

Stressors	No Stress	A Little Stressful	Moderately Stressful	Very Stressful
1. Distance from shopping centers/school/recreation, etc.	1	2	3	4
2. Lack of close neighbors	1	2	3	4
3. Farm/ranch accidents and injuries	1	2	3	4
4. The weather (inadequate/too much rainfall, snow, hail, etc.)	1	2	3	4
5. Market prices for your crops/livestock	1	2	3	4
6. Limited social interaction opportunities	1	2	3	4
7. Seasonal variations in workload (planting season, harvest, calving time, marketing time, etc.)	1	2	3	4
8. Not enough money for day-to-day expenses (purchases, repairs, parts, fence and building maintenance, etc.)	1	2	3	4
9. High debt load	1	2	3	4
10. Working with bankers and loan officers	1	2	3	4
11. Not enough time to spend together as a family in recreation	1	2	3	4
12. Concern over the future of the farm/ranch	1	2	3	4
13. Not having the manpower to operate the farm/ranch	1	2	3	4
14. Government export policy	1	2	3	4
15. Operating hazardous machinery	1	2	3	4
16. Taxes (high taxes, figuring taxes, etc.)	1	2	3	4
17. Distance from doctors or hospitals	1	2	3	4
18. Balancing the many roles I perform as a family member and a farmer/rancher	1	2	3	4
19. Problems with machinery (purchases, repairs, breakdowns)	1	2	3	4
20. Problems with livestock or crops (illness, disease, noxious weeds, rodents)	1	2	3	4
21. Not enough cash/capital for unexpected problems (illnesses, health care, breakdowns, other emergencies)	1	2	3	4
22. Working with extended family members in the farm/ranch operation (parents, in-laws, children)	1	2	3	4
23. Having too much work for one person	1	2	3	4
24. Financing for retirement	1	2	3	4
25. Government farm price supports	1	2	3	4
26. Dealing with non-relative help (incompetent help, finding good help, supervising help)	1	2	3	4
27. Outsiders not understanding the nature of farming/ranching	1	2	3	4
28. Health care costs (direct costs and/or cost of insurance)	1	2	3	4
29. Please list any other items you find stressful in relation to farming and rate them.				