

Instructions

Think about how your sense of humor was before basic training and how it may have changed afterwards. Also how it may help you handle stress.

Humor Questionnaire

1= Strongly Disagree, 2= Disagree, 3= Neutral, 4= Agree, 5= Strongly Agree.

1) Humor helped you to handle stress.

1 2 3 4 5

2) Stress changed your sense of humor.

1 2 3 4 5

3) You use humor to reduce your stress.

1 2 3 4 5

4) Humor helped you achieve the amount of stress reduction that you wanted.

1 2 3 4 5

5) You still use humor for stress reduction since you have been out of the service.

1 2 3 4 5

6) Civilians understand your sense of humor.

1 2 3 4 5

7) You look for the humor in situations.

1 2 3 4 5

8) Your spouse (or significant other) has a hard time understanding your sense of humor.

1 2 3 4 5

9) In most situations humor is effective in helping you reduce stress.

1 2 3 4 5

10) You need a sense of humor before going into a combat related area.

1 2 3 4 5

If you would like to self-identify please answer the following

Age

Gender

Ethnicity

Branch of service

Years in service (i.e. 1980 – 1991)