

	Japanese version	Back Translation	Original version
教示	あなたがたお二人の関係の中で、 以下に挙げることはどのくらいストレスになりますか？	How stressful are the following issues in the relationship between the two of you?	How stressful/straining are the following situations within your relationship?
	以下に挙げるストレスは、 あなたのパートナーやパートナーとの関係に関連するストレスで	The following types of stress are involved with your partner or in the relationship with your partner.	This concerns stress which is connected to your partner.
選択肢	まったくあてはまらない	Not at all	not at all
	ほとんどあてはまらない	Rarely	slightly
	ほどほどにあてはまる	Sometimes	average
	とてもよくあてはまる	Very often	strong
水準	直近の7日間	Latest 7 days	7 days (acute)
	ここ1年間	The past year	12 months (chronic)
1	パートナーとの意見の違い(葛藤や言い争いなど)	Differences in opinions from your partner (conflicts, arguments, etc.)	Difference of opinion with your partner (conflicts, disputations)
2	二人の関係についての違いや人生観についての違い(目標、お互いが必要とするもの、ものの見方など)	Differences in perspective of the relationship and views of life (goals, what one needs, view of things, etc.)	Different attitudes concerning relationship and life (different goals, needs and views)
3	腹立たしいパートナーの習慣 (マナー、軽率さ、不注意さなど)	Annoying habits of your partner (manners, thoughtlessness, carelessness, etc.)	Disturbing habits of the partner (e.g. manners, carelessness, inattentiveness, etc.)
4	パートナーの難しい性格 (気性、誠実さ、信頼が置けるかどうかなど)	Difficult personality of your partner (temper, honesty, reliable or not, etc.)	Difficult personality of the partner (e.g. temper, intelligence, reliability, honesty, etc.)
5	好ましくないパートナーの行動 (喫煙、飲酒、テレビの見過ぎ、食べ過ぎなど)	Unfavorable behaviors of your partner (smoking, drinking, watching too much TV, eating too much, etc.)	Difficult behavior of the partner (e.g. smoking, consumption of drugs or alcohol, excessive TV watching or eating, etc.)
6	不十分なパートナーの行動 (会話の乏しさ、問題解決能力の低さ、ストレスへの対処法の下 手さ)	Inadequacies of your partner's behaviors (poor conversation, low problem solving skills, poor stress coping methods)	Insufficient behavior of the partner (poor communication, problem solving, coping with stress, etc.)
7	関係における強い束縛(自由がない、束縛されすぎるなどの強す ぎる関係など)	Strong control in the relationship (no freedom, too strong relationships such as being tied down, etc.)	Strong restrictions through the relationship (too little liberty, too much closeness, hemming each other in, etc.)
8	パートナーとの間に距離を感じる事((親密さを示してくれない、 お互いにお互い時間がほとんどない、交流する時間がほとんどとれ ない、共通の趣味や共有できる興味がないなど))	Feeling a distance from your partner (not showing intimacy, hardly having time for each other, hardly having time to communicate, no common hobbies or interests, etc.)	Too much distance to the partner (too little closeness, little time for each other, too little exchange and intimacy, no common hobbies and interests, etc.)
9	仕事、家事、及び育児に関する不公平な分担	Unfair role-sharing related to work, housework, and child-rearing	Unsatisfactory distribution of duties and responsibilities (e.g. household, child care, employment, etc.)

10	パートナーに対する無関心さ (相手への関心の乏しさ、愛情の乏しさ、性的な関心の乏しさなど)	Indifference towards the partner (little interest in the partner, lack of love, lack of sexual interest, among others.)	Neglect on the part of the partner (too little attention, affection, sexuality)
	以下に示すようなことが起こりましたか？ はい/いいえ	Have the following events happened? Yes/No	Did any of these incidents occur? Yes/No
11	パートナーとの深刻な葛藤(重大なもの、あなたを不愉快にさせるもの、解消しがたい違いなど)	Serious conflicts with your partner (critical ones, that makes you feel unpleasant, differences difficulty in resolving, etc.)	Grave conflicts with the partner (serious, offending, irreconcilable differences)
12	攻撃的、もしくは、暴力的なパートナーの行動 (脅される、攻撃性を向けられる、暴力をふるわれるなど)	Aggressive or violent behaviors of your partner (being threatened, being attacked, violence, etc.)	Aggressive or violent behavior of the partner (menacing, aggression, violence)
13	浮気・不倫(自身がおこなったもの、もしくは、 パートナーがおこなったもの)	Cheating, having an partner (by you or your partner)	Infidelity (own infidelity or that of the partner)
14	(自分やパートナーの)健康上の問題(例えば、疾患、事故、障 害、及びその結果としての制約や家事・育児の偏った配分)	(Your or your partner's) health problems (e.g. illnesses, accidents, handicaps, consequent restrictions and unbalanced allocation of housework/child-rearing)	Health problems (own health problems or those of the partner: illnesses, accidents or handicaps and the consequential restrictions, disequilibrium in the distribution of duties)
	あなたがたお二人の関係の外で、 以下に挙げることはどのくらいストレスになりますか？	How stressful are the following issues outside the relationship between the two of you? The translator suggested another translation "between you and your partner"	How stressful/straining are the following situations outside of your relationship?
	※以下に挙げるストレスは、 あなたのパートナーやパートナーとの関係と 関連しないストレスです。	※ The following types of stress and not being involved with your partner or in the relationship with your partner.	This concerns stress which isn't connected to your partner.
15	仕事・教育(過剰な忙しき、締め切りのプレッシャー、高い要求、 もしくは挑戦しがいのなさ、周囲からの評価の乏しさ、昇進・転職 機会の乏しさ)	Job, education (excessively busy, pressure of deadlines, high level commitments, or not worth challenging, low evaluation by others, few opportunities for promotion/job change)	Job/education (bustle, deadline pressure, high demands, being unchallenged, lacking acknowledgement and career opportunities, etc.)
16	社会的な関係(近隣住民、同僚、知人との葛藤、参加活動や噂 話へのわずらわしさ)	Social relationships (conflicts with neighbors, colleagues, and acquaintances, trouble in participating in activities and gossips)	Social contacts (conflicts with neighbors, colleagues, acquaintances, social commitments, gossip, etc.)
17	自由時間(締め切りへのプレッシャー、やらなければいけないこと が多すぎる、余暇活動や趣味に満足できない、自分の時間が まったくとれない、成果を出さなければいけないことへのプレッ シャー)	Free time (pressure of deadlines, too many things to do, unsatisfied with leisure activities or hobbies, no private time, pressure for producing results)	Free time (deadline pressure, too many activities, unsatisfactory recreational activities, too little time for yourself, pressure to perform, etc.)
18	子どもに関すること(子育て、しつけ、子どもとのやりとり、子ども との依存関係、子どもがいることでおこる制約、子どもについての 心配など)	Issues related to children (child rearing, discipline, communication with children, children's dependence, restrictions owing to children, worries about children, etc.)	Children (child care, upbringing, interactions, dependence, restrictions, worries about the children, etc.)
19	生まれ育った家庭(心理的に離れすぎている、もしくは、心理的 に近すぎる、喧嘩が多い、維持するのが大変である)	Home where you were born and raised (psychologically too far, or psychologically too close, many quarrels, difficult to maintain)	Family of origin (Separation and dependence, conflicts, maintenance, etc.)

20	住環境(家の広さ、騒音、立地)	Dwelling environment (size of the house, noise, location)	Living situation (apartment size, noise, site, etc.)
21	家計(借金、お金のなさ、昇進しない)	Family finances (debts, short of money, no promotions)	Finances (debts, lack of money, no raise, etc.)
22	日常的ないらだちごと(ものをなくす、普段置いている場所ではないところに置いてしまった、頻繁におこる騒動、電車の遅延、渋滞など)	Daily irritations (losing things, putting something in a different place from usual, frequent problems, train delays, traffic jams, etc.)	Daily hassles (losing or misplacing things, frequent disturbances, waiting lines, traffic jams, delays, etc.)
	以下に示すようなことが起こりましたか？ はい/いいえ	Have the following issues happened? Yes/No	Did any of these incidents occur?
23	重い病気や死別(あなたのパートナーやあなたにとって、親しい人に起きたことに関連するもの)	Serious illnesses or death (related to someone close to you or your partner)	Serious illness or death (of your partner or someone close to you)
24	転居(新しい土地へうつる、家族や友達とのそれまでのつながりを失う)	Moving (moving to a new place, losing former connections with family and friends)	Change of residence (moving to a new city, loss of circle of friends and family)
25	泥棒、すり、ひったくり (これらは、あなた、もしくは、あなたのパートナーが経験したものの)	Robbery, pickpocketing, purse-snatching (experienced by you or your partner)	Mugging, robbery or burglary (concerning yourself or the partner)
26	失業(自身の失業、もしくは、あなたのパートナーの失業)	Unemployment (your own or your partner's)	Unemployment (own unemployment or that of the partner)
27	あなた、もしくは、あなたのパートナーの仕事上での大きな変化(転職、組織再編、変化など)	Work-related major changes for you or your partner (job changes, organizational reconstruction, changes, etc.)	Major changes on the job (change of job (own change or that of the partner), reorganisation, personal change, etc.)
28	家族に関すること(子どもの誕生、子どもが家を離れたなど)	Issues related to the family (childbirth, children leaving home, etc.)	Family affairs (birth of a child, child moving out, etc.)
29	あなたやあなたのパートナーが大切なものを失った(ペットを含む)	You or our partner lost an important thing (including pets)	Loss of a precious object or pet (precious to you or your partner)
30	(あなたやあなたのパートナーが)警察から取調べを受けたり、訴訟を起こされた	(You or your partner) has been questioned by the police or was sued.	Criminal procedure or lawsuit (against you or your partner)