

Perceived Stress Scale

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

Name _____ Date _____
Age _____ Gender (Circle): M F Other _____

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

In the last month:

1. How often have you been upset because of something that happened unexpectedly? 0 1 2 3 4
2. How often have you felt that you were unable to control the important things in your life? 0 1 2 3 4
3. How often have you felt nervous and “stressed”? 0 1 2 3 4
4. How often have you felt confident about your ability to handle your personal problems? 0 1 2 3 4
5. How often have you felt that things were going your way? 0 1 2 3 4
6. How often have you found that you could not cope with all the things that you had to do? 0 1 2 3 4
7. How often have you been able to control irritations in your life? 0 1 2 3 4
8. How often have you felt that you were on top of things? 0 1 2 3 4
9. How often have you been angered because of things that were outside of your control? 0 1 2 3 4
10. How often have you felt difficulties were piling up so high that you could not overcome them? 0 1 2 3 4

Scoring

PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items. A short 4 item scale can be made from questions 2, 4, 5 and 10 of the PSS 10 item scale

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

- ▶ Scores ranging from 0-13 would be considered low stress.
- ▶ Scores ranging from 14-26 would be considered moderate stress.
- ▶ Scores ranging from 27-40 would be considered high perceived stress.

The PSS Scale is reprinted with permission of the American Sociological Association, from Cohen, S., Kamarck, T., and Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396. Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social Psychology of Health*. Newbury Park, CA: Sage, 1988.