

## Perceived Stress Scale

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

\_\_\_\_\_ 1. In the last month, how often have you been upset because of something that happened unexpectedly?

\_\_\_\_\_ 2. In the last month, how often have you felt that you were unable to control the important things in your life?

\_\_\_\_\_ 3. In the last month, how often have you felt nervous and stressed?

\_\_\_\_\_ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?

\_\_\_\_\_ 5. In the last month, how often have you felt that things were going your way?

\_\_\_\_\_ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?

\_\_\_\_\_ 7. In the last month, how often have you been able to control irritations in your life?

\_\_\_\_\_ 8. In the last month, how often have you felt that you were on top of things?

\_\_\_\_\_ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?

\_\_\_\_\_ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

### Figuring Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:  
0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.
- Now add up your scores for each item to get a total. **My total score is \_\_\_\_\_.**
- 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.

*Source: Cohen, S., Kamarck, T., and Mermelstein, R. (1983). A global measure of perceived stress. Journal of Health and Social Behavior, 24, 386-396.*