## Perceived Stress Scale

For each question choose from the following alternatives:
0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often
____ l. In the last month, how often have you been upset because of something that happened unexpectedly?
$\qquad$ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
$\qquad$ 3. In the last month, how often have you felt nervous and stressed?
$\qquad$ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
$\qquad$ 5. In the last month, how often have you felt that things were going your way?
$\qquad$ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
$\qquad$ 7. In the last month, how often have you been able to control irritations in your life?
$\qquad$ 8. In the last month, how often have you felt that you were on top of things?
$\qquad$ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
$\qquad$ 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 $\qquad$ .
- 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.

