

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.

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

		0	1	2	3	4	
1.	In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4	ADD POINTS TOGETHER FOR TOTAL SCORE
2.	In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4	
3.	In the last month, how often have you felt nervous and "stressed"?	0	1	2	3	4	
4.	In the last month, how often have you felt confident about your ability to handle your personal problems?	4	3	2	1	0	
5.	In the last month, how often have you felt that things were going your way?	4	3	2	1	0	
6.	In the last month, 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.	In the last month, how often have you been able to control irritations in your life?	4	3	2	1	0	
8.	In the last month, how often have you felt that you were on top of things?	4	3	2	1	0	
9.	In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4	
10.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4	

INTERPRETING YOUR SCORE

- 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

TOTAL

REFERENCES

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.