

Perceived Stress Scale: 10 items

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, please indicate with a tick how often you felt or thought a certain way.

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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
Never	Almost never	Sometimes	Fairly often	Very often

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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
Never	Almost never	Sometimes	Fairly often	Very often

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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

0	1	2	3	4
Never	Almost never	Sometimes	Fairly often	Very often

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
Never	Almost never	Sometimes	Fairly often	Very often

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
Never	Almost never	Sometimes	Fairly often	Very often

Scoring the Perceived Stress Scale: 10 items

- Add up all the negatively stated questions – 1, 2, 3, 6, 9 and 10.
- Then reverse score the positively stated questions – 4, 5, 7 and 8. For these questions:
 - 0 = 4
 - 1 = 3
 - 2 = 2
 - 3 = 1
 - 4 = 0
- Add the two scores together.
- The higher the score, the more stress you are experiencing at that given time.