

Perceived Stress Scale: 4 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 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

2. 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

3. 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

4. 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: 4 items

This scale measures the degree to which situations are considered to be stressful. Add up your scores being careful to reverse score some items as indicated below.

Reverse score items 2 and 3:

$$0 = 4$$

$$1 = 3$$

$$2 = 2$$

$$3 = 1$$

$$4 = 0$$