

PERCEIVED STRESS SCALE

The Perceived Stress Scale (PSS) is a classic stress assessment instrument developed by Sheldon Cohen, Tom Kamarck and Robin Mermelstein in 1983 and is widely used in assessing stress perception in academic studies as well as practical applications. The scale has also been translated into many other languages.

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 *how often* you felt or thought a certain way.

Although some of the questions are similar, there are differences between them and you should treat each one as a separate question.

The best approach is to answer each question fairly quickly. That is, don't try to count up the number of times you felt a particular way, but rather indicate the alternative that seems like a reasonable estimate.

For each question, choose from the following alternatives:

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

The scores for questions **4, 5, 7 and 8** are obtained by reversing responses: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

	Question	0	1	2	3	4
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?					
TOTAL SCORE						



Interpretation

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

References

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A Global Measure of Perceived Stress. *Journal of Health and Social Behavior*, 24(4), 385–396. <https://doi.org/10.2307/2136404>

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<https://das.nh.gov/wellness/docs/percieved%20stress%20scale.pdf>