



PERCEIVED STRESS SCALE

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask 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 fairly quickly. That is, don't try to count up the number of times you felt a particular way; 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

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 unconfident about your ability to handle your personal problems? _____
5. In the last month, how often have you felt that things were not 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 felt unable to control the irritations in your life? _____
8. In the last month, how often did you feel like you were not 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? _____

Your PSS Score: _____

What Your PSS Score Means:

Individual scores on the PSS can range from 0 to 40. The higher the your score, the more likely your personal perceived stress in negatively impacting your health. This equates to a lower personal stress resiliency. 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.

The Perceived Stress Scales is interested and important because your perception of what is happening in your life is most important. Considered the idea that two individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.