

Personal Stress Assessment

Perceived Stress Scale

The Perceived Stress Scale (PSS) (Cohen, Kamarck, & Mermelstein, 1983) is widely used to assess stress. The questions ask about your thoughts and feelings during the last month which reflects how stressful you appraise situations. Try and answer as honestly as possible.

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?	0	1	2	3	4
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?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
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?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
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

Scoring

Reverse your scores for questions 4, 5, 7, & 8.

e.g. 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

Now, add up your scores to get a total. My **total score** is: _____

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.

My **perceived stress** is: _____

Source: Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A Global Measure of Perceived Stress. *Journal Of Health And Social Behavior*, 24(4), 385. <http://dx.doi.org/10.2307/2136404>